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Learn to let go

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A middle-aged gentleman, keen that his wife, two kids and mother be well looked-after, would constantly follow up with them, particularly in matters he thought they should not be lax, such as taking their medication on time. He would sometimes even breathe down their necks when the family had to go to a function or engagement, for he did not want to show his family as being laid-back or sloppy.



This pattern continued for several years and often met with resistance from his family, and they would often get into an argument.

A friend once advised the middle-aged gentleman to allow his family to make their own decisions and trust they will decide wisely.

The gent in question decided to give this advice a try, and at the next immediate opportunity held back from offering suggestions.

The first time it did not work, and the consequent delay owing to procrastination by some family members upset him.

Remembering his friend's words, he stayed with the discomfort, and interestingly over the next few months, his need to interfere became less, making him feel calmer and less troubled by delays.

Letting go of his need to orchestrate acts resulted in peaceful co-existence at home.

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