

## 110 / Behaviour Therapy for Senior Citizens.

### A Why such Behaviour Therapy was developed?

- 1 'Relationship' is **born** simultaneously with our birth. Relationship is a **complex** phenomenon. Our entry in this world **creates** various relationships whether we like them or not at a latter stage in our life.
- 2 If we wish to have cordial relationship with others, it is necessary to cultivate the relationship on same **footing.(i.e. equality complex)** e.g. We must forget our education, designation, status while dealing with spouse, children, parents, friends, In-laws etc.
- 3 One should remember that we are all **Guests** in this world. We don't know our last moment in this world. Then why not try and develop cordial relationship with others.
- 4 As stated earlier that Relationship is a **complex phenomena** and any number of laid down principles may still fail because after all each person is **unique**. Moreover building cordial relationship you need similar thinking from opposite camp as well. You need two hands for '**Clapping**' but need only one hand for '**Chutki**.'
- 5 If your relationship gets clicked **spontaneously**, then nothing likes it. But there is no guarantee that it would so happen. Hence you must try to establishment relationship by adhering to various Tips listed below. Why not make an attempt to **develop relationship professionally** instead of relying on your mood / ringing of bells in your mind?
- 6 We don't like every person around us but still for the sake **formality** we tolerate him up to the point. You will agree that in office we wish our boss, colleagues etc. though we may not like them. We do it under the tag 'Job compromise'. If that is the case, why not apply the same **formality** in dealing with kids.
- 7 These Tips have been prepared based on my experience as counsellor and observations of people from childhood. It was my good fortune that I came across many people who taught 'How **not to behave**.' I express my sincere thanks to them.
- 8 I am aware that **few Tips have been deliberately repeated** to drive the importance.
- 9 **This Article has been dedicated to the fond memory of my Late Aai Smt. Shantabai M. Vaidya (Born on 19-09-1919 & expired on 26-10-2004.)**

**B Relationship Pattern:**

- 1 **We can develop better relationship with others if we understand their entry in our life. A person may come into your life for a 'reason, for a season or for a life.'** If this focus is clear, we can decide our relationship pattern.
- 2 **A person may enter your life for a 'reason' when you need him for your help.** You may call the person by any name or he may be a stranger or from your family. When the necessary help is rendered, the relationship may get broken in spite of your good behaviour. You should be ready for such eventuality. No point doing post mortem of your behaviour and his behaviour.
- 3 **Some people come into your life for a 'season.'** You will learn from these persons many things. These persons will share their experience, knowledge with you and try to enrich your life. You will have unbelievable joy and happiness in their company. But please remember that this association is only for a 'season.'
- 4 **Some people enter your life for 'lifetime.'** You need to take special efforts for building up such relationship. You may need to show more consistency, tolerance etc. in nursing such relationship. **Good relationships are like Trees. They demand attention & care in the beginning but once they blossom, they provide you shade in all situations of life.**
- 5 So whenever you march towards establishing relationship, **first decide whether this person has entered your life 'for a Reason, for a Season or for a Life.'**

**C Your Old Age experience would broadly depend upon following factors:**

- 1 Whether you are financially independent?
- 2 Whether your spouse is alive?
- 3 Your relationship with spouse?
- 4 Whether you are self disciplined?
- 5 Existing relationship with son, daughter? (Please remember that **your son is a son till he gets married.**)
- 6 Financial condition of your kids.
- 7 Whether you are staying in your own house or rented house?
- 8 Whether flat is fairly big enough? Or whether you have a separate room?
- 9 Whether your son and his family are staying with you? Or you are staying with your son?
- 10 Whether you intend to spend your balance life in Old age homes?

**D In the light of above discussion, let us try and formulate the Tips for establishing & improving relationship. Please excuse me for once again repeating the basic facts before proceeding further.**

- 1 Relationship is born simultaneously with our birth.
- 2 Our entry in this world creates various relationship whether we like them or not at a latter stage in our life.
- 3 If we wish to have cordial relationship with others, it is necessary to cultivate the Relationship on same footing. e.g. We must forget our education, designation, status, while dealing with spouse, children, parents, friends etc.
- 4 Relationship is a complex phenomenon.
- 5 One should remember that we are all Guests in this world. We don't know our last moment/breath in this world then why not try and develop cordial relationship with others.

