

Alpine County Choose Civility Campaign

(An initiative of the Child Abuse Prevention Council and County Superintendent of Schools)



October Focus:

Think the Best

Thinking the best of our fellow human beings and acting accordingly is the civil thing to do. Interestingly, when we approach others assuming the best of them we actually encourage them to be just that. You may have heard of the self-fulfilling prophecy. That means that what we think about someone is what they may actually become. So, if we think others are good and decent and treat them as such, they often rise to the occasion and act in good and decent ways. Thinking the best of others improves the quality of our own lives. We're able to meet new people and establish new relationships simply because we think the best of others. It's easy to fall into a judgmental or critical frame of mind and think negatively about others but those thoughts might just rebound on us. You're likely to feel stressed and unhappy if you believe others are deliberately out to irritate you. Of course, we should keep a healthy dose of realism because we are sure to be let down from time to time, but our lives can become richer when we think the best about others.

Also, remember that we all come from different backgrounds, have different values and different ways of doing things. Remembering this can help us not jump to conclusions and think the worst. We need to understand that people do things differently and that doesn't mean they are wrong.

Believing the best about other people speaks more about us than it does about the other person because "as a man thinks, so is he". The way we treat others is a good indication as to how we treat ourselves. According to Anthony Wade, "What we think, we believe. What we believe, we will say. What we say becomes a part of our everyday existence, be it positive or negative." I, for one, choose to think positively. I will think the best of others.