

"How to believe in good, despite all the negative aspects: Is it possible to believe that good people exist and develop kindness within yourself?"

On February 24, 2022, a new phase in my life began, which I did not even allow myself to think about.

1 year 1 month and 29 days - that's how long I hadn't been home. This theme seemed to me to manifest in one way or another in our lives. And since I have experienced it in practice, I felt I could talk about it in as much detail as possible. And I am madly grateful to all the people who continue to support us, who put their energy into us, all the teachers who work with us, all the psychologists, and all the children who, despite the situations that have happened in their cities, open up to us, smile.

This conference is timed to explore world peace, which is why it was important to mention the situation I came from, which is happening right now in my city, my country.

"How to believe in good, despite all the negative aspects: Is it possible to believe that good people exist and develop kindness within yourself?" - is the theme of my speech.

Of course, when considering this topic, one cannot avoid the most basic terms, namely:

- What is a good?
- What is a good person? What is inherent in him?
- What is a bad person?
- Is a good person capable of doing bad things?

Goodness is a very stretchable concept, which can be viewed as both an example and a term.

For everyone, it has a completely different concept, one that has been formed since childhood.

What is good for me?

Goodness is what makes me happier, what lifts my spirits. That's how my family has established it since childhood, that's the notion I have now formed in my head.

The thesis of "Good" is also taught to us from our childhood through cartoons, which many of us have watched since infancy.

All concepts, behaviors, and habits are formed in us from birth, with the help of the people around us.

Continuing the theme of theses - a good, good man - what is he like?

This concept, too, is shaped by everyone in very different ways. But it is an offshoot of the word good. Accordingly, this is a person whose actions are aimed at creating, preserving, and maintaining the balance of good in the world.

And yet, what characteristics are inherent in him?

In the first place, a good person is called one who is grateful.

One who is responsive, but not unreliable. And benevolent.

But are there opposites to the above?

The answer to this question is different for everyone. This is because we all meet different people in this life who disappoint, hurt, and in this way, "create" in us the image of a bad person. But are they?

My personal opinion: there are no bad people, they can be too traumatized.

Nevertheless, as Auden wrote:

"You shall love your crooked neighbor

With your crooked heart."

I will end this short list of the basics of this speech with a question: Are good people capable of doing bad things?

My answer is this: very often, there is a desire in us to become a better version of ourselves, or a good person, because of the bad things we have done or seen that people around us have done.

Now, I would like to begin to address the main theme of my talk:

"How to believe in good, despite all the negative aspects: Is it possible to believe that good people exist and develop kindness within yourself?"

I want to divide it into three parts:

And I will begin, perhaps, with how I believed in good despite all the negative things that have happened to me.

I wish I didn't have to remember the war so often, but that way I wouldn't have learned what I already know how to do.

Throughout the time I moved around Ukraine looking for safety, at times I was more disappointed, but then I met people who were in roughly the same situation. Who had fled the east in search of refuge, who knew no roads, who had lost everything. But then I met volunteer people who were doing everything they could to make sure you just stood on your feet. To make you start smiling again, to keep you from going there, far into your thoughts. So that you would want to live again.

Then, when I arrived in Warsaw, the second month of my stay, I found myself at the Warsaw Ukrainian School, which I don't even know how I will leave now.

The teachers, and the kids I met there are incredible.

You know, there are moments when you have derealization. It can catch up with you even when you're walking through a park that doesn't seem to change. It's common to all of us.

But at that moment, when I thought no one cared, I was approached every day by both children and teachers who were trying to understand what had happened. And that was very important to me at that moment, even though I didn't understand it. Coming out of

that state, I had more and more faith in good things and good people. I could not, sometimes even now, believe that there were such people around me.

Some of us get dipped in flat, some in satin, some in gloss....But every once in a while, you find someone who's iridescent, and when you do, nothing will ever compare. (Flipped;2010)
It is worth remembering that no one person should be responsible for your happiness.

Of course, in this life we cannot meet only good people, so sometimes we meet unkind people, not bad people. Because no matter how in the world there must be balance.

So how do we believe in good despite all the negativity? Everyone has different ways. Personally, mine, which I think most would agree: go back to what makes you happy. Listen to a song that previously made you shed tears of happiness, or watch a show that once imprinted in your mind that warmest memory. Breathe in the air with the thought: yes, this is my life!

And remember that all problems have solutions. And what seems big and scary in your head is something else entirely.

Through the above examples, I was also convinced of the possibility of the existence of good people. We, too, can be that ray of light in someone's very sad situation. That kind, good person, thanks to whom the person will begin to believe in goodness again.

It is important not to forget that there are people just like us around us. Who also feel, experience, and show emotions. And that waking up in a bad mood is normal. But showing aggression toward others is not.

To all of this, we all have to put in the effort, sometimes a lot of effort, to maintain world peace. Yes, there are different organizations, but what's the problem with solving some quarrel just by talking? To begin, as good things are done in small steps, so is peace.

With these slow steps, I came to the final part of my speech:

So, is it possible to develop and START doing good things with yourself? And most importantly, how?

Anyway, I guess the answer is obvious. Sure. But here are a couple of arguments why:

- There is goodness in all of us, but each of us radiates it in doses that are convenient/impossible for us.
- Always, even if it seems impossible, good triumphs over evil, and it is the unkind people who previously brought destruction to the world that begin to "melt away" under the influence of such a catalyst.

Now are some basic ways you can start doing good things for yourself:

- Do something kind yet useful for your country/city/neighborhood: plant trees, have a clean-up day, bake a cake and distribute it to your neighbors, build a playground
- Do something nice to a stranger for you: buy flowers from your grandmother, pay a compliment, buy coffee in front of the man and give it to him, smile at a passerby

- Do something nice to someone in the family: compliment your parents, they deserve it, go to grandma's village this summer at last, write your dad that you love him, visit your brother/sister
- Do something nice for your friend/ex-friend: wish her/him a happy birthday, buy flowers for nothing, offer to go out for a cup of coffee
- Do something nice for yourself: sleep in before dinner, buy your favorite chocolate bar, go shopping with yourself, go to the mirror and say how proud you are of yourself, live for yourself

I would like to summarize this rather logical-perhaps for some people it's your opinion and it has a place-end-total:

We, and only we, can decide whether or not we want to believe in goodness, whether or not good people exist. There is a seed of goodness lurking in all of us, planted by parents, friends, or even cartoons. But sometimes we need a pretty strong push to start doing good - the person who hurt us or vice versa inspired us to do good. We want there to be peace on our planet, and this conference is timed to study it. I want to believe in a bright future, which will be the result of how people sowed goodness and collected it as a harvest, and which, I believe, our children and grandchildren will see.