

SORRY I WASN'T LISTENING I WAS THINKING ABOUT BEN File PDF

sorry i wasn't listening i was thinking about ben: Understanding the Power of Personal Reflection and Communication

In today's fast-paced world, conversations often become distracted, superficial, or misaligned with genuine understanding. Sometimes, we find ourselves tuning out during interactions, only to realize later that our minds were preoccupied with someone or something significant—like Ben. The phrase “Sorry I wasn't listening, I was thinking about Ben” encapsulates a common experience: the need to acknowledge distraction honestly while exploring the reasons behind it and how to improve communication. In this article, we delve into the importance of active listening, how personal thoughts influence our interactions, and strategies to foster better connections both personally and professionally.

The Significance of Active Listening in Communication

Active listening is a critical component of effective communication. It involves fully concentrating on what is being said rather than merely passively hearing the speaker. When we practice active listening, we demonstrate respect, understanding, and engagement, which can strengthen relationships and prevent misunderstandings.

What Is Active Listening?

Active listening goes beyond hearing sounds; it requires intentional effort to understand the message's content, emotional tone, and underlying needs. Techniques include:

- Maintaining eye contact
- Nodding appropriately
- Providing verbal affirmations like “I see” or “Go on”
- Reflecting or paraphrasing what the speaker has said
- Avoiding interruptions

Benefits of Active Listening

Active listening offers numerous advantages:

- Enhances mutual understanding
- Reduces conflicts and miscommunications
- Builds trust and rapport
- Encourages openness and honesty
- Facilitates problem-solving and collaboration

Understanding Why We Get Distracted: The Role of Our Thoughts

Distractions during conversations are often rooted in our internal dialogues. Our minds tend to wander when faced with complex emotions, unresolved issues, or preoccupations?like thoughts about someone named Ben.

The Psychology Behind Distraction

Several psychological factors contribute to mental distraction:

- **Intrinsic Thinking:** Our brains are naturally inclined to reflect on personal matters, memories, or future plans.
- **Emotional Triggers:** Certain topics or thoughts (e.g., about Ben) evoke strong emotions that divert attention.
- **Stress and Anxiety:** When overwhelmed, our minds tend to drift away as a coping mechanism.
- **Attention Fatigue:** Constant multitasking reduces our capacity to stay fully engaged.

How Thoughts About Someone Like Ben Impact Focus

Thinking about someone significant?perhaps a loved one, a friend, or someone with unresolved feelings?can dominate your mental landscape. This preoccupation can:

- Divert your attention from the present conversation
- Cause you to miss vital information
- Lead to feelings of guilt or regret for not paying full attention

Recognizing this pattern is the first step toward addressing it.

Strategies to Improve Focus and Reduce Distraction

While it's natural for thoughts to wander, there are practical ways to enhance focus during conversations and minimize internal distractions.

1. Practice Mindfulness

Mindfulness involves paying deliberate attention to the present moment without judgment.

Techniques include:

- Deep breathing exercises before and during interactions
- Noticing physical sensations or environmental cues
- Gently redirecting your focus back when your mind drifts

2. Prepare Mentally Before Conversations

Clear your mind beforehand by:

- Journaling or noting down your thoughts about Ben or other preoccupations
- Engaging in calming activities to reduce stress

3. Limit Multitasking

Focus on one task or interaction at a time:

- Avoid checking your phone or multitasking during conversations
- Create a distraction-free environment when possible

4. Communicate Honestly About Your Distractions

If your mind is preoccupied, consider sharing honestly:

- ?Sorry, I was thinking about something personal just now.?
- This honesty fosters trust and understanding

5. Develop Emotional Awareness About Your Thoughts

Identify why certain thoughts are persistent:

- Are they related to unresolved feelings about Ben?
- Do they stem from stress or anxiety?

Addressing these underlying issues can improve your focus over time.

The Impact of Personal Reflection on Relationships

Reflecting on personal thoughts, like those about Ben, plays a significant role in how we engage with others. Understanding this dynamic can lead to healthier relationships.

