

Our Lady Star of the Sea

Many of us have qualities that we are thankful for. The quality that I'm most thankful for is my empathy. Empathy is the ability to understand and share feelings and emotions of another person. I have shown empathy in many ways with my friends and family. I understand how they are feeling and try to help when they are sad and celebrate with them when they are happy.

One sign of empathy is sensing someone's emotions and supporting them through it. For example, when my friends are sad, I can tell and I try to support them. My friend Kathleen seemed upset, so I went over to her to see what was wrong. She told me that she was upset because her family planned to go on a cruise, but they couldn't go because it was supposed to rain all day the on the day that they planned to leave. I could tell she was upset because she was frowning and didn't seem her usual peppy self. I supported her by telling her a time that I couldn't leave for a vacation because of weather and that they would have to reschedule the cruise. After we spoke, I told her to come play with me and our friends to get her mind off of it. This is one example of how I'm empathetic.

Another time I showed empathy was when my friend Sophia got chosen for All Stars Softball. Even though I didn't make the team, I wanted to be happy for her. I saw how happy she was when she came out of the dugout on her first All Star game and I did not feel jealous that I didn't get chosen. Instead, I felt happy for her. I cheered every time she hit the ball and I motivated her when she missed a play. I supported her by going to her game and cheering her on. I was truly happy for my friend and I wanted to see her do her best and succeed.

I'm thankful for my empathy because I'm sensitive to others when they are happy, upset, angry, and all of the other feelings. I am also lucky that my friends also have similar qualities and they show empathy to me when I'm not my best and when I have reasons to celebrate. This is a quality that I am thankful for because it impacts my friends and family by being able to cheer them up and celebrate with them.