

## MOTIVES

As we live our daily lives, we encounter many people and their actions. Sometimes these actions are directed towards us, while at other times we are only observers. When you think about people and their actions, we, on some level, are trying to understand the reasons behind the actions. We try to understand the person's motive for taking such action.

It's funny how we analyze everything. We may be the recipient of a very nice compliment. We say *thank you* and then give more thought to the communication exchange and wonder if there was a specific reason for the person to compliment or greet us kindly. We go through the exchange and wonder if this person wants something from us.

There really is no reason why we should be suspicious of receiving kind words. We may look particularly great that day. Perhaps the other person is only trying to change their ways and be more positive. Giving compliments honestly is a great way to make that change and uplift someone else in the process.

We hang onto things that are said to us and sometimes even beat ourselves up over what someone else said to us. We rarely jump to the conclusion that the other person is just out of sorts and having a bad day. Instead we think about everything we have ever said or done to that person that caused their harsh words to us.

We choose to blame ourselves for the way we are, our own beliefs, our actions, and our words that causes other people to be harsh with us. We neglect to realize that this issue is more likely to be the other person's issue and not our own.

Take the boss giving you an annual review. There is usually something in the review that brings us down and tells us we are inadequate. We fail to understand that the review process is something that is done because someone set up this process years ago and no one dare suggest doing away with it. We do not recognize that the review process is more important to the boss than the employee. The boss does the review as it makes them feel important, powerful, and in control, a perk their job. We do not see the boss' motive for stating some negative comment in the review that is based on a fear the boss may have. The boss is not going to admit that your idea to simplify a process or procedure is the best thing for the company. The boss is more likely to tell you to do things the way it has always been done simply because it wasn't the boss' idea and they cannot take credit. Or maybe they do change the process to your idea and take credit for the new cost saving measure. If there were really a problem with your performance, you would be told about it before a review.

Take the mistrusting wife whose husband comes home from work early with a beautiful bouquet of flowers for her. The wife should be pleased that her beloved took off work early, bought her flowers, and could not wait to get home to give her this unexpected gift of appreciation. The mistrusting wife immediately goes into analyzing why her husband is making this gesture. What is his motive for doing this? Has he cheated on me? Did he make a big purchase we cannot afford? Is he leaving me for a younger woman? Is there a motive as to why the mistrusting wife cannot accept the husband's thoughtfulness? Is the mistrusting wife's motive for thinking there is a horrible reason for her to receive flowers be that she knows her husband better than he knows himself and she has to be right? Is it more important for the mistrusting wife to be right than giving thanks for a wonderful husband that does appreciate, care for, and love her?

As long as you are going to analyze everything, why not put a positive spin on it. Why not view the situation as the other person's issue. Why not see that the other person is a bully or just unhappy and feels a need to make everyone else around them unhappy? Why not see that some people do these mean or horrible things because they hunger for attention? If your view broadens to all the possibilities for the encounter, you may find ways to bring harmony to the situation or relationship.

Motives like people and intentions, can be good or bad. What's your motive?