**Who are you?**

It has been 4 months since the pandemic lockdown has begun. On or about March 12 here in Pennsylvania, much came to a screeching halt. Life went on a pause, somethings stopped, some activities were in neutral and a few activities went out of existence.

As it is said it is not what happens per se, but how you relate to it, or it is not about events but your response to it. We all had our moments to respond. Well, it seems that there are four groups or categories of responses.

**First,** there are the **shielded cynics**. This group had a negative bias. They were protective. Typically, young and liberal, they were distrustful of the whole COVID-19 experience and its effects.

**Second,** **cautious optimists** were also guarded, yet remained optimistic about the COVID-19 outcomes. Usually female and over 45, they were positive in the midst of it all.

**Third, slack dreamers,** as the name implies, have a cheerful outlook and don’t mind following protective behaviors. This group is over 45 and male. This group is ex-urban and live in smaller towns.

**Finally,** the **slipshod pessimists** really do not go for any defending behaviors. They are single, more negative, wealthier and reside in urban and suburban areas.

Well, I never…

All of us are dealing with the on-going shocks of the pandemic as best we can, consciously or unconsciously. It is an evolution along a scale of belief to disbelief, weariness to energy, and action and pro-action.

Who are you? My guess is that most just wish for the good old times pre-COVID-19. I suggest that the toothpaste is out of the tube and maybe even be empty.

The good news is that if we all look at the opportunities, the progress, our essential relationships, and what is here and now in front of us, what we all can be grateful for, the answer to “Who are you?” is easy. George