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Kids don't get nervous, do they?

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Why is it that as adults, we become more conscious about appearances?

A co-actor, senior in age and experience, and I were readying ourselves to go on to the stage for a performance we were participating together in, when the gentleman turned to me and said "Kids don't get nervous, do they, to go on stage?" The comment stayed with me, and as I got off the stage, I realised that it was probably true.



Kids, children, I reckon do not get nervous, for they perhaps carry no pre-determined belief of how they look, how they are perceived and a need to be seen as perfect and just right.

I realised that even I, as a child, did not worry about my appearance or what people thought of me.

Yet, as I grew into adulthood, I began to obsess about my appearance, how I was regarded, and what people thought of me. My need was also to be seen as 'perfect'.

This preoccupation with appearance, I suppose, was due to the way I had, I imagine, been treated by persons who I had encountered during my growing years.

A friend and guide actually put me wise when he told me, sensibly, "Your need to be seen as 'just right' is not a consequence of how others have treated you, but how you have and are treating yourself. Kindness to self will help you erase such a flawed impression that you carry of yourself."

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