**E Recommended Reading from [www.spandane.com](http://www.spandane.com) → Spandane Articles.**

➤ **In fact all Spandane Articles will enrich your LIFE but you should at least read the following Spandane Articles from [www.spandane.com](http://www.spandane.com).**

- 1 Article 53 - Communication Skills
- 2 Article 55 - Time Management
- 3 Article 61 - Anger Management
- 4 Article 70 - Conflict Management
- 5 Article 71 - ABJ / TTP Technique
- 6 Article 79 - Spandane The Art of Living
- 7 Article 83 - Change yourself, not the world
- 8 Article 84 - Anomalies of Human behaviour
- 9 Article 99 - Tips for establishing & improving relationships.

**F Common Tips:**

- 1 Let there be **spaces** in your relationship.
- 2 Give **respect** to get respect. **Due respect has to be given without any expectations.**
- 3 All **fingers** are not alike.
- 4 Each person **inherits** good and bad qualities.
- 5 Your behaviour with any one should be the **replica** of your expectation of their behaviour with you.

- 6 Respect **individuality**.
- 7 Always remember that our **opinions change** from time to time.
- 8 We all **need** each other.
- 9 No body is **perfect**.
- 10 When you are angry, **criticize the behaviour**, not the person.
- 11 Human being is a social '**ANIMAL**.'

**G We must first understand the main reasons for conflict:**

- 1 **Unmet** needs and wants. (Unmet wants could be physical, mental etc.)
- 2 **Values:** Our values drive our behaviour. Our values may differ about time, work, health, relationship, spending habits etc.
- 3 **Perceptions:** There are always three sides to any matter/ problem.
- 4 **Knowledge:** The information or knowledge given or not given may cause conflict.
- 5 **Assumptions:** We make assumptions on what we know. Conflict may take place when assumptions are not checked for accuracy or are not updated periodically.
- 6 **Expectations:** Conflict may occur when we do not know each other's expectations. Expectations should be made known in clear terms to each other. Sooner the better.
- 7 **Growing up differently:** Each generation views life and work differently.
- 8 Willingness and **ability** to deal with conflicts.
- 9 Three personalities are hidden in every individual, namely **Parent, Adult and Child**. These personalities keep changing from time to time and from situation to situation. When two persons happen to be in similar personalities say Adult while dealing, then the chances of conflict are remote.

**H Replica:**

- **Please remember that young generation's behaviour with you will be the replica of your behaviour with them during their childhood. Remember your attitude, behaviour with them in their childhood. Review the following points to answer the dilemma and then make expectations from them in your old age.**

➤ **Children:**

- 1 The **relationship with children** gives immense joy at least when they are small.
- 2 **Parenthood** is the 'testing phase of married life.'
- 3 Parents **do not leave any stone unturned** to give best to their children.
- 4 However our acts and deeds should be **motive less** and should arise from our

duty & responsibility.

- 5 **We should not look at the relationship as an investment for our old age.**
- 6 You should always **encourage** your children to **express their feelings**.
- 7 Establish clear limits on their behaviour.
- 8 You should act as a **Role Model** for improving their behaviour.
- 9 Praise should be used to **promote** good behaviour.
- 10 You should **respect** your child's choices, unless they endanger safety or health.
- 11 **Criticize** incorrect/ bad behaviour or action, not the child.
- 12 **Set** clear and consistent rules. Parents should agree on rules.
- 13 **Goals** set should be within reach of your child.
- 14 Make it a habit to **spend some time** every day with your children.
- 15 Pay **undivided attention** when your children talk to you.
- 16 **Encourage your child to always do their best, and emphasize that what is Important is efforts, not the success.**

## I Financial Tips:

### 1.0 What precautions should be taken in respect of Investment?

- i Investment should be made in **joint name**.
- ii Investment should be payable to **either or survivor or former / survivor**.
- iii **Nomination** facility should be availed of.
- iv Proper **record** of investment held should be kept.
- v Your **spouse should be aware** of all your investment matter.
- vi **Excessive faith** should not be kept on relatives, friends.
- vii Necessary **secrecy** should be kept. The investment matters should not be discussed with strangers.
- viii **Do not give power of attorney** to your kids.
- ix Do not request your kids to withdraw money through your ATM Card. Do not divulge your password.
- x **Make will**. Do not part with your wealth and loose M power.
- xi If your financial condition is not good, then think of **Reverse Mortgage**.
- xii **Look after your investment portfolio independently or with the help of financial consultant**.

### 2.0 Which factors should be considered while making Financial Investment?

- i **Safety** of Investment should be the prime consideration. Investment should not be

lost.

