

Letter from your Agony Aunt

Dear XYZ,

First things first, thanks for trusting me with your message. I received your following words well and fair. ❤️

its weird but the most problematic thing in my life is my own parents . they keep fighting all day , have their own problems which i cannot solve (only they can) but i listen to it all day . i have been going through this since childhood , my siblings as well . our lives have been affected by it a lot . they never saw what problems their children are going through at school or college . its just about marks or salary that we are talking about . i recently gave my jee . during my preparation days my mother left me here with my father for 2 months(jan and feb) , it was my drop year so she thought i was free . i had to do all the housework as my father has 12 -13 hours job he does get any time . also there was no maid. i hardly used to get 4 hours free time to study , where i used to be so tired. also she always used to tell everyone that my daughter does not do any household work , while she used to keep me busy in it . i dont know how to explain but she just fucked up with my brain. never asked me how was my preparation was going . now i didnt clear it , going to a private college not a nit ot iit , she is blaming me all day . also during my 11 and 12 they never asked me what tuitions i m going to , i went to none in 11th , took in 12th but always had to like beg for the fee . and now they want results !

Oh boy. I am so sorry you have to go through this. I cannot imagine your frustrations, anger and angst. If I were you at your age, I'm sure I would have broken down. I'm glad you are so much stronger and keeping it together. I want to give you a pat at the back for keeping sane and being strong, XYZ. I really wish I could give you a hug. I am so proud of you for holding it together.

Like you said, there is not a lot you can do about it. We, unfortunately, can't control the people in our lives. We, unfortunately, can't choose our family. I'll insert a worry diagram I love here. This diagram 🗺️ is NOT to belittle your situation but reiterate your own thinking. You've already navigated this tree. There is little to nothing you can control in this situation. Unfortunately, in our society, control generally always lies with the adults.

Worry Decision Tree



Personally, I have had the fortune of having a really great set of parents. So, my words may sound blank to you because I can not fathom your pain. But I would still love to share some stories from my life with you. I have seen a certain amount of family drama in my life as well. Growing up in Indian society, there is no place you can hide away from family drama. I have seen brothers quarrel for property. Bahu-saas quarrel. Certain degree of husband-wife quarrel and some effects on kids. I personally hate a few relatives of mine. After seeing all this, I want to tell you a secret :

Adults don't know their shit either. They are as clueless as kids, sometimes more. But it's foolish to fight them as a kid. A better solution is drowning their actions and words which doesn't make sense.

I'll tell you what I mean by *drowning their words and actions*. I mean एक कान से सुनो दुसरे से निकाल दो whenever something doesn't make sense to you. I have a few ignoring suggestions personally tried and tested – put on white noise and do your work or enjoy yourself. This is how I used to read Harry Potter as a kid – listening to [white noise](#) or [Celtic music](#). I find art peaceful whenever I don't control a shitty situation. By art I mean, music dancing painting reading writing – anything. Anything which gives you some peace.

I also went through the JEE/AIEEEE/BITS/AIIMS hassle myself. That is a part I understand. I understand you could not study. I will tell you it's okay. It doesn't matter what college you end up in. College is just a starting point to a beautiful life ahead. A life of independence. A life where you may not be with your parents 24x7. A life from which you will get a job and start being financially independent and living by yourself/your chosen friends. And ooooh, once a woman achieves financial independence, I'm sure there will be no stopping you. You'll be a force your parents will regret giving a hard time to. I'm sure of it. I believe in you because I know you're strong and will be strong for some more years. Patience and perseverance are the keys, my dear friend ;)

I'm going to leave you with [my favourite song of all times](#)

There will come a time when you'll be on top of this problem and not below this problem. I believe you'll live this song someday too.

Love and Hugs,
Your Agony Aunt

P.S If you find this letter helpful, I would love a shout out. Just retweet [Shilpi's tweet](#) and spread the good word. 💙