Ryan Hermansen

FHS 2400

**Positive Comments**

I thought that I would try this experiment with my Dad. I was a little surprised, not necessarily at the comments, but at the tone I can come off towards him and other loved ones that I have. The tones I am talking about include being annoyed or short in my interactions when they try to make conversation with me, when in all honesty it takes little or no effort on my part. I guess in the past I see it as I am busy, so when they are trying to speak to me it is distracting me from what I should really be doing, and I am beginning to realize that I am the one who is missing the point.

So I changed the assignment a little bit, not by giving positive comments necessarily, but by giving my time and positive interactions between my Dad in areas I have not done the best in. When he has come and spoken to me, I have been responsive and made an effort to keep the conversation going and be genuinely interested in what was being spoken about. I would also go out of my way to interact with him and start up conversation, as to make it a two way road and seek him out, instead of always waiting for him to initiate something. I really noticed that he was a little surprised, in a good way though, that I was going out of my way to really spend time with him. It is easy to tell when someone is making time for you and when they are not, and I think this is the surprise I am describing here.

Making people a priority and having them feel like they are the number one focus, even if it is for a few minutes can make a world of difference in someone’s day. On the flip side, we always look for people to do the same for us, and to lift us up, even when we are not down or don’t necessary ‘need it’. We shouldn’t be positive comment thieves, where all we are doing is taking, we need to be willing to give back to people we don’t know, and especially to the people we do know and claim to love. This was a good realization for me that I would like to keep up and keep in mind, it is easy to lose focus, and put ourselves as our own number one, when in reality we will feel number one when we are bringing other people up with our comments and actions.