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Adult Roles CE 4B
Positive Comments

For every negative comment that I made to my loved one, he would always automatically assume that I'm upset. Instead of getting offended and upset with me, he would always be the calm one and try to resolve the issue no matter how difficult I would be. The problem always ends up getting resolved rather quickly, and it becomes a load off of both our shoulders.

However, with every negative comment I made, I would give out five positive ones. I noticed that he would laugh and engage in the conversation a lot more. It was a lot easier to give positive comments than negative ones. It'll also make the other person want to talk to you more. Making negative comments to your loved ones just ends up leaving you with regret over what you said to them after you've calmed down and have time to think about what you said.

Apologizing shows that you care enough about your relationship with your loved ones to set aside your pride. I always felt guilty after I made a negative comment because I saw how it affected my loved one. There is never a reward for seeing someone I love get hurt, especially if I'm the one who's inflicting the pain.

By avoiding negative comments, there are fewer arguments and both of us are a lot happier. I found out that staying mad at someone is a laborious job. I've learned to live life as positive as I can make it be. I've noticed that I'm in a better mood by doing so and it makes life a lot easier. You never know if tomorrow might be the last day, so make the best out of each and every day. When you lose someone once, you try harder to prevent the same thing from happening twice.

Just one negative comment can be like the idiom "the straw that broke the camel's back." Replacing that one negative comment with five positive is representing that it takes five good things to fix one bad.