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Distinction: Adjusting vs. Adapting

By Susan Dunn

Distinction: Adjusting vs. Adapting by Susan Dunn, MA, Emotional Intelligence Coach &

Consultant

Definitions

Adjusting – A few tweaks and you're on your way. Minor changes to accommodate to minor changes, while most of your life and circumstances remain the same.

Adapting – Something major has happened, and you won't be able to survive unless you make major changes within yourself, and across most areas of your life.

Comparisons

When your teenager goes off to college v. when your teenager dies

When your department changes v. when your company endures a hostile takeover

When your husband takes up fitness and moves a treadmill into the living room v. when your husband takes a mistress and moves her into your place at the lake

Example

ADJUSTING:

A chameleon adjusts. When it finds itself on a green leaf, it turns green. When it moves to a brown twig, it turns brown. It's a minor adjustment, changing the color of its skin.

ADAPTING:

A tadpole adapts. In order to be able to live on dry land, it must lose its tail and gills, grow legs and start using lungs. It must learn to breathe air, not water.

Distinction: Adjusting vs. Adapting

ADJUSTING:

Mary had an adjustment to make. She had moved across town. She had to learn a new route to work, meet some new neighbors, familiarize herself with the location of hospitals, grocery stores and gas stations, and get used to an electric stove instead of a gas stove.

ADAPTING:

Letitia moved from the US to Russia. She had to learn a new culture and a new language.

ADJUSTMENT REQUIRED:

Ben got a divorce. Though he had not been dating her, he had fallen back in love with his high school sweetheart. When he divorced, he started dating his sweetheart, remained in the same home, had custody of his two children, kept the same job, the place at the lake, and maintained his strong network of friendships.

ADAPTATION REQUIRED:

Tina's husband divorced her. He took most of the couple's assets and left her with all the debts, so she was forced to file bankruptcy. Because of the social set they moved in, she lost many friends. At the same time her last child left for college, she got downsized, her mother died, and she developed breast cancer.

ADJUSTING:

You know you can do it. You just may not want to.

ADAPTING:

You have a sense you don't have what it takes to cope with it.

Key Point

Understanding the changes that adaptation will require helps you through the transition, which is often more like a metamorphosis. It can feel like having to grow wings! When you face a situation requiring ADJUSTING, you think, "Things have changed." When you face a situation requiring ADAPTING, you think, "I will never be the same again."

Benefits

Much more of you is required in an adaptation. Major life changes will require you to leave major things behind, and learn new ways, sometimes new ways of "being". It can be as challenging as learning to breathe air instead of water. An adaptation requires strong emotional intelligence skills, which can be learned.

Related distinctions

Your new in-laws speak with a heavy Southern drawl vs. Your new in-laws speak only Russian

You have a new baby boy vs. your wife gives birth to quintuplets

You break your ankle in a car accident vs. You lose both your legs in a car accident

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Winning Texas Holdem Poker Strategy

By Adel Awwad

In any type of game, strategy is an important part of winning. Adapting to the differences in each game, understanding the importance of position and realizing that knowledge is essential are three main parts of Texas Holdem strategy. There are many different approaches to strategy, but if a player uses these three key parts, then they should discover they have a winning strategic approach.

Adapting to the differences in the game is an important part of strategy. Not every approach works in every situation. A player that finds, during the course of the game, that another player is picking up on their strategy may need to change their style a little to throw the other player off. Being able to make quick decisions and being flexible with game play is also part of adapting. Adapting is relevant in every game, every time Texas Holdem is played. A player who does not adapt will find keeping up a winning strategy is difficult.

Understanding the importance of position is most relevant to the game of Texas Holdem than any other poker game. Texas Holdem is based on the fact that the position a player is in has great influence over that player's game. Position is based on literally where a player sets during the game. The ideal position is to have a player on the right side that bets often and high. On the left side a player wants someone who does not win often. This ideal position sets the player up to win big more often. It is also a good position to be the last player to act. This allows the player an advantage of seeing the other players' actions and the ability to get basic information about their hands. Position can often times mean the difference between a bad game and a good game.

The biggest advantage to a winning strategy is information. A player who keeps themselves informed throughout the game will have the best odds of winning. A strategy that includes observation and the gathering of information sets a player up to be able to determine other players' actions and bet accordingly. Texas Holdem is all about information and how a player uses it. A player should aim to get as much information as possible while giving little information to other players. Strategies differ from player to player and from game to game. The idea behind a winning strategy is to be able to make it work in any game. This means being able to adapt it to the situation of the game, having a good position and gathering information. A strategy may change or be altered throughout a game of Texas Holdem. The basic structure of a winning strategy, though, is made up of the three key parts regardless of its implementation.

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