The Balance Between Reflection and Engagement

While personal reflection is healthy, excessive preoccupation can hinder active participation in conversations. Striking a balance involves:

- Allocating time for personal reflection outside of interactions
- Practicing mindfulness during conversations to stay present

Using Personal Insights to Enhance Communication

Self-awareness about your thoughts allows you to:

- Recognize when your mind is drifting
- Implement strategies to regain focus
- Communicate honestly about your mental state when appropriate

Enhancing Communication in Personal and Professional Settings

Effective communication is essential across all areas of life. Whether in personal relationships, workplace interactions, or casual conversations, understanding the interplay between thoughts and listening improves overall connectivity.

Tips for Better Communication

- Practice active listening consistently
- Be honest about your mental state when needed
- Manage stress and emotional triggers outside of conversations
- Develop emotional intelligence to recognize your own and others' needs
- Set aside dedicated time for reflection and personal growth

Conclusion: Embracing Self-Awareness for Better Interactions

The phrase "Sorry I wasn't listening, I was thinking about Ben" highlights a common human experience—our minds often drift to personal thoughts, impacting our ability to engage fully. Recognizing the reasons behind this distraction and implementing strategies such as mindfulness, honest communication, and emotional awareness can significantly improve the quality of our conversations. By cultivating self-awareness and active listening skills, we foster stronger relationships, reduce misunderstandings, and create more meaningful connections in all facets of life.

Remember, everyone experiences distraction; what matters most is our ability to acknowledge it and take steps toward being present. Whether your thoughts revolve around someone like Ben or other personal matters, integrating these practices will help you listen more attentively and connect more authentically with others.

Sorry I Wasn't Listening I Was Thinking About Ben is a phrase that resonates with many in today's fast-paced, distracted world. It encapsulates a common scenario where someone's mind drifts away from a conversation, often to thoughts about someone significant—in this case, Ben. This phrase, while humorous on the surface, opens up a broad discussion about communication, distraction, and the human tendency to think about others during moments of interaction. In this review, we will explore its cultural implications, psychological underpinnings, humor elements, and how it has been embraced in various contexts such as social media, memes, and everyday life.

Understanding the Phrase "Sorry I Wasn't Listening I Was Thinking About Ben"

Origins and Cultural Context

The phrase "Sorry I Wasn't Listening I Was Thinking About Ben" has gained popularity primarily through internet memes, social media posts, and casual conversations. Its origin is somewhat ambiguous, but it appears to have emerged as a humorous way to admit distraction or inattentiveness while also implying that the distraction is motivated by thoughts of someone named Ben.

The name "Ben" functions as a placeholder, representing any person—often a romantic interest, close friend, or even a figure of admiration. This phrase humorously acknowledges the common human experience of mentally drifting away during conversations, especially when thoughts about someone special are involved.

The phrase taps into the universal theme of distraction in communication and the human tendency to daydream about loved ones or crushes, making it highly relatable.

Psychological Underpinnings

From a psychological perspective, this phrase points to cognitive phenomena such as:

- Divided attention: Humans often struggle to focus solely on one task or conversation when preoccupied with other thoughts.
- Intrusive thoughts: The mind naturally wanders to topics of personal significance, especially in moments of boredom or stress.
- Emotional attachment: Thinking about Ben suggests an emotional connection, which can interfere with active listening.

These elements reflect the natural human condition?our minds are rarely perfectly attentive, especially when emotional or romantic thoughts are involved.

The Humor and Relatability of the Phrase

Humor Elements

The phrase is inherently humorous because it combines an apology with an admission of distraction, coupled with a humorous justification?thinking about Ben. It's a self-deprecating way to acknowledge inattentiveness, which many find charming and relatable.

Humor arises from:

- Contrast: The seriousness of apologizing for not listening versus the triviality of daydreaming about Ben.
- Relatability: Almost everyone has experienced moments where their mind drifted during a conversation.
- Innocence: The phrase doesn't blame anyone else; it takes responsibility and adds a humorous twist.

Relatability in Everyday Life

Many people have used or encountered this phrase in various contexts:

- In personal conversations: As a humorous excuse for not paying attention.
- On social media: As a meme or caption reflecting personal feelings.
- In pop culture: Referenced in songs, TV shows, or comedy sketches to depict distraction or romantic obsession.

This widespread relatability contributes to its popularity and longevity as a humorous catchphrase.

Applications and Variations

In Social Media and Memes

The phrase has been widely adopted across social media platforms like Twitter, Instagram, and TikTok. Variations often include replacing "Ben" with other names or nouns, tailoring the phrase to personal or cultural contexts.

