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Investing in one another

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Be each other's 'emotional bank'

A friend of mine felt misunderstood, sometimes even not trusted by those who he thought were significant people in his life. He often felt judged and disagreed, with his intention misinterpreted. Yet, he did not allow such thoughts to paralyse him and he continued to



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nourish and invest in those who he thought misunderstood him, even if he experienced poor or no reciprocation.

He shares his thoughts, “Investing in people is like investing money in a bank. When you invest, you earn interest. When you invest without an agenda, you can draw as you do from a bank, in tough times.”

Investing in people is ‘like investing in an emotional bank’. I have found when I consciously, without stealth or an expectation invest in people, I am able to lean on them when I need them or they need me. In spite of such investment, I sometimes feel less understood. Even then, not investing in relationships consciously can cause more pain when the ‘emotional bank’ is barren.

Investing in significant relationships, especially in ‘good’ times, has sometimes helped me cope with people’s disinterest in me, as I know I do not need their endorsement.

My father would often tell me, “Investing in people in ‘good’ times is like the army”, where it is said, “If you invest in peace times you bleed less in war.”

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