Close all your books… nothing for CAA

How many of us have gone for a wedding… how many of us didn’t know who the bride or groom are… who their parents are … and the different guest or relatives … and kind of had a situation of mistaken identities… and misspoken …. to only realize later you goofed up….

We have had such embarrassing moments ..right

How many of us have got stranded in the middle of a busy junction.. due to our 2 or 4 wheeler suddenly stopping and ppl honking all around us and cussing us to give way… or like “ veet la sollitu vandhya…”

Again, an embarrassment many of us have faced…

or sometimes we mess up on our dress and are roaming around happily … until some one points out … particularly from the other sex member .. right? How embarrassing all that …

We all have embarrassed ourselves in a big public gathering or a small personal crowd of all well-known faces ...

Any one … any other examples … that are quite common…

Imagine in a game of cricket … a fielder fails to latch on to a simple catch… and the whole stadium watching those moments in despair… and with the million eyes all on the fielder … the fielder doesn’t know where to look … how embarrassing it can be … and this happens with every cricketer perhaps .. at some moments in their career ..right?...but they carry on … ‘coz the next bowl is on the way …and they have to be prepared for it..

Is it true … women feel more embarrassed easily than men…idk… just asking… perhaps one reason could be … boys take a shot of rum … and then they are on cloud 9….

So today I am just going to throw some light and draw your attention to this one moment or feeling that surely all of us have undergone many- many times and will do so ever as we go on in life. It is an niversal emotion that unites us all in our humanity.

It is an inevitable moment in our lives … we will face it sometime or other .. so its best to understand and appreciate this ... and to just embrace it and make the best of it …

So I am going to just touch upon a few aspects of this emotion .. nothing scientific or high sounding jargon .. just simple points to talk about this feeling of embarrassment so we understand it better and how it impacts our learning environment.

So in order to let me talk a little structured … rather than just talk randomly … have broken down this session into a small parts …

1. Reasons for being embarrassed
2. Some small steps that can help us overcome our such moments and embarrassing emotions

At the outset I want to distinguish 2 emotions …. that I feel we ought to understand … feeling embarrassed doesn’t mean feeling ashamed …

feeling ashamed of oneself may be for a number of other things … something that makes you guilty of committing the unexpected….

But embarrassed is just a momentary lapse of mind … if you will…

The other case is … that I am in no way going to make the case that overcoming your embarrassment is a sure way to success … or the success that you define for yourself… that is different … its just the self-awareness part that I want to touch upon…

So to touch upon briefly the reasons we feel embarrassed.

1. Embarrassment is seen as negative trait or weakness in us .. and so people want to avoid such moments .. examples …

not knowing a simple answer

or a well-known fact

or getting something wrong that’s really quite simple and straight forward

… so one has this fear of being seen as **Foolish and Ignorant**…

1. We take **ourselves too seriously** and to be infallible .. and so are afraid of failing or being wrong
2. We do not want to be the **person who bells the cat**….. or to be the stand out person … we choose to go along with the crowd … it provides that security in anonymity … why cant someone one do it for us…

Typical in a class room environment… we are waiting for some one else to ask the question that has been in our mind for so long but are reluctant to voice it.. again we are afraid of the moment to feel embarrassed…

Introduce the slide that prompted this talk…

**“Embarrassment is the cost of entry. If you aren't willing to look like a foolish beginner, you'll never become a graceful master!**

So such moments of being afraid to be embarrassed really hold s us back from realizing our true potential….

Often in our class room environment … here we often attribute our reluctance to ask questions to

“lack of adequate and proper communication skills to convey our point of view”

but even though that may be true to some extent … there is also some reason here to believe that beyond the communication skills perse it is also the fear of being embarrassed that prevents us from asking questions for which we genuinely want answers or explanations… ‘coz … some of us are obviously quite ok with the communication skills part, yet prefer to flow with the tide….

So what small steps can be taken to overcome this emotion and really help ourselves to explore freely our true potential ….

1. Take it positively…
   1. learn to accept these moments … after all it happens with every one …
   2. no one is perfect … we all make simple mistakes ..every now and then …
   3. just keep reminding yourself about it …
   4. and just Embrace and acknowledge your own vulnerability … it’s there in each one of us .. we just acknowledge it … not fear it …and if the moment happens just try to accept it and move on because we all make mistakes ..that does not mean we are any less capable… take it as a learning opportunity.. take in your stride and move on..
2. Learn to laugh at ourselves –

not take ourselves too seriously … and realize and truly believe we are just like others … we are nothing very special… or that we are superior,

when we come to terms with that we will be able accept ourselves and our silly mistakes quite sportingly and forgivingly... and be able to laugh over it and move on…

1. Every embarrassing moment can also be a motivation and a learning factor…

to help us avoid mistakes in future…

push us to work harder to overcome that moment..

like even preparing for a speech.. or a presentation..

we learn from our past … improve on it and make sure we do not repeat them…

1. Share your embarrassing moments … feel free to embrace them..

it will create an atmosphere of empathy and understanding and foster a supporting culture

its share it with your small group of friends or family members …

initially … it helps to lighten that feeling ..

maybe next time around … share it with a larger crowd… and be able to

laugh over it… …

I guess many women do this often and are able to successfully overcome their embarrassing moments …

1. Celebrate your growth…

each time you have successfully over come and handled a embarrassing moment,

have came out stronger … acknowledge it to yourself … …

relive it …savor those moments how you handled it and try to cultivate that into

a habit and a tool in your inventory.. …

1. We in a class environment ..,

need to create that supportive and encouraging environment for our mates…

encourage everyone to express freely…

be non-judgmental…

be respectful of everyone’s right to learn and ask questions

…do not be too critical or laugh at other’s moment of weakness or blooper moments..

1. As an individual … never be afraid to ask questions in a class setting.. again recalling the slide ….

**“Embarrassment is the cost of entry. If you aren't willing to look like a foolish beginner, you'll never become a graceful master!**

In conclusion… remember Embarrassment is universal … and its just a human thing … it happens with commoners as well as famous, successful ppl… its just that they handle them gracefully, accept it with humor and just move on … So we may have to be willing to look like a foolish beginner … in case we want to master the moment…