



Heath Tips

Since potatoes are rich in vitamin C and vitamin B6, they help relieve inflammation of intestines and the digestive system



If you suffer from morning sickness and nausea, eating papaya regularly will help

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Are you a Teflon or Velcro person?

Do snide remarks make you fly off the handle or are they water off a duck's back? How you feel and perceive things define your personality. As psychologists say, it's all in the mind

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Ever wondered how the same situation sets off different reactions in people? Consider two incidents:

INCIDENT 1:

At work, you are part of a team and are the recipient of snide remarks from other team members who feel that you are being favoured by the boss. What would you do when someone remarks caustically that the boss will promote you blindly?

- ▶ Get agitated and give back. In the process, you will also give explanations about how you deserve the promotion/raise and in extreme reaction, may also offer to resign from the job.
- ▶ Keep quiet and not react angrily. You will, however, express displeasure and firmly tell the person to refrain from such comments. You will also tell yourself that the situation is about the person making the remark and not about you!

INCIDENT 2:

You are at a family gathering. Your daughter and spouse are not there. A relative comes up to you and says that he/she saw your teenage daughter in a café with a strange man the previous evening. You recall that your daughter came home late that evening. What will you do?

- ▶ Go home and rant. Blame your spouse for your daughter's waywardness. Wait for your daughter to come home and say firmly that she cannot come home one minute late from now on! Have a

shouting match with her.

- ▶ Go home and check with your spouse if he/she knew anything about the daughter's programme the previous evening. If not, wait for your daughter to come home and then have an open discussion with her. You will ask her about the previous evening. If you are not convinced with her answer, you will tell her that all you want is that she is safe and secure. Assure her that you're willing to listen to anything that she has in mind or if anything is troubling her.

If you have chosen option A in both instances, maybe you are a velcro/flypaper personality. Option B is generally chosen by people with teflon personality.

Psychotherapist Meera Ravi deciphers the characteristics of the two distinct personalities:

TEFLON PERSONALITY:

Such people usually do not let anything affect them overly. They have positive outlooks and are not affected by the environment around them.

Traits

- ▶ They are focused on the ultimate outcome rather than getting caught by trivial issues
- ▶ They use logic to rationalise with themselves

PAIN IS A BETTER TEACHER

Negative stimuli produce more neural activity than positive ones. They are perceived more easily and quickly. No wonder that both animals and human beings learn better from painful than pleasurable experiences.

- ▶ They are involved in helpful behaviour
- ▶ They take inputs from others as feedback and not as criticism

Meera Ravi cautions:

"Since this personality is clear about what they are and what they want to do, there is a thin line separating this personality from being arrogant. So they need to take feedback. And on the flip side, if they fail to express displeasure at comments/actions coming their way, they become a sponge as they keep absorbing anything and everything that comes their way."

VELCRO PERSONALITY:

Such people are short-tempered and are prone to blame games. They have a negative attitude and often feel that the world is out to get them. They usually view life as 'glass half empty'.

Traits

- ▶ Such people find it difficult to let remarks/events slide
- ▶ They are quick to give up on a sticky situation
- ▶ Usually will ask questions like, 'Why me?'
- ▶ In all likelihood, are insecure and not sure of themselves and usually feel the need for others' approval

As Meera Ravi explains: "All of us have a 'hot button', so to speak. For this kind of personality, when someone touches their hot button, they react and get affected. In the first incident, as they give reasons on why they deserve the promotion, they may speak of how they have done better than so and so which antagonises other colleagues. The overall

air will not be pleasant."

WHAT TO DO: How does one convert oneself into a positive Teflon personality? Mind reader Nakul Shenoy says that most issues are in the mind. How we feel and perceive things are simply mind matters. "Remember, when we feel that someone in the team or family is bringing in negativity to the table, it is in our mind that we perceive the comments as negative. Also, if a person has insecurities, that is the result or effect of past traumatic incidents and/or fear which they have not overcome in the mind." Shenoy suggests a few exercises to bring out the Teflon personality in you:

START: Pre-programme your mind at the start of each day. Tell yourself three things:

- ▶ I am going to meet amazing people today
- ▶ I am going to have a good day
- ▶ I am going to like everybody and everybody will like me

NEXT: Do this simple exercise. List your strengths, your weaknesses and things that you have to work on. Now, ask three others close to you to do the same about you. Compare the three lists and you will have a good perception of your strengths and weaknesses. Work on what you feel is important.

LAST: Be the change in yourself. Tell your mind via you or somebody that everything will work out fine. Work with the mind by saying positive things and letting it change in such a way that the good things will stick to it and the negatives will slide off it!