WHEN DO WE HAVE TO SAY THANK YOU?

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How often do you say “Thank you.”? Or do you say it? How often do other people thank you? What did you feel?

Among all the other common statements in the world, “Thank You” seems to be the most under-appreciated and under-used phrase. But come to think of it, this phrase or statement is the most appropriate to express in a simple situation and the easiest to give in any undertaking.

There are situations in people’s lives where they should have to say “Thank You” instead of saying other sort of things. We should say “Thank You” upon receiving a compliment. It is easy for other to say positive things about us, as simple as our haircut is good, our makeup suits us, etc. and it also must be easy for us to return the compliment with a simple “Thank You”. Do not say things that would make us appear so humble. Sometimes we deflect other people’s praise by saying other things. This doesn’t acknowledge the person who gave us the compliment. Saying thank you is enough.

We should say “Thank You” when we had made others wait for us. When we are late, most of the time we say “Sorry, I’m late”. We stress the person waiting for us and saying sorry would add up to his or her negative feelings. Saying thank you might be strange, but this is better because you want to recognize the sacrifices of the person who have waited for you. We are used to apologizing whenever we commit mistake. Try to acknowledge instead for their patience and loyalty. This will bring them more comfort and positive emotions.
Oftentimes our problematic friends come to us and share with us their problems. There are times when we really don’t know what we are going to say. Try saying “Thank you for sharing that to me.” That very moment, you had pacified and made them feel better. This statement tells them that their sharing is important to you, and that give them a feeling of being worthy. Say “Thank You” also upon receiving a feedback. Whether negative or positive, feedbacks could help us improve our ways. Accept the feedback from others and learn from it.

Even when we receive criticism, we should also say “thank You”. There would always be people who will criticize us. Say thank you to them instead of arguing. Those persons would be amazed that you did not take their criticism seriously but thank them instead. This may cause them to reflect on the criticism they made, and might change their opinion about you.

If we think we should thank somebody, never hesitate to do so. Always thank someone if we feel like saying it. If you want to thank a person for handing you over a memo, do it. If you feel that you should acknowledge what they have done for you, thank them.

Saying “Thank You” is so wonderful. We should say it more often.

References:

https://jamesclear.com