

Thankfulness

There are many qualities that people have, one of the qualities that I am thankful for having is self-awareness. Self-awareness is to see your impacts of my actions on others and sometimes people get angry or mad, or they get sad and start crying and run away or they take no offense and don't change at all or they tell me that same thing that I said to them or just if it's one of my friends like Aydin then we know that we are just toying around with each other and start gaming together but either one, I'm just used to getting those and then I realize that have made them sad and tell them I'm sorry and then we are good with each other so then I leave them after a while or they leave me because they need to sleep because school stops fun on the weekdays because we always have to leave my friend's house early because I have school.

Self-awareness is basically just how the other person feels when you do an action and how it impacts the other person's feelings or self-esteem and what their life choices will be later on in their life and how that will affect them and their family and possibly decide if they are going to live to see another day or not in life or live in depression or live a healthy and wealthy life or just the average human life. Whenever you do something to someone and you know the impact of that action or what you said, that's self-awareness. And if you see their lip quivering then you

know that they are sad and are about to cry or something but if they are smiling because you told them a compliment and then they became happy and before you told them that complement and they were upset about something and you made them feel better about themselves, that's also self-awareness because you knew what the impact of you telling them that complement was.

It's important to know about self-awareness because you know if you said something that you didn't mean but the person you were talking to takes it seriously then that person might just become very sad or upset and leave with tears in their eyes trying to hold the tears in. They could just be trying to be sarcastic with you and you didn't know that as well or it's just that you meant what you said and got the response that you wanted from them. If you are a bully and want to make little kids cry and be mean to others and shove them away, then you already know that you are going to make them sad and maybe cry and run to a teacher and you could make them be very sad.

It is sometimes easy to know how you impacted someone with an action after by looking at the other person's actions like quivering lips, chuckling nervously, rushing things and running away from the other person. Other times it can be hard to tell like if they are wearing a mask that is covering their mouth but you can still tell by their eyebrows and actions or what they say to others or still if they rush things along or get stressed unusually

efficiently and just if they are mad they will most likely yell at others.

I am thankful to have this quality because then I know if I upset someone or make them angry I can apologize and make them feel better and make myself feel better as well.