

# How Can I Figure Out What Ideas to Share?

When people are around others, they have ideas about them. The ideas may be good or bad. Sometimes they are neither. They decide which ideas they might want to share and hope others will appreciate them. This is a little story about how I can figure out what to share when I have a thought about a person's behavior or appearance.

When I have a thought that is positive, it is good to tell my thought to the person (or people). It is a way of giving a compliment. Telling someone else, like my mom, about this thought in front of them might sound odd. They might wonder why I did that, because giving compliments directly to a person is almost always a nice thing to do.

Sometimes I just wonder about people. It is neither negative nor positive. I might wonder about how they are behaving, what they are doing, what they are getting ready to do, what they are wearing, why they look a certain way, and other things as well. When I have these thoughts, a good method to try is:

## **OWL**-ing

OBSERVE

WAIT

LISTEN

In many cases, if I OWL, I will be able to figure out the answers to my questions.

When I have a thought that is negative, I should keep that thought to myself and OWL. Maybe I will figure out why that person is doing something that I think is odd, strange or wrong. Later I can talk to my parents about it. Saying a negative thought in the presence of that person is usually hurtful.

There is a reason OWL-ing is good. Sometimes, when people (who are just curious) ask questions about others right in front of them, it sounds odd. Sometimes, it is embarrassing to family and friends. To avoid that, people can silently try to figure out the answers through the OWL method. Later, if they didn't figure it out, they can talk to their parents or a trusted adult about it.

By giving compliments directly to people and by OWL-ing to learn about people, I will know better what to say. People will notice me being the respectful person that I am. That is good!