


Lessons In Life

Our relationships with our family members teach us how to cope with life. We need to be thankful to them, writes **MALLIKA BHATIA**

Ever wondered: "What did I do to deserve a relative like this?" The answer is simple, we choose our family ourselves. Each and every family member is chosen personally by us. It may sound unbelievable, but it is true. We only have, around us, people who can play an important role in our lives; people who can help us evolve.

Take any member of your family — mother, father, brother, sister, father-in-law, cousin, just anyone — now think of all the ways in which they have affected your life directly or indirectly. How have their actions and reactions impacted you? Have you ever caught yourself saying, "If I were in that situation, I would never have reacted like that." Usually, this internal analysis of the actions of our family members, defines our reactions, and in turn, shapes our personalities. As kids, we view the world through their lens.

There is another and a more important thing that family members teach us: how we perceive and give value to ourselves. People, in the immediate and extended family, who are nice to us help us in creating a positive self-image. There are others who are mean and may talk to us and about us in a derogatory manner. They help us question ourselves. They are the ones who teach us to stand up for ourselves and our beliefs. Even though they may make us very angry and upset, we need to remember that if they did not create those challenges, we would never grow up. People who create a negative feeling in us are usually our biggest teachers. They are the ones who have taken the

—  —

**PEOPLE WHO MAKE US FEEL
BAD ARE OUR BIGGEST
TEACHERS. THEY PLAY
VILLAINS TO HELP US GROW
UP TO BE HEROES**

onus to teach us what life is all about. They play villains, to help us grow up to be heroes.

We need to sit back and think: what did the difficulties they threw up in our path teach us? Did it help me differentiate between right and wrong? Did it teach me to stand up for myself? Through them did I realise that I need to stop playing victim and get a hold on my life. Did they teach me to cope with life and trust myself than ever before? What would have happened if they did not act the way they did?

Rather than being angry with

them or hating them, we need to be grateful. Once we let go off the pain, it would be easy to see the person and situation in a different light; grasp the lessons and even thank them. This will not only help us evolve, but also make us feel lighter. It will make it easier to move on and appreciate the value of this relationship.

To understand what lessons a family member is trying to teach you, focus on the feeling he evokes in you? The answer may be just a single feeling or a multi-layered one. For example, if you feel angry or helpless, then he is trying to teach you to stand up for yourself by creating situations that make you feel weak, till the time you stand up and take charge. If someone makes you feel loved, the lesson could be about how to love and cherish yourself and others around you unconditionally. Each relationship is custom-made just for you. Cherish these relationships and be thankful for them. ■

mallikabhatia@gmail.com