Examples:

- "Sorry I wasn't listening, I was thinking about Sarah."
- "Sorry I wasn't listening, I was thinking about pizza."
- "Sorry I wasn't listening, I was thinking about my future."

Features of these variations:

- Personalization increases relatability.
- Humorous and often self-deprecating tone.
- Used to express distraction, affection, or humor.

In Popular Culture and Merchandise

The phrase has inspired a range of merchandise, including:

- T-shirts
- Mugs
- Phone cases
- Stickers

These items typically feature the phrase alongside playful graphics, emphasizing its humorous and relatable nature. Merchandise helps spread the phrase further and cements its place in modern pop culture.

Pros and Cons of the Phrase

Pros

- Highly relatable: Almost everyone has experienced distraction or daydreaming during conversations.
- Humorous: Brings humor to often awkward situations.
- Versatile: Can be personalized with different names or objects.
- Expressive: Allows people to admit distraction in a lighthearted manner.
- Cultural relevance: Frequently used in memes, making it a shared cultural touchstone.

Cons

- Potential for misinterpretation: Could be seen as dismissive or rude if not delivered appropriately.
- Overused: Its popularity might lead to fatigue or perceived insincerity.
- Limited depth: Primarily a humorous phrase; doesn't address underlying communication issues.
- Risk of reinforcing distraction: Might normalize inattentiveness rather than encouraging active listening.

Impact on Communication and Relationships

Positive Aspects

- Humor as a social lubricant: Using this phrase can lighten tense moments or awkward silences.
- Shared understanding: It signals to others that distraction is common and human.
- Relatability fosters connections: Sharing such moments can deepen bonds through mutual understanding.

Potential Negative Effects

- Erosion of active listening skills: Frequently using humor to excuse inattentiveness might hinder genuine engagement.
- Miscommunication: If used insincerely, it might lead to misunderstandings.
- Perception of disinterest: Overuse could be mistaken for lack of care or interest.

Conclusion: The Significance of "Sorry I Wasn't Listening I Was Thinking About Ben"

This phrase encapsulates a universal human experience—being physically present but mentally elsewhere, often in thoughts of someone special. Its humorous, relatable, and adaptable nature has ensured its popularity across generations and cultures, especially in the digital age where memes

and social media amplify such expressions.

While it offers a lighthearted way to acknowledge distraction and perhaps even flirtation, it also serves as a reminder of the importance of genuine engagement and active listening. As with many humorous phrases, moderation and sincerity are key to ensuring that such expressions enhance communication rather than hinder it.

In a broader sense, "Sorry I Wasn't Listening I Was Thinking About Ben" highlights the delicate balance between distraction and connection. It humorously acknowledges our imperfect attention spans while celebrating the universal human tendency to think about those we care about. Whether used in jest or as a genuine confession, it remains a charming reflection of human nature in the modern age.

QuestionAnswer What does it mean when someone says, 'Sorry I wasn't listening, I was thinking about Ben'? It means the person was distracted or lost in thought about Ben and didn't pay attention to the current conversation. How can I politely address someone who admits they weren't listening because they were thinking about Ben? You can acknowledge their honesty and gently remind them of the conversation, for example, 'No worries, I just wanted to share this again.' Is it common for people to zone out when thinking about someone specific like Ben? Yes, it's quite common for individuals to become distracted if their thoughts are focused on someone or something significant to them. How can I stay focused during conversations if I tend to think about someone like Ben? Practicing mindfulness, minimizing distractions, and consciously redirecting your attention can help improve focus during conversations. What are some ways to gently bring up that someone was distracted because of thoughts about Ben? You can casually mention, 'You seemed a bit lost earlier?was something on your mind?' to open the dialogue without making them feel guilty.

Related keywords: apology, distraction, thoughts, focus, attention, daydreaming, absent-minded, regret, distraction apology, preoccupied

Sorry i wasn t listening i was thinking about dum

Sorry I wasn't listening I was thinking about dum ? an intriguing phrase that might seem humorous or perplexing at first glance, but upon closer examination, reveals layers of meaning about communication, distraction, and the quirks of human cognition. In this article, we'll explore the origins, implications, and broader context of this phrase, offering insights into why such expressions resonate and how they reflect our everyday experiences.

