Twitter Thread by Stephanie Hurlburt



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Today therapist talked about how to make up for hurting someone
- There is no universal thing you can do (ie apologizing)— you must ask or figure out what's best for that person
- Be prepared for that action to hurt. Making things right may make you feel awful. It's not about you

Examples of ways making up for your actions and doing the right thing can hurt
- Giving the person space
- Facing legal consequences
- Leaving a job
- Making reparations that are time consuming and draining
- Accepting that you may never be able to make it right but trying anyway

So in other words, being a compassionate and good person often doesn't feel very pleasant. You do it because it aligns with your values, not for an emotional high.

Side-eyeing so many tech communities right now