Psychology 304: Social Psychology

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Assignment 5

I was at the CVS waiting to get my vaccine the past day. My spot in the line was in front of the door to get to the bathroom hallway. An older lady came by and asked me if I was in line for the door and I informed her I was not. I held the door open for her as she was older and needed a cane to walk. She was very appreciative of the gesture and thanked me for it. I had moved on to get my shot after that point.

It always feels good to help the elderly out. That said not all need help and some do not want it but it goes a long way just to do one small thing for a stranger. At work before covid-19 and customers came inside I would try to get the door for older customers. The smile they give always makes me happy and feel better during the day. A small part of me thinks I only do it to be seen in a better light by my peers and strangers and out of the kindness of my heart. Either way holding the door open for a stranger always makes me feel better.

The next good deed I did was go out and help my mother in her garden and plant some trees in the fields. We worked in the greenhouse cleaning up the interior and making sure the plants were healthy. On the outside we removed weeds and made the outside more presentable. In the field were started to plant some pine trees, for in a couple of years when they become the right height they can become Christmas trees.

I tend to help out around the house as it is my way of giving back for still living here. It is better than sitting around, working, and doing school. The reason I see this as a good deed is because me and my mother have been distant because of my new job I am starting. Instead of staying away from each other I went out and helped her most of the day. She had a lot to do and I had plenty of time to help her.

Last night I went out with my girlfriend and we treated her mother to a birthday dinner. We drove her there and treated her to dinner and as much alcohol as she wanted. After dinner we took her to get her car washed and got her some Starbucks to end the night. The dinner was not a random act of kindness but the car wash and Starbucks was a random last moment idea. She kept trying to pay for her own things and we did not let her, which was kind and unkind at the same time.

I thought it was nice to treat someone else to a birthday night out after so many years when it happened to me. I remember being excited to have a birthday dinner with family or friends. Being able to give that experience to someone else even during the pandemic is a good feeling. It has been hard to find time to get out and do things with people between school and the pandemic.

Today my little brother was talking about a new game that had just come out and how excited he was to play it. He did not have a way to buy the game so he went to go beg out mom for it. While he was gone trying to get the money for it, I bought the game for him. The look on his face when he came back with a debit card and already saw it downloading was priceless.

Being spontaneous and doing a good deed felt good. I was having a bad day from overbooking my day but seeing him smile made my day a little easier. He even offered to play the game with me, but my day was already busy and could not. It did hurt a little when he just said ok and did not even look twice before playing the game all day.

The last good deed that I did was simply hold the door open as I was leaving a store. Just a simple small gesture that most people do every day. They said thank you and I replied with

you're welcome. That person in turn held the door behind me open for someone else coming out of the store. A small cycle of holding the door for other people.

While it was not a massive gesture of good will it was still a gesture of good will. It always feels good to hold a door open for someone. It feels even better when they thank you for it and it stings a little when they do not thank you. That is not the point of holding the door open for someone. It is small deeds like this that help the world become a better place.

If you do any task repeatedly it can become a habit. Doing good deeds every day for strangers or people you know can become a good habit that can benefit both parties. It does not take a lot to improve someone's day, sometimes all it takes is a smile. By helping someone else, you in turn are making a difference and are increasing the chances someone helps you out. There is a mindset in which there are no real good selfless deeds. That the reason you held the door open was not out of the goodness in your heart but to be seen as a good person. Making this behavior a repertoire in the long run is a going to benefit society as a whole.