

The Twin Effect

Being a twin can be so much fun because you can play lots of fun games on others and also each other. One great fact with twins is that you always have some one else to play with or to talk with so often twins will become the best friends for there life. There is always a very special and close bond between twins especially identical twins. They seem to be able to intuitively pick up what the other one is feeling and thinking so often through out their lives.

Some of the strange things that can happen with twins are thinking and saying the same thing at the same time, buying the same thing, writing the same thing even when you are apart. Then there is feeling the others twins distress or emotions while apart from the other. Having the same illness or one twin being able to feel the other twins symptoms of an illness. There are lots of case studies that have been done around the world where this has happened. Also I know personally because it has happened to me in many different ways as I am an **identical twin**. One actual event for me was when I got pregnant my twin sister had all my morning sickness but I didn't have any at all. Finally she rang me asking me are you pregnant? I replied yes! She told me **“to keep my morning sickness to myself that she did not want it and it was not fair for her to have it while I was the one who was pregnant.”** She had all my symptoms of morning sickness and I had none throughout the pregnancy. How lucky was I!

Then another time she was in a car accident and living in another country a long way away from me. But I still picked up the emotional and physical feelings that she felt. I actually felt all of her injured symptoms and I had no idea what was happening to me at that time. Finally I got a call from a close family member to say that she had been in a car accident. As soon as I heard this I knew that the emotions and pain that I had been feeling was really from her. But I was actually feeling it too! Afterwards we meet up to spend some time together and we compared our injures which were in the same places on our bodies. Even more strange was that I had even been saying to myself the same thoughts that she was thinking in her head at the time of her accident. I would say these depressive awful thought to myself and then I would think to myself later **“Why am I thinking that”?** “I don't want to think that”! “I don't need to think that”! What is going on here! Later I found out that, that was what she had been thinking at the

time of her car accident and because I have such a close emotional bond with her as her twin sister I was picking up these thoughts too!

Being a part of a twin can be very tricky because other people expect you to both act the same or even have the same feelings and emotions for everything. That can make life very hard for both of you. With this in mind it is very important for you to both be your own person as much as possible and to live a separate life from your twin. There is even a horrible myth about twins that many have experienced. Which is of one twin being better than the other and of twins being treated as a '**good twin and bad twin**'. This usually happens with identical twins. This type of labelling is very, very damaging for both twins who are treated and thought of in this way. This kind of talk can cause a lot of emotional damage to the self esteem of each of the twins. Also no twin is ever better than the other one, both have good and bad traits each. If you ever hear this comment said by anyone you should say something straight away about it because it is not at all true and so hurtful. If there are any issues with one of the twin's having low self esteem then this needs to be dealt with as early on as possible so that they can start to do better in their life.

Each twin needs to have their own identity to not think of themselves as the other one or as part of one identity together which can easily happen with twins. Often others will refer to you as the '**twins**' because it sounds cute and is a quick and easy way for you to be referred to. **But you are not one identity but two separate people with your own goals and needs in your life.** You both have your own bodies, souls and minds which they do not need to be connected to each other although sometimes it feels like you really are. The simple truth is you are both different and your own person with your own goals and dreams in your life. Another common and fashionable practice is for twins especially identical twins to be dressed the same to look exactly the same in every single way. As if they are both the same person with the same body. But this needs to stop so that you can find your own identity. Don't treat twins as one voice with one opinion either as this is very wrong and will lead to lots of trouble for both of the twins. The earlier twins act as separate people the better it is for each twin's own self esteem and their life.

Sometimes there is one twin that is bigger than the other and it can be easy for the bigger twin to assist the smaller twin by doing all activity for them. But by doing this you are actually making the smaller twin co-dependent on the other one. It is very important for each twin to be able to do there own thing and to not ever feel threatened by the other one. Everyone learns and grows at there own rate and this needs to be allowed to happen naturally with no critical comments made about either twin. Always treat each twin as special in there own way and promote there own goals in life and what they are good at. Encourage each one to become independent on themselves and not on each other, let them have there own friends too! Allow each to grow at there own pace and don't ever compare one with the other. They are both special in there own way and they do not need to be the same as the other one.

Parents and teachers need to ensure that each twin is treated as equal to the other and not less than them, bad or wrong or any other negative talk because this is very damaging to both twins. Caregivers around twins need to be sure each are doing well in there personal and social life and if there are problems to work on them early and not just hope that things will get better on there own. Or even worse to expect the bigger twin to take over and look after the slower one. It is not there responsibility to do this ever. They are still a child and should be treated as that and not the care giver of the slower twin. If one twin is having problems then adults around them need to step up and get them the help that they truly need so that they will grow to become a healthy and happy adult in there own lives. There are lots of case studies and websites out there on twins. So if you wish to get some more information, fact sheets or research regarding twins I suggest that you look on the internet for a list of organisation that are close to you for you to contact.