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Teaching, Tough Love, or Mean?

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Teaching, Tough Love, or Mean?

Cover Page Footnote

Thank you to all the teachers for sharing your knowledge with us.

Nobody is born with the knowledge they have today; everything is learned as one lives their life. Teaching can take many forms and come from all types of people. Parents are generally the first teachers a child encounters from the first day of their lives. There is no one correct way of parenting, but there is a common desire to provide the best possible upbringing for one's child.

As I live my life, I find myself expressing the lessons I have learned and utilizing the knowledge I acquired from the people who have taught me. My personality often reflects the influence of my parents and other figures who have guided me along my journey. Through this writing, I hope to inspire others to reflect on their own teachers in life and to never stop learning.

AUTHOR: JAKE DARBHANGA

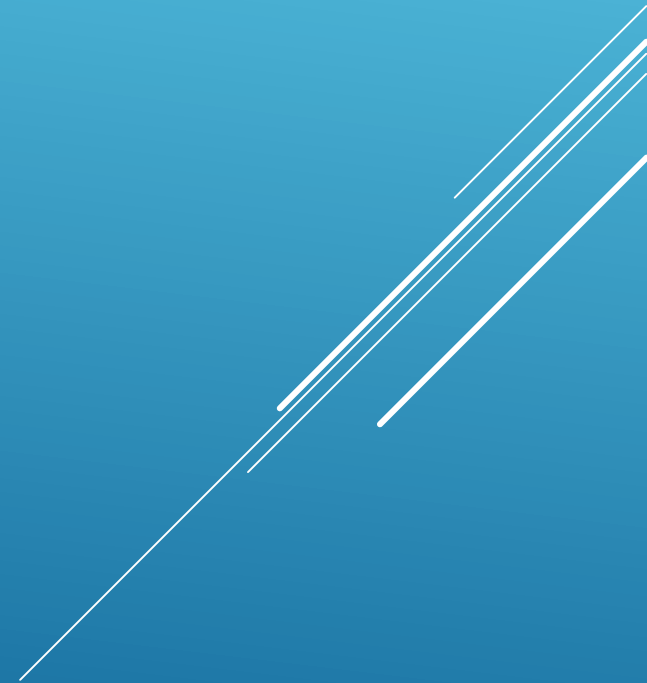


“Grab the 10-millimeter socket, move faster.... The longer one! Were you not thinking? Come on use your brain, stay calm, and analyze what we are doing, you need an extension to fit that socket into the screw... the extension will provide more leverage to break this bolt loose! Always think before you do something don't just blindly follow directions!”. My father has spoken to me in the matter quoted above since the time I was old enough to help with household chores and repairs. As time flew by and I viewed other familial interactions, I started to believe that my father was mean. I felt that nobody else's parents were as hard on their kids as my father who expected everything to be perfect, required that I remember everything told to me the first time, and placed me in uncomfortable social situations, which forced me to figure out a way to make it a comfortable one.



- ▶ As I grew older, I found myself utilizing my father's teachings daily in a multitude of environments. When I was living alone and something broke, I never failed to stay calm and fix the issue. When the preceptors in my medical school rotations asked for plans on treating diseases or how to perform a procedure, regardless of whether I knew the answer or not, I always found myself able to rationalize a viable answer. Whenever an argument ensued between people, there was a patient dissatisfied with long office wait times, or a patient facing troubling news, I became the person my colleagues approached to resolve the issue in the most peaceful manner possible. A few years after I moved out for medical school, I gained the courage to ask him why he was so hard on me? Why is it that I had to help do house repairs when we were fortunate enough to have the option of simply paying someone else to do it? Why did you yell at me when I made a harmless mistake? He glanced at me and smiled. "Because I love you" was his response. "Because I wanted you to never struggle in any situation I couldn't be there for as you experience life. Because it is my duty to give you all the knowledge I have and prepare you to deal with not only the good social situations, but the rough and mean ones. I did not enjoy being hard on you, but I did it to make you strong and ready to face life because life will get hard countless times" His response left me at a loss for words. After a minute or two of silence I gave him a hug and whispered, "thank you for everything dad."

The experience with my father taught me that there is a big difference between being tough and being mean. Tough love pushes someone towards becoming the best version of themselves, while being mean is just harsh, stern, or cruel without reason. The love my father showed me was tough but never mean, which helped me become responsible, independent, and confident enough to take on any challenge that came my way. I have learned that my father taught through tough love, and I couldn't have more love and appreciation for all the time and knowledge he has provided to me.



▶ Jake Darbhanga is a medical student at KPCOM. He has lived in a variety of places along the east coast of North America stretching from Montreal, Canada to Fort Lauderdale, Florida. His hobbies outside of medicine include building and racing cars, home renovation, weight lifting, calisthenics, MMA, going to the beach, playing the piano, and cooking. He loves spreading methods of living a healthy and happy lifestyle with all he encounters.

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A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the blue background.