

## The Missing Tile Syndrome

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### Abstract

Human beings can never be perfect instead they should enjoy their imperfections and celebrate them because there is nothing like a perfect life. The Missing Tile Syndrome is a term coined by Dennis Prager. It means focusing on the things that one does not have and in the process, robbing ones happiness. Life is a beautiful gift of god and we should always keep this in mind.

**Keywords:** Missing; Lacking; Unsatisfied; Syndrome.

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### Concept of Missing Tile

Dennis Prager gave the concept of missing tile. Imagine yourself sitting in a newly constructed room. You looked up and you see such a perfect tile ceiling. However, while you are admiring the ceiling, you notice one tile is missing. From then on, no matter how beautiful the ceiling is, you can't fully enjoy its beauty just because of one single missing tile. So you finally called the maintenance and have the missing tile replaced. After that, you now have the perfect ceiling once again.

If we shift our concentration on our lives, all of us have something that we desire for but do not possess. Those are the missing tiles in our lives. However, there are some tiles, that no matter how hard we try, can never be replaced or fixed. The missing tile in the ceiling can be replaced and once

again make the ceiling look perfect. But sadly, there is no such thing as 'a perfect life'.

There is a big danger when we concentrate on the missing tiles in our life. It makes us dissatisfied, ungrateful, remorseful, and unhappy. At this point in time, we might be suffering from the Missing Tile Syndrome.

### Signs of Missing Tile Syndrome

- Feeling of despair
- Feeling helpless
- Feeling of dissatisfaction

### Possible solutions to deal with Missing Tile Syndrome

- *Clarify* - this simply means that you have to clarify within yourself what you perceive to be the missing item in your life, what you think may be troubling you.
- *Decide* - Decide with or without. Decide if this missing item is central to your happiness or whether you can be happy without it. From here, you can either 'get it', 'forget it', or 'replace it'.
- *Analyze power* - If the item is within your power

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to obtain, and it is central to your happiness; focus on how you might get it. Examples might include finding a mate, having another child, spending more time with your spouse, or moving to another state, changing job etc.

- *Have it or leave it*- If the item is not within your power, do your best to forget it or at least try not to think about it as much. If you can't change the thing just accept the way it is. It will give you peace.
- *Replace*- Replace your missing item with something else. Example can be of the star athletes who are injured and who go on to have successful, inspiring careers in another field. Focusing on the inability to play football would only increase unhappiness, while creating a new dream helps bring fulfillment.

### Ways to avoid Missing Tile Syndrome

1. *Avoid covetousness*- This means a strong desire to acquire the same thing which belongs to others. This feeling is so strong that we always think about it. This feeling damages one's life because these desires can never be satisfied. Finally, covetousness can lead to other deviant behavior such as stealing, lying, adultery, murder, etc.

2. *Be thankful*- . Being thankful is a wonderful attribute. It prevents us from being bitter towards what other people have and helps us concentrate on the things that we are blessed with. In this life, we may never have everything, but we always have something.

3. *Be content*- Contentment is the assurance that in whatever situation we may be in, situation is in

our control. Contentment helps us to avoid looking at what is missing in our life, but rather focusing on the things that you have

### Conclusion

All of us have only one life to lead. If we go to the grave with a list of grievances, all it means that we did not try. Why talk about fate, chance, breaks, and many other factors, when we ourselves are responsible for what happens in life. Margus Aurellus said that a man's life is what his thoughts make of it. Start right where you stand and become the master of yourself, start now, and banish the old self, as you have lived with it enough. Recognize and embrace the other self which can give you everything your heart craves. Remember that it is profoundly significant that the only thing over which you have complete control is your own mental attitude, use your potential and reach the target with excitement and jubilation.

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