Understanding the Phrase: "Sorry I wasn't listening I was thinking

about dum"

Breaking Down the Components

The phrase combines an apology (?Sorry I wasn't listening?), a confession of distraction, and an unusual focus (?I was thinking about dum?). Let's analyze each part:

- "Sorry I wasn't listening": An apology often used when someone realizes they've missed part of a conversation or are being inattentive.
- "I was thinking about dum": An unusual insertion, with ?dum? potentially referring to various things depending on context, such as:
 - A colloquial or slang term (e.g., "dumb" misspelled or stylized).
 - A specific object or concept known in certain communities or regions.
 - A playful or humorous mispronunciation or typo.

While the phrase may seem nonsensical, it captures a relatable human experience: getting distracted during conversations, often due to wandering thoughts or preoccupations.

The Psychology of Distraction and Thinking

Why Do We Get Distracted?

Distraction is a common phenomenon driven by various psychological factors:

- **Internal thoughts:** Our minds often drift to personal concerns, daydreams, or curiosities.
- **External stimuli:** Environmental noise, interruptions, or sensory overload can divert attention.
- **Emotional states:** Stress, excitement, or anxiety may interfere with active listening.

The Role of Thinking During Conversations

Thinking about other topics while someone is speaking can be both a sign of disengagement and a natural mental process:

- It allows us to process information internally.
- Sometimes, it indicates boredom or lack of interest.
- Other times, it's a coping mechanism for difficult or overwhelming discussions.

Understanding these factors helps us recognize that occasional distraction is normal and human.

The Cultural and Social Significance of the Phrase

Humor and Relatability

Expressions like "Sorry I wasn't listening I was thinking about dum" often emerge in informal contexts, serving as humorous admissions of distraction. They:

- Humanize social interactions.
- Create camaraderie through shared experiences.
- Offer lighthearted ways to acknowledge inattentiveness.

Language Play and Creativity

The phrase exemplifies linguistic playfulness—altering or inventing words ("dum") to evoke humor or emphasize a point. Such creativity enriches language and reflects cultural nuances.

Possible Interpretations of "Dum"

Depending on context, "dum" might mean:

- A typo or misspelling of "dumb": implying that the person was thinking about something silly or nonsensical.
- A slang term for a specific thing or concept in certain communities.
- A reference to food: "dum" as in "dum biryani," a popular South Asian dish, indicating someone's thoughts about food.

Understanding the intended meaning depends on the social setting and the speaker's background.

Implications for Effective Communication

Why Acknowledging Distraction Matters

Being transparent about distractions can:

- Foster honesty in conversations.
- Reduce misunderstandings.

- Build trust between interlocutors.

Strategies to Improve Listening Skills

If distraction is a recurring issue, consider these tips:

- **Maintain eye contact:** Keeps focus on the speaker.
- **Engage actively:** Nod, ask questions, or paraphrase to stay involved.
- **Limit multitasking:** Avoid checking devices during conversations.
- **Manage mental distractions:** Practice mindfulness or meditation.

The Broader Context: Distraction in the Digital Age

Impact of Technology

Smartphones, social media, and constant notifications have made distraction more prevalent, affecting attention spans and communication quality.

Balancing Thinking and Listening

While distraction can be detrimental, allowing the mind to wander occasionally can foster creativity and problem-solving. The key is balance:

- Recognize when distraction is helpful.
- Minimize it during important conversations.
- Use mindful techniques to stay present.

Conclusion

The phrase "Sorry I wasn't listening I was thinking about dum" encapsulates a universal human experience—the occasional lapse in attention and the humorous ways we acknowledge it. Whether "dum" refers to a food craving, a playful typo, or a colloquial term, the essence of the phrase highlights the importance of understanding distraction, fostering better communication, and embracing our human quirks.

By being mindful of how and why our minds wander, we can improve our listening skills, deepen our connections, and navigate social interactions with greater empathy and humor. So next time you find yourself distracted, remember that it's a shared human trait—often best approached with a smile and a bit of "dumb" humor.

Sorry I Wasn't Listening I Was Thinking About Dum: A Deep Dive into Communication Gaps, Cognitive Distractions, and the Power of Distraction in Modern Life

Introduction: Unpacking the Phrase and Its Cultural Significance

The phrase "Sorry I wasn't listening I was thinking about dum" might seem playful or trivial at first glance, but it opens the door to a rich discussion about human communication, cognitive distraction, and the social nuances that influence our daily interactions. The phrase encapsulates a common human experience: being physically present in a conversation but mentally elsewhere, often due to internal thoughts, distractions, or preoccupations.

