

Talent in Medicine

The medical profession is not different from other workforce, sharing common interests, hobbies and talents. The majority of these activities are unrelated to medicine. Many are musicians, performers, artists, writers, critics, astronomers, photographers, etc., not to mention their excellence in the world of sports. On the other hand, there are also instances when the practice of these activities takes the form of applied interpretation of what they know in human pathobiology and the concerned function. Thus, some may be historians of clinical practice, clinical pharmacologists of locally used herbs or clinical therapists of locally practiced folk medicine.

This section of the Bahrain Medical Bulletin will be devoted to “Talents in the Medical Profession” to show and exchange with others common interests and applied experience. Contributors are therefore welcomed to submit their literary works. This issue contains two poems titled “**ER to ER**” and “**Our Transactions**”.

The Chief Editor

ER to ER

‘I strongly feel such and so it must be true’; that is ER1 or Emotional Reasoning* (1),
If you use ER1 in making decisions, then Emergency Room or ER2 is in waiting.
Using ER1 often leads to stress, tension, anxiety and depression,
You may end up in ER2 with a panic reaction!

When how you feel becomes a major criterion for your decisions, (2)
When no facts matter, only how you feel dictates your decisions,
When evidence is not looked for, hard facts ignored and help abhorred,
Then emotional reasoning is gripping you and soon you will be floored.

Emotions or feelings have a purpose to put you to right action,
Emotions fail you if you get into inaction or wrong action.
Emotional reasoning makes you act in a hurry and jump to conclusions,
For there is no data or evidence collected for taking action or decisions.

A rational mind gathers all relevant data before undertaking an action (3),
It considers pros and cons before taking a well thought action.
An emotional mind doesn’t know reason, takes random actions,
Emotional reasoning is fear based; its actions are reactions!

Emotional reasoning makes you impulsive, shallow and abrupt,
It leads you into trouble after trouble; your life it disrupts!
With it you can’t go straight for long, your course gets interrupted,
For you don’t even know, your file** is with ER1 worm*** corrupted.

So when you notice your actions are bringing unpredicted result,
Despite your good IQ (Intelligence Quotient), **** you are reaping a bad harvest.
You must find out your EQ (Emotional Quotient) ***** which may be pretty low,
Balance IQ with EQ, only then your bulb will properly glow.

Learn to express and manage your emotions well,
Bring in rationality in your decisions for them to be great and swell.
With patience consult others and get data and evidence first,
Decisions based on emotions have destroyed many a bright cadet.

References and Explanations:

- 1) John M. Grohol, Psy.D. <http://psychcentral.com/lib/15-common-cognitive-distortions>.
- 2) Burns, D. D. (1980). *Feeling good: The new mood therapy*. New York: New American Library.
- 3) Burns, D.D. (1989). *The feeling good handbook: Using the new mood therapy in everyday life*. New York: William Morrow.

*Emotional reasoning: One of the Automatic Negative Thoughts or ANTs or Cognitive distortions

**File as in computer language, here, a person's mind.

***Worm, like virus or worm corrupting a computer file, here Emotional Reasoning or ER1 is the worm which corrupts the human mind.

**** IQ or Intelligence Quotient, a measure of a person's intellect

***** EQ or Emotional Quotient or Emotional intelligence quotient, a measure of a person's ability to monitor his or her emotions, to cope with pressures and demands, to control his or her thoughts and actions and the ability to assess and affect situations and relationships with other people.

Our Transactions*

Whenever you interact with another person,
You are transacting-exchanging something with this person.
Goods exchange may or may not be a part of the transaction**,
What is important is the two personalities' interaction!

Each personality has three components in-built,
Parent, Adult and Child or P-A-C are active in it.
Parent is active when you find fault, rebuke or criticize,
Child is active when you demand, expect or put another on a dais.

When you present as a child you invoke the parent in me,
When you demand and I reject, that is the parent in me.
When you start as a parent (P) you may invoke the child(C) or parent(P) in me,
So if you criticize me I may get sullen as a child or angry as the parent in me.

The transactions that are P to C or C to P are often emotionally loaded,
They often get heavily negatively charged and are unhappiness coded.
Whenever there is unhappiness during or after a transaction,
Look within and without, you'll find it was a P to C or C to P transaction.

There is a healthier transaction called Adult to Adult or A to A,
In this the initiation and response are both adult to adult or A to A.
An adult doesn't beg nor rebuke, talks of win-win situation,
Either there is general, neutral talk or equal give and take proposition.

So when you enter into a transaction with a fellow being next time,
Make it adult to adult or A to A and make it for both of you a happy time.
Bring in P, you'll get a C or P response, yielding an unhappy time,
Start as C, invoke P in the other and again get back unpleasant times.

*Transactional Analysis, a term coined by Eric Berne in 1964 book: "Games people play: the psychology of human relations." Reprinted 1978, Grove Press.

**Transactional Analysis further detailed in the book "I'm OK, You're OK" by Thomas A Harris 1969 and reprinted, Harper 2004

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