

Psychological Ways of Expressing Appreciations, Experiences, Thanks and Blessings in the Society

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ABSTRACT: Research has shown that one of the avenues to make aware of once experiences, appreciations and blessings is through writing a gratitude journal or memoir. By journalizing our thought by hands or electronically, it may help us focus them, according to psychologist Robert Emmons, who says that he does this routinely to remind himself; it makes apple of time to understand the meaning and importance of people and events. It has been found that one should go for a depth in writing rather than breadth, because this will help one to enjoy what one appreciates, and what to keep in journals. Documentations of our experiences, appreciations, thanks and blessing are forms of projecting or showing our gratitude to the present inhabitants and the future generations (Metzer, 2009). It has come to my awareness through research and numerous readings that one of the best ways to show appreciations and blessings of our life is by psychologically recording our thanks, experiences and making them known by writing a journal or journalizing (Skinner, 2007).

KEYWORDS: *Science, Psychology, Social, Education, University, College, Organizations, Memoir Experience, Appreciation, Arts, Expressions, Writing, Journals, Celebrations.*

I. INTRODUCTION

What we learn should be appreciated and documented through journal for the future benefit of the society. Journalizing is a critical aspect of life. One must appreciate experiences and what once has accomplished emotionally. One should also stay focus and relax in complicated situations as this will result in expressing once ideas. Experience is a factor and contributor to success. In the society, one should therefore have to document experiences toward successfully life. Appreciation of one's success must be journalized and documented accordingly in order to make the society aware of the situations. Journalizing is absolutely explainable in psychologically and socially expressing our blessings and thanks.

II. GRATITUDE ATTAINABILITY

Gratitude is termed as the success people obtained from hard work. Gratitude obtained may be just rest of mind; able to do what one wants to do anytime and anywhere one wants to do it, be it in schools, churches, streets and at home. People's gratitude is actually their rewards and these can be informed of recognition and free speech.

One must try to express gratitude because it is a blessing, and at the same time, an experience (Goffman, 1959). Gratitude may be termed as what one has attained through hard work or performance. Gratitude is dedication and the ability to convey thoughts, project opinions and make suggestions in the society. The ability to think and make decisions on one's own accord may be justified as gratitude when journalizing or writing a memoir concerning one's life and observations (Skinner, 2007). One should realize someone's potentials by the way one undergoes the journey to success, and the gratitude attained along the way. We should be able to determine what we want and how we can attain what we want (Goffman, 1959).

Gratitude experienced or attained may be respects obtained from people or society as a whole. And in order to express thanks and blessings, we must try to document or journalize these attributes because it is a psychological way of expressing ourselves and our gratitude. Gratitude that may often be obtained is through dedications and the ability to convey thoughts and to project opinion, and make suggestions. The ability to think on our own and make decisions concerning our lives is the potential journey to success in life; able to determine what one really wants, and how it can be obtained (Biderman & Zimmer, 1999). Gratitude may be respects obtained in the community or in organizations or higher educational institutions.

III. AFFIRMATION OF EXPERIENCE

Truly, affirmation is what individual has put in place or obtained in his or her life. Something affirmed in life may be tangible or intangible things. Psychologically, what is to be affirmed should be peace of mind which is to be able express oneself freely. The mental, social and behavioral aspects of life should be affirmed when journalizing or writing a memoir of appreciations, thanks, blessings and experiences; these must be the psychological mechanisms to be affirmed and justified our beings (Hansel, 2011).

We may assume that majority possess the materials of life, be it physical and mental functionality aspects of life, but we must be aware that these are being control by certain incumbents in the society. It has been noted through various literatures that not everything in life that can be obtained or affirmed without sacrifice of some sorts. One would have to give up certain thing philosophically. Affirmations may be overturned by concessions to realized democratic options. With affirmations realized we can then dwell on the substance of success.

IV. REALIZATION OF GOALS

Goals, especially personal ones may be of present goals of future goals that need to be expressed. These goals may be what is missing one's life and how to obtain an end or result and these may either be by acquiring new skills and updating the old ones. Goals that be targeted to be realized may be peace of mind and outstanding exposure to opportunities and alternatives: be able to express what we want from life. For example, one may want to serve as a leader in the community or one may want one's voice to be heard in the community.

The goals that a majority wants to be realized are the necessities of life endeavors; because the rudiments of life are the necessities of living on earth and the necessities of living are the rudiments of life. Our Goals should be set for the fact that "Life is like that of fish in the ocean and a bird in the air and that life takes us everywhere or anywhere." This means that we must have present goals and future goals in place. As we protrude through life our goals may rise giving us an opportunity to live our life as we please (Metzer, 2009).

V. CONCLUSION

The main thing that makes whole is happiness. Without being happy, our life is not complete. So many things in life can make someone happy; be it marriage, childbirth, graduations, new jobs, job promotions or buying a new car, just to name a few. Literarily, for example, one may be happy and give thanks for what God has provided to him or her so far in his or her life. With positive attitudes and activities, we may expect to be happy in our future endeavors. Happiness may be based on the past, present and foresee behaviors and activities. Our past endearments, presents and future enlightens can certainly make life rewarding and happier. Once we have the necessities of life, then happiness is absolute (Metzer, 2009). We can be happy anywhere, anyplace: mental institutions, prison, homes, hospitals or in any situations - once we have what we need to make us happy and appreciative. It is the rewarding experience that makes us happy but it has to be positive reward. We must also know that gratitude contributes to happiness and gladness in a big way.

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