- ii **Liquidity:** Investment should be easily available in case of need.
- iii **Returns:** Investment should not remain idle but should also earn reasonable income.
- iv **Spread:** Investment should be made in different forms to minimize risk.
- v **Purpose:** Investment should be made according to purpose.

### 3.0 Security should meet the following criteria: (MASTDAY)

- i M Marketability.
- ii A Easy to ascertain its title, value, quantity and quality.
- iii S Stability of value.
- iv T Transferability of title.
- v D Durability - not perishable.
- vi A Absence of contingent liability. i.e. You may not have to spend more money on the security to make it marketable or even to maintain it.
- vii Y Yield. The security should provide some on-going income.

### J Tips: (Not necessarily in the order of importance). In fact all Tips are important. You may have to make some variation according to the situation.

- 1 You must learn **minimum cooking** so that you can take care of yourself.
- 2 Always **update** your telephone diary with addresses, telephone numbers etc. of friends, well wishers, relatives, doctors etc.
- 3 Make an attempt to **avoid conflict**. (Refer Para G)
- 4 Prepare a **due date diary** of Birthdays, Marriage anniversaries, Death anniversaries etc. of near relatives, friends, well wishers along with contact numbers, mobile numbers, email IDs etc.
- 5 **Identify** weak/sensitive points of your son, daughter-in-law. Relationship gets developed very fast when you pamper the person on his weak / sensitive points.
- 6 GOD has given two Eyes, two Ears but only one Mouth. Obviously I am suggesting that one should **talk less in old age**.
- 7 Make all out efforts to **create Goodwill**.
- 8 Keep **Optimum Transparency** in your dealings and speech.
- 9 **Develop ability to say 'No'**. But 'No' approach should be resorted as a last resort. Don't allow any one to take undue advantage of you including your wife.
- 10 You should have **sense of proportion** in every respect. You should always know what

is the call of the hour/day?

- 11 Have you studied '**Gobels Principle**? Any false information hammered repeatedly is believed. Do not follow this. Use the principle to tell the 'Truth' because many people find it difficult to digest even the Truth in one go and Truth needs to be hammered.
- 12 Are you aware of the story of 'Monkey and her kids' told and proved by 'Birbal' to 'Badshah'? **Do not go out of the way to provide service** even to your wife, son and daughter-in-law.
- 13 **Respect** the person irrespective of age to get respect.
- 14 **Do not lie** or tell half truth. Don't lie on behalf of wife, son etc. **Do not justify** wife, son if they are wrong.
- 15 **Share anything good.** Say a good book, good article in a magazine/ newspaper, tasty food, good entertainment programme etc.
- 16 **Spend some time** specifically with son, daughter-in-law, grand son etc.
- 17 **Don't argue.** You will only land up hurting feelings. **You must agree to disagree.**
- 18 Be **polite** in your talk. **Avoid Gossip** and loose talk.
- 19 Every one is right in his own way but please remember that **your right should not be at the cost of some body's right.** (not even your wife, son etc)
- 20 **Any problem in Life should be accepted first, then if possible justify and finally you may blame your fate or some body.**
- 21 Any thing is possible in '**Theory**'. But it is also necessary to look into the '**Technical**' feasibility and finally '**Practical**' possibility.
- 22 **Do not compare** People, Luck, Wealth etc.
- 23 **Do not be jealous.**
- 24 Do **Time Management.** Spend time judiciously keeping in mind your retirement goals such as reading, exercise, morning-evening walk, music, playing with grandsons, meditation etc.
- 25 **Do not compare** your wife, son, daughter-in-law with similar acquaintances. No body is perfect.
- 26 You should **master the Art of deriving 100 % satisfaction in 50 % inputs.**
- 27 **Think positively** in case your wife, son desire to change / modify some routine in your house. First analyze the reasons for new pattern of routine, keep open mind, discuss frankly and then change the routine by mutual discussion.
- 28 You should **manage your 'Financial Matters'**. You may inform wife, son etc. about it but refrain from seeking their advice unless they are professionally qualified to give

advice.

