

Justin Dyer

Emotional Development

Upon reading and watching the assigned literature and videos, I found two things to be primarily interesting to me. One, that people are not compassionate all the time and it is primarily due to being self-centered. And two, that people need compassion to live happily.

People sometimes are compassionate towards others, and sometimes they are not. Is it a trait that is lost by some people, or is it just an attribute of randomness? I believe it is primarily due to the state in which the person is in. I think that if the person is really busy and caught up in work, school, or anything that can be consuming, it causes them to not even notice the opportunities to be compassionate towards others. I find this in my own life. Sometimes, I am super busy with work and school that I don't even notice that I am not being sincere to others and giving them the necessary attention that they deserve. I think others handle this better than I do, however. I think those who are skilled in multitasking can be better at being compassionate even during busy times. I do not believe this is the only factor that plays into if someone is compassionate or not. I think that there is another outstanding factor, that is if a person was raised in such a way that gives them the tendency to be compassionate. If someone is brought up in a household of self-centered people, this person is more likely to be self-centered and tend to be less compassionate. So, I do not completely believe that someone who is better at multitasking is necessarily more compassionate.

Compassion is something I feel is overlooked, and not taken as a necessity to life. Imagine living a life where you never got a hug, never was comforted when you were upset, or never had someone truly listen to how you feel. I think that life would be very bland and heartbreaking. I believe compassion is something that makes us human and have personalities in a way. In the second video, you can infer that the lady was immensely comforted by just the touch of another person. It is like the touch brought light back into the lady's life. One could imagine the trials the lady was witnessing living in a nursing home and not being able to communicate well with others. She probably was depressed majority of the time in there. I believe she truly enjoyed the company of the lady in the video, as it probably gave her something to look forward to and comfort in her situation. I believe it is our duty as humans to comfort and be compassionate towards one another. I believe this is the backbone to making life enjoyable and possible to live happily.

After this lesson, I am going to try harder to be more compassionate to others and not be so caught up in what is going on in my own life. I want to be that person for others who brings light into their lives.