

## I Am Ok, You Are Not Ok- A Lesson from Life

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### Book Review

Self-management by professional and C.E.Os also contributes to management of big business houses. Having a look on the life, I have spent and lessons I have learnt from life, I tell you the experiences, says a professor who observed the life very keenly.

Though the book "I am OK, You're OK" written by Dr. Thomas A. Harris in 1969 was a practical guide to Transactional Analysis yet the present write up has no relevance with the same.

It has been observed having a look at the day's right from my birth, says the professor, 4 stages are internally countered and confronted by one and all, I feel.

#### I am not ok, you are ok

A child is born in a family. As a young and helpless to defend itself, the child is directed to do everything and is taught the cultural mores of the society as per the religion of the elders. Child observes that when a glass of water splashed on the floor, lot of hue and cry was made by others in the family. But when the same act i.e., a glass of water was splashed by grandmother, nobody either yelled or shouted or frowned. Child is young but observes. The child feels "I am not OK, you are OK".

#### I am not ok, you are not ok

As child grows up, it starts feeling when I commit some mistake or do something wrong, I am bashed or yelled upon but when the elders

or grandmother or grandfather does the same act, no body reacts. Why sign pops up in the child's mind? Another feeling internally develops in the child's mind: I am no OK, you are not OK.

#### I am ok, you are not ok

Child goes to school/college and gains new knowledge and new perspective of life through e updated education. The child starts challenging the old ways and old practices practiced by the elders. Confrontation and arrogance rule the child's mind. Child starts feeling: I am OK, You are not Ok.

#### I am ok, you are ok

Confrontation and arrogance within the mind is again challenged by the child and the child starts thinking that elders are the roots. As not tree or plant can stand without the roots, my life too is not possible without the elders' help, guidance and, cooperation. The child develops another stage of feeling: I am OK, you are OK. Mindfulness is replaced with mindfulness. Mental confrontation is replaced with cooperation. Peace descends. Child feels what is life without family and friends.

Thus concludes the old professor his true confession.

**Note:** The views expressed in this article are sole responsibility of the author and journal is not responsible in any way.