

Avoiding disappointment

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“An insurance agent always has plan B,” said an insurance agent to me, when I was telling him of my disappointment at a certain anticipated outcome not happening. It helped me look at the disappointments I have faced in relationships and the effect they have had on me and my moods.

He had also told me that when he offers insurance cover to someone, more often than not, his offer is either turned down, refused or he is asked to get in touch later.

He copes this rejection with the attitude, “It is OK”. He says to himself, before he meets a prospect, “At best he will refuse me, so what!” Such an attitude and approach helps him preserve his peace .

This lesson has been good for me, for when I have to ask someone for something, I do so with the assumption that if I am refused by one, I can look elsewhere.

Truly, when you approach any situation with the contingent possibility of it not happening and the preparedness to counter it with another possibility, you come away from the situation anxiety-free.

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