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PSYC 304

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Assignment #5

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This week I performed five acts of kindness. For this first act, I was at work and I hadn’t heard from my mom or dad all day. I don’t live with them, so it is normal to have a day like this here and there. I decided to take a minute to pull out my phone and call my mom. When I called her, I really didn’t have anything specific in mind to talk about, but I knew I had only a few minutes if that considering I was on the clock at work. I told my mom that the reason I called her was to tell her and my dad that I love them so much and miss them, even though they only live a couple minutes from my apartment.

The second act of kindness I performed this week happened at a gas station. This woman was looking at me as I drove up to the gas pump and she was just sitting in her car. When I got out of my car, she proceeded to ask me if I could put any money towards her gas pump because she was out of gas and had no money to put into her car. I said yes and went inside and paid for five dollars towards her pump before I put any into my own pump. When I left the store part of the gas station, she thanked me and told me that I deserve blessings to come my way.

The third act of kindness was when me and my friend were hanging out. I was hungry and wanted to stop and get food and she was up to it too. We decided to stop at the next fast-food place we saw, and pulled into the drive through. She noticed that she left her wallet at our previous destination, so she couldn’t buy anything to eat. I asked her what she wanted and paid for her meal, so that she could eat too. I normally don’t ever mind paying for my friends to begin with, but I still would count this as an act of kindness.

My fourth act of kindness that I performed this week has to do with my roommate. My roommate had her friend over who didn’t really respect the stuff in her room at all. My

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roommate left to get them food and while she was gone her friend spilled fruit punch on the carpet in my roommates’ room and never told her a about it until my roommate asked her about it days later. The fruit punch by this point had stained the carpet. My roommate is pregnant and shouldn’t be bending down and getting close to any cleaning chemicals like that, so I decided to scrub my roommates’ carpet for her to get the stain out. This helped my roommate out a lot. Also, the stain did in fact end up coming out with carpet stain remover.

My fifth act of kindness that I performed this week has to do with my boyfriend. I knew that he was coming over in the evening. Him and I had been texting the whole day and he mentioned to me that he was hungry and was so busy that he didn’t even have time to eat anything like he wanted to. I decided to thaw out some chicken and make him some chicken vodka pasta for when he got to my house. I really didn’t feel like cooking, but for his stomachs sake I did. He ate that pasta very fast and loudly, so I know he enjoyed it.

Every person that I performed an act of kindness for was very appreciative for it. All of them thanked me, except my mom and dad of course because I just told them I love them. I felt very good about myself and it made me feel like a better person. Just knowing that I am helping someone with a struggle they are facing made my whole week. I delt like if they weren’t appreciative, I still wouldn’t regret doing these things because it would be them that would look like a fool, but I would remain looking very generous for trying to help them anyways.

My thoughts on these deeds becoming a repertoire behavior is actually a good idea. Like I said previously, I normally don’t ever mind paying for my friends’ food, or cooking for my boyfriend. The point is, I did it anyways because they were in need of it. Keeping this behavior

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up would help me feel like I am giving back to the things that they have done for me. I love helping and doing things for people that I care about. I feel as though making this an ongoing thing would bring back good karma for me in the end.