Key questions to explore:

- Why do we often tune out during conversations?
- What does "thinking about dum" (possibly a typo or slang for "dumb" or "dumb" food) signify in terms of mental distraction?
- How does this phrase reflect modern communication challenges?

The Psychology Behind Not Listening: Cognitive Load and Distraction

Understanding Cognitive Load and Its Impact on Listening

Listening isn't just about hearing words; it's an active cognitive process that requires attention, memory, and processing skills. When our cognitive load increases due to internal thoughts or external distractions, our ability to listen effectively diminishes.

Factors affecting listening:

- Multitasking: Attempting to process multiple streams of information simultaneously.
- Internal thoughts: Preoccupations, daydreams, or troubling thoughts divert attention.
- External distractions: Noise, interruptions, or environmental factors.
- Cognitive fatigue: Tiredness reduces mental acuity, making focus harder.

Implication: When someone says, "Sorry I wasn't listening I was thinking about dum," it might indicate that their mental bandwidth was occupied elsewhere—possibly by trivial thoughts, such as food cravings, daydreams, or other preoccupations.

The Role of Internal Thought Processes ("Mind Wandering")

Mind wandering is a universal human experience, often occurring during routine activities or conversations, especially when the content isn't engaging or stimulating enough.

Why do we mind wander?

- To process complex or unresolved issues.
- To rehearse future plans.
- To recall past experiences.
- Simply because of boredom or fatigue.

Effects:

- Decreased comprehension.
- Increased likelihood of misunderstandings.
- Reduced memory retention of the conversation.

In the context of the phrase, "thinking about dum" could be an example of mind wandering towards something trivial or humorous?like food?highlighting how minor internal distractions can lead to lapses in active listening.

The Cultural and Social Dimensions of "Sorry I Wasn't Listening I Was Thinking About Dum"

Humor and Self-awareness in Communication

Using humor or self-deprecating remarks like "thinking about dum" is a relatable way to acknowledge a lapse in attention. It reflects an understanding of human fallibility and can serve to defuse potential tension in conversations.

- Humor as a social lubricant: Light-hearted admissions can foster rapport.
- Self-awareness: Recognizing and admitting distraction shows honesty and humility.
- Relatability: Many individuals experience similar lapses, making such phrases universally understandable.

Possible Interpretations of "Dum"

The term "dum" could refer to:

- Dumb: Slang for trivial thoughts, stupidity, or something silly.
- Dumplings or food items: Indicating preoccupation with hunger or cravings.
- A typo or regional slang: Variations in spelling or pronunciation.

Implications:

- If "dum" is a food reference, it emphasizes how basic needs or pleasures can dominate our minds, even during serious conversations.
- If it's a slang term for something trivial or foolish, it underscores the tendency to be distracted by petty or humorous thoughts.

The Impact of Distraction on Communication Efficacy

Consequences in Personal and Professional Contexts

Personal relationships:

- Erodes trust when one partner frequently zones out.
- Creates misunderstandings or feelings of neglect.
- Can be remedied through honest communication, as exemplified by the phrase.

Workplace communication:

- Leads to errors, oversight, and decreased productivity.
- Affects team cohesion and morale.
- Highlights the importance of fostering focused environments and mindfulness.

Strategies to Minimize Distractions

- Mindfulness Practices:
 - Meditation and breathing exercises to enhance present-moment awareness.
- Active Listening Techniques:

- Paraphrasing, asking clarifying questions.
- Environmental Management:
- Reducing noise and interruptions.
- Self-awareness:
- Recognizing when the mind drifts and gently redirecting focus.

While these strategies are effective, it's also important to accept that occasional lapses are natural and human.

The Role of Humor and Self-Disclosure in Managing Distraction

Using humorous admissions like "Sorry I wasn't listening I was thinking about dum" can serve multiple purposes:

- Easing tension: Lightening the mood when a lapse occurs.
- Building rapport: Demonstrating honesty and vulnerability.
- Promoting self-awareness: Acknowledging distraction openly.

In social dynamics, such candidness can foster understanding and patience, encouraging others to admit their own lapses without fear of judgment.

