I Believe In You

"I believe in you". Words I very much knew and very much needed to hear. Kindness. An act many people in this world fail to accomplish. It has taken me many many years to be able to see the world as cruel as it is. In this world of darkness, simple acts of kindness are just what we need. It doesn’t take much to be kind. An act of kindness can be found in many ways, small or big to say the least. 2021 has been an eventful year to put it lightly. Going back to school meant having to encounter and face people I haven’t had to in a long time. Coming back, I didn’t know what to expect. To my surprise, people weren’t as easy going as before. September was supposed to be a great month for me. A month where I could celebrate my recent successes and ultimately just be happy. It wasn’t long before that idealization came to an abrupt ending. I learned quickly that the bad thing about having bigger sized friend groups is that there are always going to be miscommunications. Unfortunately, I suffered from this severely. There was one day specifically during the week when I had a terrible confrontation to deal with. It was the longest and most emotionally draining fifteen minutes of my life. A girl I considered to be like a sister to me turned into my worst enemy at the time. The argument drained me so much to the point where I even went to class upset. I tried my best to conceal my emotions because I was always taught to know that there is a time and place for everything. It didn’t take long for my teacher to notice me and to come up to me. Looking into her eyes assured me that it was okay to open up and be vulnerable. She was so easy to talk to. One line that she said has stuck with me forever even up until this day. "I believe in you". I didn’t realize how much I needed to hear that until she said it. It most likely wasn’t a big deal to her, but to me, it meant the world. What shocked me the most is that she had no obligation to come up to me, to check up on me. Her job was to teach me, not comfort me or pity me. In reality, she did
it out of the pure kindness of her heart. Being kind is such a natural thing for her, yet it impacts me and so many more students than she knows. By her saying those four words, I felt an immense amount of relief. See, the thing about these kinds of situations is that it shows you just how difficult it is to trust people nowadays. The people I thought I could trust with my life, turned on me in an instant. Looking back on this experience specifically, there were many red flags that I should have noticed. I take it that a lot of people just do not know how to be kind. Even the simplest things, such as a couple of words, could change someone’s day, possibly even life. I strongly believe that there is beauty in simplicity, and this teacher has proved it to me, day after day. Following this experience in my life, I am able to notice the smaller gestures in life and learn to appreciate them more. What I felt during this time of my life is a feeling I would never wish on anyone and because of that, I make it a point to bring an act of kindness into at least one person’s day. A simple greeting from someone I don’t typically interact with is something I have grown to greatly appreciate. To me, kindness is more than just a physical act. I believe that everyone has kindness in themselves. It is just a matter of what it takes to bring it out of them.