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Clarity over certainty

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In these uncertain times, with so much conflicting information floating around, what do we choose to believe in?

The lockdown has converted many of us into avid television ‘watchers’. Entertainment is being offered through serials, television programs and YouTube.

Watching a play on YouTube, the title of which was Doubt, I am awakened to the truth that much of my existence nowadays is circumscribed by doubt.



We are watching and reading so many messages on COVID-19, its negative impact and that it is rapidly spreading, so I have become, and many like I are becoming, psychologically brittle.

doubt. I am also realising that doubt is actually a ‘bond’, as the preacher in the play explains. Doubt causes each of us to share our anxieties, to air our opinions and to seek alignment with those like I, who also carry doubt.

Doubting every piece of information is how I am responding. Yet I know I am not alone. Most people are also assailed by

What I am noticing about myself therefore is my need, not necessarily for certainty, yet surely for clarity.

Seeking clarity is probably a less stressful way to handle the anxiety we are grappling with, for we then do not become victims of rumours and incomplete information. I also realise because I am in doubt I seek anchors in my life, and my faith therefore strengthens.

Seeking clarity rather than certainty is also helping me listen better and not hear selectively. I hope the wisdom and patience I am gaining does not forsake me when we return to the ‘new normal’.

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