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Conversations with self-41

The last word

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In an argument, particularly with dear ones, it is better to walk away without necessarily having to win always

A couple, with a grown-up daughter, studying in a different city from where they lived, were arguing about their daughter's lack of responding to telephone calls. The couple, while discussing their daughter, suddenly started blaming one another. At some point during the argument, the wife asked her husband who they were arguing about. The husband replied, sheepishly, that while the intended discussion was about their daughter, in actuality they were hurling blame at one another. They also realised that each other's pent up frustration towards one another was being exposed.

This is what we do to each other. While we are arguing in the now, we are actually drawing on memories, most often painful, relating to each other. Thus we hurl abuse and blame without realising that both of us could have changed over time and we have the opportunity to look at each other and our relationships in fresh light. Finance personnel use the term 'zero based'. This means the ability to let go of all that happened in the past and start afresh.

If we could do this in our relationships, starting fresh every time we meet one another, it will enhance positivity and create the opportunity for meaningful conversations.

Hurt that masquerades as fact often leaves scars, which keep surfacing now and again.

A young boy was angry with his parents and therefore rebellious was advised by a teacher to use a hammer and drive a nail into the woodwork every time he felt angry towards his parents. The young boy soon got tired of this activity and went back to his teacher and said he was now a changed person. The teacher now asked him to pull out the nails that he had driven into the woodwork. The boy did as he was instructed. The teacher then pointed the marks left by the nails and told the boy that anger leaves a residue, a scar that perhaps never leaves.

It is not therefore important to have the last word in a conversation, particularly with dear ones, and it is better to walk away without necessarily having to win always.

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