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When it is better not to react

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This way we can emerge with our dignity intact



At a training seminar being conducted for a high-profile organisation, a young participant, in the heat of the moment, abused a senior and respected colleague, hurling insult and ire at him.

The senior gentleman did not react immediately and resorted to being silent.

As the facilitator, I, after the lapse of a few tense moments, where the rest of the participants chose to be silent, asked the gentleman in question how he was feeling and if he wished to say something. The gentleman merely smiled and said he felt sad, yet was not very affected, for the young man had erred on facts.

This reminded me of a story about the Buddha.

A woman once blamed the Buddha for siring her child. When the people in the village approached the Buddha, lambasting him for such a deed, the Buddha merely said, "So be it." Sometime later, the woman, feeling ashamed that she had falsely implicated Buddha, apologised to him. The Buddha merely said "So be it."

Such a deed, the Buddha merely said, "So be it." Sometime later, the woman, feeling ashamed that she had falsely implicated Buddha, apologised to him. The Buddha merely said "So be it."

Sometimes it is better to desist from rising to the bait of a taunt, and walk away without being drawn into a meaningless controversy. We then walk away with our dignity unscathed.

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