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Acts of Kindness

William Whyte, a sociologist and journalist once said, “The great enemy of communication, we find, is the illusion of it” (Whyte). As society technologically and scientifically advances, mental health and societal unity often decline. Many people today feel isolated and confined not because of what is said, but because of what is left unsaid. In this age of disconnection, respectful and genuine communication is the key to emotional well-being and a more peaceful, united world. Among all acts of kindness, compassionate communication stands out as one of the most powerful tools to build social harmony in our world, but only when it is practiced with sincerity and care.

Communication that is done unauthentically does more harm than good. A common mistake many people make when communicating is not listening. While communicating, instead of trying to understand the content, they instead think of how to answer. Regarding this topic, author and expert Heather R. Younger explains that listening to respond is, “self-centered and can lead to miscommunication or misunderstanding” (Younger 1). Everyone wants to feel heard and valued, and when we sense that someone isn’t truly listening, it can feel deeply hurtful. This emotional disconnect can prevent us from forming meaningful relationships and, on a larger scale, can slow progress toward world peace. Without genuine listening, it is impossible to acknowledge the counterpart's objective in the discussion. Therefore, if this habit is continued, expressing ideas, opinions, and beliefs will become complicated. Communicating our thoughts and difficulties is a crucial part of building a peaceful society, therefore the habit of not listening

must be concluded. Another disagreeable tendency that is displayed within communication is impatience and interruption. When listeners are distracted, interrupt, or rush the speaker, it sends a message of disrespect. Consultative mentor Inga Bielińska speaks about this practice, noting that impatience and interruption is harmful to the speaker and can generate, “negative emotions such as anxiety and anger” (Bielińska). A peaceful society depends on people treating each other with kindness, dignity, and respect. Impatient or inattentive communication does the opposite: it damages trust and sows division. To move toward a better future, we must practice active, respectful listening—an act of kindness that costs nothing but means everything. Additionally, showing impatience in a discussion reveals insincerity and arrogance, which is frustrating to the speaker. Creating unpleasant feelings in others causes the stagnation of progression in improving the world. To sum up, communicating unauthentically and disrespectfully further sways society from the potential of a bright, peaceful future.

On the other hand, proper communication is the most beneficial tool to improve our civilization. A key to practicing proper communication is learning emotional intelligence. Being emotionally intelligent is a necessary step to understanding the other party, or as Harvard graduate and expert Mary Sharp Emerson mentions in her article, communication is derived from “a foundation of emotional intelligence” (Emerson 1). Emotionally intelligent responses in the discussion make the other party feel supported and understood. A strong, flourishing society is derived from trust. Inclusivity is another tool for an ideal world. As the President of Penn-Mar Human Services, Gregory Miller, writes, every person sees the world a different way, which is why everyone should be open to “a diversity of opinions” (Miller 1). Inclusivity is a seed of hope for our society that, if planted, can grow into a compassionate and diverse future. Too often, people are silenced when they challenge injustice or speak from marginalized perspectives. Executing inclusive communication allows everyone to have a voice. Being embracing of all

opinions and beliefs while communicating builds support and union. Ultimately, genuine communication that is respectful, accepting, and inclusive is essential to create an ideal world for everyone.

In conclusion, communication that is done respectfully and properly can be the most powerful tool to create a blissful, peaceful world. Contrarily, displaying disrespect in communication such as not listening or showing impatience however, can harm relationships and break trust. This highlights the importance of showing emotional intelligence, inclusivity, and diversity while communicating. That's why we must view communication not just as a skill, but as a daily act of kindness—one that has the potential to build peace, connection, and hope for generations to come.