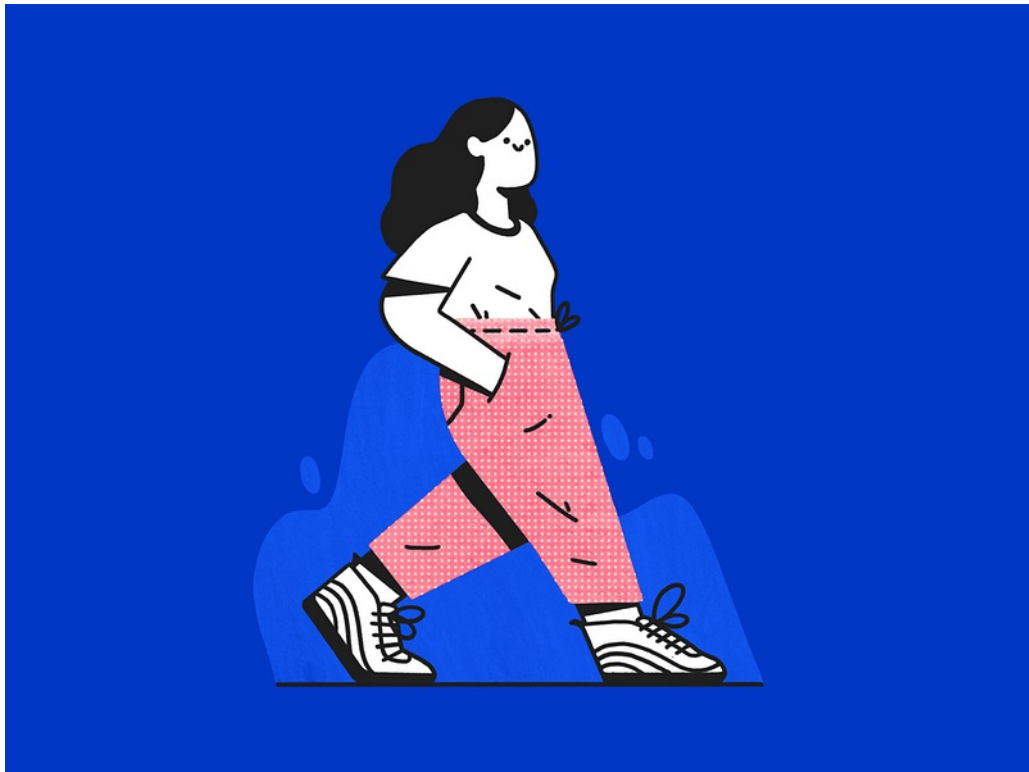

Assuming Positive Intent — A key to patience



Peace by [Valentin Galmand](#)

We've all been there:

- Seeing a driver rushing through the streets like he owns it.
- Having a person bump into you without an apology.

How do we usually react? Like a glitched and provoked Mace Windu from *that* **#StarWars** video game.

#Mood and a totally natural reaction, mind you!

Assuming positive intent is, in a nutshell, the action of consciously choosing to believe that one's actions are done with the assumption of meaning well or because they think it is the right thing to do, not

because of their desire to ruin your reputation and rule over the world, no. That's not the case.

In a world filled with malicious intents, we cannot blame ourselves for doubting every little movement made by a person, whether it be our peers or strangers asking for directions—it is our defense mechanism, according to an article Mind.org.

However, at the end of the day, our mental wellbeing will be the one who will take the metal edge of the blade; it is we who are inflicting our own pain.

Practicing positive assumption prevents us from thinking negatively and will improve our relationships with others. It helps us get through the day with glee while getting things done. It is not easy to do, yes, but if we master the art of doing so, I personally think the world would become a better place.

To sum it all up, here is a meme I *refined*:

DRIVER

Original by u/RegularNoodles | Meme refined by Carl Khs

Other drivers: what a *[profanity]*! He's driving like an *[profanity]*. Why is he in such a rush!?

That driver when he gets home:



You would definitely rush too if that burrito you ate made you go number 2, right? #Empathy

We are human beings, and we make human mistakes. We control 90% of the happenings every day via our reactions. Replace your furrowed eyebrows with smile today, think it over if the comment you are about to make is absolutely necessary? You'll never know, your words and actions can make or break someone's day. Keep it positive.

“Life is 10% what happens to you and **90%** how you **react** to it.”
– Charles R. Swindoll

By [Carl Kho](#) on [March 2, 2021](#).

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