

I love the sentence "The story of your life is waiting to unfold", but it isn't until you read the whole article that you realize what exactly it means. On this episode of My Dear Kuttichathan, Maanalakshmi talks about her struggles with anxiety and depression. She even gets advice from Muskaan on how to overcome them, all while she admits that she is just one girl trying to find her own way in this world. The phrase "Your story is waiting to unfold" is repeated by Maanalakshmi at the beginning of the episode, and then again at the end. The idea that your life is your own story to tell over and over again comes up several times through the article. She talks about a friend who she works with in a self-defense class, who has a sick parent in hospital, but has yet to tell her friends or family because she doesn't want to worry them. She still seems to be going through what her parents taught her when she was younger: "...if you have any problems, do not share it with us". Maanalakshmi feels that she understands why her friend is so timid, but also said how things are changing for the better. Maanalakshmi states how even though there are still problems in society, she feels that women are more independent now than they were 30 years ago. She notes that "generally, men and women don't expect their spouses to be their soulmates". While Maanalakshmi doesn't mean it in the same way as an arranged marriage, the idea of marrying someone who you might not completely be compatible with is interesting to note. It is mentioned that Maanalakshmi's mother was kind to her father when he came home from work, which contrasted with her own parents. She says how she now understands why her father received so much verbal abuse from his wife. She even brings up the movie "Vicky Donor", where a man gives his wife a new kidney with no consent or preparation, merely because she has told him that she is tired of running around after him. Maanalakshmi concludes that the idea of women being more independent than before was brought on by feminism and specially designed for their empowerment, but it is still not the case 100% of the time. The article ends with Maanalakshmi talking about her struggles with anxiety and depression, but how she is at least acknowledging them now, which is a big step. She concludes that "I am just one girl trying to find my own way in this world".

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