The Modern Digital Age and Its Effect on Listening and Attention

Information Overload and Shortened Attention Spans

Today's digital environment bombards us with constant notifications, messages, and multimedia, leading to:

- Decreased attention spans.
- Fragmented focus.
- Increased likelihood of zoning out during conversations.

Consequences:

- Reduced depth of understanding.
- Greater reliance on quick, surface-level interactions.
- Higher frequency of "Sorry I wasn't listening" moments.

Digital Distractions as "Thinking About Dum"

In an era of smartphones and social media, it's common for individuals to be physically present but mentally absorbed elsewhere—sometimes scrolling through feeds, thinking about memes, or planning their next snack. This behavior mirrors the phrase's sentiment and underscores the importance of digital mindfulness.

The Broader Philosophical Perspective

Mindfulness and Presence

Philosophers and psychologists alike emphasize the importance of being present in the moment. The phrase "Sorry I wasn't listening I was thinking about dum" exemplifies a lapse from mindfulness, which can be addressed through:

- Cultivating awareness of one's internal state.
- Practicing intentional focus.
- Recognizing the transient nature of thoughts.

The Value of Self-Compassion

Accepting that distraction is a natural part of human cognition fosters self-compassion, reducing guilt and encouraging more mindful engagement over time.

Conclusion: Embracing Human Fallibility with Humor and Self-Awareness

The phrase "Sorry I wasn't listening I was thinking about dum" encapsulates a relatable facet of human communication—our tendency to drift mentally, often toward trivial or humorous thoughts. While distractions can hinder effective communication, acknowledging them with humor and honesty can strengthen social bonds and promote understanding.

By understanding the psychological, social, and technological factors contributing to such lapses, we can develop better strategies to stay present and attentive. Ultimately, embracing our human

fallibility with a light-hearted attitude, as exemplified in this phrase, fosters more genuine and resilient relationships?both personally and professionally.

Final Thoughts

- Recognize that distraction is natural; don't be overly self-critical.
- Use humor to bridge gaps caused by lapses in attention.
- Cultivate mindfulness to improve focus.
- Understand that internal thoughts?whether about food, silly ideas, or trivial matters?are part of being human.
- Foster open communication about distractions to build trust and understanding.

In a world increasingly full of distractions, the candid admission?"Sorry I wasn't listening I was thinking about dum"?serves as a humorous reminder to stay present, or at least to recognize when our minds wander. After all, sometimes the best conversations are those where we can laugh at our own human foibles.

QuestionAnswer What does it mean when someone says 'Sorry I wasn't listening, I was thinking about dum'? It means the person was distracted or lost in thought, possibly about 'dum' (which could refer to food or a specific topic), and therefore wasn't paying attention during the conversation. Is saying 'Sorry I wasn't listening, I was thinking about dum' acceptable in conversations? It depends on the context; being honest about distractions can be acceptable, but it's generally good to apologize and try to refocus to maintain respectful communication. What does 'dum' typically refer to in this phrase? 'Dum' can refer to various things depending on the context, such as a type of Indian cooking (dum biryani), a slang term, or simply a typo for 'dumb'. Clarifying the context helps understand its meaning. How can I prevent missing important parts of a conversation when I'm distracted? Practice active listening, minimize distractions, and acknowledge when your mind drifts so you can refocus on the discussion. Is it polite to admit you were thinking about something else during a conversation? Yes, being honest can be appreciated, especially if you apologize and show genuine interest afterward. It demonstrates honesty and respect. What are some common reasons people get distracted during conversations? Reasons include daydreaming, stress, multitasking, fatigue, or thinking about unrelated topics like 'dum' or other personal concerns. How can I improve my focus during conversations? Stay present by maintaining eye contact, avoiding multitasking, taking notes if needed, and actively engaging with the speaker's words. Does 'sorry I wasn't listening, I was thinking about dum' suggest disinterest? Not necessarily; it may simply indicate the person was momentarily distracted. Clarifying their interest can help ensure effective communication. What should I do if someone says this to me during a conversation? Be understanding, reiterate your key points, and encourage them to share when they're ready to listen again, fostering open and respectful dialogue.

Related keywords: apology, distraction, absent-minded, daydreaming, inattentive, distracted, forgetfulness, mental wandering, excuse, apologies

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