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Emotional Intelligence in the Parallax

**Rickert’s Poem**

In ‘The Parallax’ the author has made use of similes, metaphors, and symbolism to engage the readers into self-discovery and improve personal effectiveness by increasing emotional intelligence. ‘The Parallax’ by Rickert depicts the story of a couple who pass through some catastrophic events while celebrating the twenty-fifth anniversary that causes them to see things and situations differently. The poem by Rickert reveals the memories of the couple before their interaction with certain unpleasant events that changed their opinions and lives. With this therapeutic imagery, the writer accesses buried memories and tries to bring relief and resolution. The writer uses metaphors to describe what the life of that couple has become. He connects the prevalence of feelings of guilt, pain, regret, and grief to the disconnected shadows in these words, “regret, guilt, pain, and grief drift over you like disconnected shadows.” Another use of metaphor for the Parallax is, “…nurtured by remorse left like crumbs along a darkened path.” Here he talks about the power of memories and power of time that can take a person to places where he can never think of going.

**The Twin Towers**

The twin towers were collapsing and burning on the television. They symbolize the different perspectives and ideas of Frank and Sarah. The reactions of both of them were different about the situation. Sarah was full of emotions but Frank was thinking just about the hiking trail. The symbolism of the twin towers is the different opinions running in the minds of Frank and Sarah, “Images of the collapsing towers continued on the television in an unrelenting loop. I couldn’t believe we were talking about hiking boots when so many people had died. “Yes, those are our Kraines. Why?” another symbolism of the collapsing twin towers can be the death of Frank’s father as he told that the towers reminded him of his Dad, “When I saw the towers fall, I thought of my dad.” Frank blamed himself for the death of his father and the trauma of collapsing towers seemed the same to him as that of his father’s death.

**The Muted Television**

The author has described the scene of the muted television as a symbol of silence and tranquility between the relationship of couple. Their understanding has developed much opposite ideas and opinions to each other after all the chaos that happened to them.

“Sarah tossed the phone onto the sofa. “Isn’t she supposed to land soon? Do you…”

“Damn.” I pounded my fist on the end table, accidentally slopping whiskey out of my glass. I’m a cop. I needed to be in control, but there was absolutely nothing that I could do. I looked at Sarah and then at the muted television.”

It also shows the disconnection of Frank with his wife’s illness and fathers’ death. It symbolizes the sufferings of people when they fail to grasp or understand the perspectives of others and only focus on their own views.

**My Connections**

The Parallax is a beautiful story within a story that teaches many new things and arouses complex feelings inside the readers. Communication seems an important and powerful tool in human life. Many people suffer because they are not ready to accept the opinions and ideas of others and remain stick to their own views, such as Frank does. He causes unnecessary suffering to himself and to others because of his inability to see and respect the views and perspectives of others around him. The part that made me feel connected to the story was Frank’s description of his father’s death and his feelings of guilt about that.

“My Dad died because of me.”

“You’ve always told me that his death was an accident.”

“That’s what everyone said, but I know it was my fault.”

**Emotional Intelligence**

The Emotional Intelligence is very important in a patient centered care as it is an effective way for taking care of a person. Mostly the healthcare professionals or doctors complain about poor communication with the patients. According to them, the quality of diagnosis and treatment is hugely influenced by discriminatory emotions. The ability to understand the emotions of patients is an important skill that can enhance his centered care.

**Works Cited**

Phd, Donald R. Rickert. *The Parallax: See Yourself with New Understanding*. Abbott Press, 2011.