

The function of development of social relationships

[Psychology](#)



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There are two people in my life that I value a lot and always wished that they would know how much I appreciate them. These two individuals are our house cook and our home guard. They have been with our family for close to ten years now, working to their level best and respecting our family. The house cook is a lady in her mid-30's while the house guard is a strong man in his early 40's. The two are very faithful and loyal.

I first approached the house cook while she was busy preparing our dinner. I asked her if she had a minute, and when she gave me the go ahead I told her how valuable she was. I started by describing all the chores she did in the house besides cooking. After that, I told her how caring she had been in terms of cooking for us and how she at times went an extra mile to prepare a special meal for some of us when we fell ill. I also mentioned how she always ate last when all of us were full. Finally, I told her that I always noticed her selfless effort and the determination in her work. I praised her for her hard work and told her never to forget that she was always appreciated.

By the time I was done, she was teary, you could feel the emotions in the kitchen. She felt happy and rejuvenated even after a long day of work. She thanked me for the compliments. That evening, she made us a special treat in a way she had never done before. She was always jovial after that conversation.

I then approached our home guard as he went on with his duties at the gate. I greeted him, then asked him if he was aware how risky his job was. He was well aware of the risks of being a guard. I told him how much of a blessing he was to us and how much I appreciated the dedication he had in safeguarding our home. I had carried with me a glass of fruit juice from the house for him.

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I handed it over to him. He was not a talkative person, but I could notice the brightness on his face. The feeling of appreciation made him smile. He mentioned to me that he had always loved working for us. He also added that he would ensure he fulfilled his duties as a guard the best he could (Miscisin, 2001).

The responses of these two people made me feel some form of fulfillment. It made me see them as part of my family. It felt nice to touch someone's heart with appreciation. I put myself in their shoes and felt the goodness of being appreciated even for the small things that might go unnoticed.

Conclusion

This exercise shows the need for compassionately valuing others in our lives. By so doing, we get some psychological development and relief and tend to relieve ourselves of stress. We cannot survive on our own. We need others in order to develop in all aspects of our lives. By appreciating the people around us, we learn to live with them, and we strengthen our social bonds. This feeling is mutual for both the receiver and the giver of appreciation and compliments (Smith, 2008).

References

Miscisin, M. (2001). *Showing our true colors: A fun, easy guide for understanding and appreciating yourself and others*. Riverside, CA: True Colors.

Smith, H., & Smith, M. (2008). *The art of helping others being around, being there, being wise*. London: Jessica Kingsley.