

The Need for Compassion

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There are several great traits which people demonstrate daily, but one of the most important and meaningful characteristics is the ability to show compassion. People have their own definition, but to me, being kind, helpful, and extremely understanding is the best description of the term. Personally, the greatness of compassion was demonstrated to me at an early age, which makes me wonder how others can possibly live happily without it. Compassion from just one person to another can completely change someone's outlook on life.

This concept became extremely important to my family over several years. One of my brothers suffered from the genetic illness, Cystic Fibrosis, which ultimately took his life. Prior to his death, many people would treat him differently or lesser because of his illness. Those with compassion that treated him as they would any other kept his spirits up and going longer than he might otherwise have lived. This was what made him an extremely caring, kind, and loving boy and what taught me the need for compassion in life, even while in elementary school. His many near death experiences were lessened and escaped because of the love, kindness and understanding shown him and my family, which ultimately made him fight for his life and live longer than any doctor expected. He helped illustrate to me the importance of compassion and understanding.

Those that have difficulties and/or an unhappy life can be comforted when someone is kind, caring, and helpful, whereas those that have not been shown compassion often do not give it to others or even to themselves. This can lead to depression or loneliness, because when a person cannot provide it to others, it can become very hard for them to be close to anyone else. In most cases, people are not happy when they are completely alone, leading them to believe they have no point in life. Even in my own high school, I have seen other students walking and sitting alone and have seen them start to cry because of their loneliness. Seeing that makes me sad for them and, because of my brother, I always attempt to talk to and help them, hopefully showing some of the compassion I was provided over the years. These are just some illustrations showing how this trait can lead to a healthy life.

Just a few minutes of compassion and friendliness can change a life. When someone is very sick mentally or physically and not shown any love or compassion, they often feel no need to fight for life. A couple of my friends have been very depressed at times and come to close to suicide. When I at least attempted to listen to them, to show them compassion, or even to refer them to someone that could help them more, this made them see the good in life and what it has to offer, which made them re-think what they were planning. This shows how compassion can drastically change one person's life if they know at least one person truly cares for and loves them. I thank my brother and the people that showed him and my family compassion over the years for learning this.

There are many characteristics people need for a good and healthy life, but one extremely important one is compassion. This trait can change one's general outlook on life, for if there is none, depression and unhappiness will take over. Just one moment of compassion can completely change the way someone views his or her existence. This change will occur in not only the recipient but also the giver. Knowing someone has been helped reflects on both the giver and the receiver, making each one realize the importance of caring, love, and kindness. This is truly one of the greatest feelings in the world, making compassion very definitely one way toward true happiness and mental health.