

Missing Tile Syndrome

Swati Patanwal

Principal, Ch. Kehar Singh Institute of Paramedical Science and Hospital

Corresponding email : swatip554@gmail.com

Abstract :

Background : The 'Missing Tile Syndrome' is a term coined by Dennis Prager. It simply means "Focusing On The Things That We Don't Have, And In The Process, Robbing Ourselves Of Happiness."

Keywords : Missing; Tile; Syndrome

Introduction :

How to deal with 'missing tile syndrome'

Awareness of 'missing tile syndrome' is a first and powerful step, but DENNIS PRAGER offers some additional suggestions for how to effectively deal with the problem.

- **GET IT**
- **FORGET IT**
- **REPLACE IT**
- **GET IT** - You determine that your missing tile is absolutely essential to your happiness; you can find an alternative way to get that which is missing in your life.
- **FORGET IT** - Although this option may seem feasible it is a not viable solution. We have to dismiss the desire instead of focusing on missing tile being busy in doing other things which make us feel enjoyed and gradually happy to accept the new situation.
- **REPLACE IT** - Sometimes, we are not able to get the exact things we want in life, but we can discover a viable replacement with which we can be satisfied.

Symptoms

- Person focuses more on what is missing in life
- Avoids solutions
- Always ends up in obsessing on missing
- Unhappy
- Hopeless

Biblical Antidotes For Missing Tile Syndrome

- Point 1-Avoid Covetousness:

Here Covetousness is defined as the strong desire to acquire something that belongs to other people. Covetousness starts

with the mind. Though some people might not see your thought.

Signs of Covetousness : - the desire to have something can become too strong

- That you have always been thinking about it.
- Your words and action made it obvious.

Covetous can be deceitful because you can never have enough of what you covet. It is also damaging to one's life because of its insatiable craving.

Finally, it leads to : Stealing, Lying, Adultery, and Murder

Point 2 : Be Thankful

God is truly faithful. He will never leave us empty. He might ask us to drop something, but he will ask us to pick something way better than what we expected, being thankful is a wonderful attribute. It prevents you from being bitter to what other people have and helps you concentrate on the things that god has blessed you with. Choose to be thankful and enjoy the warm, fuzzy and happy feeling from it.

Point 3 : Be Content

Contentment is a state of mind. It is knowing that we don't really actually own anything in this world, but everything is owned by god. We are just stewards and caretaker of those things. Contentment is the assurance that in whatever situation you may be, god is always in control. Contentment helps you to avoid looking at what missing in your life, but rather focusing on the things that you have.

Prevention of Missing Tiles

The best way to avoid lamenting the 'missing tile' is to do a balance sheet of life. Here are a few things one may do to feel complete and happy despite those missing tiles.

- Count Your Blessings - enjoy life and stop complaining. Believe in yourself. You are well off, have

a family and friends and your physical and mental faculties are in working order.

- Think Positive - we have seen positive people being happier than those who are not. It's not because their lives are perfect, but they believe it is.
- Volunteer to Help the Less Fortunate - the idea is to care genuinely for others who actually are badly off-economically, physically and mentally- and give them a hand up and not a handout.
- Try Something You Never Have Before Or Scared To - anything that takes you out of the comfort zone will make you focus all your energies on mastering that new activity that there will be no time to worry about the tile.
- Stop Comparing Yourself To Others - there will always be someone smarter, better looking and richer than us but it isn't the people with more that are happier. If the richest and most famous people were the happiest, there wouldn't be so many suicides and drug overdose deaths.
- Don't Hang Out With The Missing Tile Club - we tend to stick to people who have the same lacking and then further widen our missing tile. People who are consumed with real health issues tend to get a corner discussing new cures and experiences thereby compounding their preoccupation.

Don't do that - your missing tile could just become the entire ceiling.

Conclusion

Self-acceptance and gratitude are key in terms of dealing with 'missing tile syndrome'. Be grateful for your blessings in life and put your focus there, work on accepting yourself and life as they are and stop lamenting your supposed 'flaws' to the detriment of your happiness and inner peace.

(MSC Nursing Gold Medalist, Ch. Kehar Singh Institute of Paramedical Sciences & Hospital, Kotana Road, Baraut, Baghpat. Email: swatip554@gmail.com. The author acknowledges various references which are available on request)

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