- 29 **Assist** your wife, son in looking after her Financial matters such payment of LIC, PPF etc. You will automatically get their financial information.
- 30 You should be able to **identify** 'Primary' (i.e. direct) and 'Collateral' (i.e. indirect) responsibility in relation with your family.
- 31 **Do not go** out of the way to impress son, wife, and daughter-in-law.
- 32 **Relationship is like a rubber band.** You must know the limit up to which the same should be strained. After all we need each other. Dispute should not be carried too far. There should be an **escape route** to reconcile.
- 33 **Do not give advice** unless called for.
- 34 **Do not seek advice** for name sake unless you really need one.
- 35 **Appreciation** should be genuine.
- 36 **Create** support group.
- 37 Make your **expectations** clear to your family members on various issues.
- 38 **Do not assume** or take for granted any family members.
- 39 **Do your own work.** You would get the necessary light exercise in the process. Your mind would become strong as your dependence on others is reduced. Generally **expectations lead to frustration.**
- 40 **Do some household work** according to your ability, liking.
- 41 **Do not try** to discipline grand sons, grand daughters.
- 42 **Reduce TV viewing** to save your eyes. Your mental agony will greatly reduce if you stop watching TV serials.
- 43 Join Nana -Nani / Dada-Dadi Park.
- 44 Make it a point to give **gift** according to your financial condition on birthdays, wedding anniversary etc.
- 45 **Avoid attending functions** of any kind. You will be saved of travel tensions, consuming heavy food etc.
- 46 **Develop detached attitude.**
- 47 Please remember that young generation's behaviour with you will be **replica** of your behaviour with them during their childhood. (Refer Para H above)
- 48 **Cultivate the habit** of writing diary, your experiences in Life etc.
- 49 **Do not resort** to chit chatting for just time pass. Find out whether the other person is really free and it is equally important to talk. If you don't follow this strictly, then people will start avoiding you.

- 50 If flat is small, try and **give maximum privacy to next generation.** You may go out for a evening walk
- 51 **You should tell** family member present in the house when you leave house (or home) and also inform by what time you would come and where you are going. (Unless you going to office). Your family members can not complain afterwards. Others will learn this message and would also start this practice. Trifle matter of dispute would get avoided.
- 52 Whenever you do **shopping,** make it a point to purchase something for other family members. They will be very happy because of your remembrance. **Your cost of shopping for them would be your investment in Goodwill.**
- 53 In case you have gone on a week end trip. Then make it a point to **inform** about safe reaching to your son, daughter-in-law. (Kids always worry about Old aged parents.) Do telephone once or twice a day; enquire about their lunch, sleep, health etc.

**K How to avoid Family Stress:**

- 1 Jagi sarva sukhi asa kon ahe vichari mana tuchi shodhoni pahe....Ramdas Swami. (There is no body in this world who is happy in all respects)
- 2 Every one carries/ faces stress. Nature of stress varies from person to person. It is born with your birth & continues till your death. Every happiness & luxury has element of inbuilt stress. Today this subject has acquired great importance. World has changed over the years. New inventions have resulted in saving of human energy and time. Now the question is whether the man and his sentiments have changed? The answer is No. Man's basic nature is of happiness and every one makes all out efforts to seek happiness but the problem is that he does not know as to where he will get happiness.
- 3 Most people find it difficult to define stress, yet they experience it often. Stress can be defined as an excessive demand on physical and mental energy, often leading to anger, anxiety, distress, fear, irritability and frustration.
- **In the light of this background, I intend to give few Tips to avoid Family Stress.**
- 4 You must acquire skill to stay at home as a Guest.
- 5 Please remember that Every person has an Ego.
- 6 Please remember that Every person has Individuality.
- 7 Do your own work.
- 8 Help other family members.

- 9 Cultivate Apathy.
- 10 Give respect to get Respect.
- 11 Forget your office designation at home.
- 12 Forget your educational achievements at home while dealing with family members.

➤ **Old Age Stress:**

- 13 Seek the blessing of: Fire (Agni), Sun, Moon, Space.
- 14 Do not keep high expectations from others.
- 15 Develop hobbies and plan old age.

**L Health Tips:**

- 1 Consider balance life as bonus.
- 2 Visit the doctor for any physical complaints. Do not hide any physical problem. Other wise family members will blame you in case of emergency.
- 3 Take your medicines regularly. Keep the necessary stock of medicines.
- 4 Follow diet restrictions prescribed by the doctor.
- 5 Get up early. Go for a morning / evening walk.
- 6 Do light exercise.

**M Disclaimer:**

- 1 I **do not claim** that this Article is **full proof** but I am confident that the careful reading can certainly assist you as a Torch in exploring unknown jungle of new relationship.
- 2 Relationship is a complex phenomena and any number of laid down principles may still fail because after all each person is unique.
- 3 Why not make an attempt to develop relationship professionally instead of relying on your mood / ringing of bells in your mind?
- 4 Best of Luck. I request the readers to share their experiences to make this Article as elaborative as possible. Do share your observations on the subject with me on **spandane2008@gmail.com**.