

Why People Give Gifts

We love receiving gifts, especially for our birthdays and during special occasions like Christmas. We love giving gifts too, though probably not as much as receiving them. A gift is something we give to someone else with no expectation of receiving anything in return. There are no strings attached to a gift. That is why it is called a gift.

If we give with the expectation of receiving something in return, then it is not a gift. So if we feel underappreciated or that they don't care when the recipient of our gift does not jump up and down with joy and shower us with expressions of undying gratitude, then we have only ourselves to blame for our unfulfilled expectations. We never told the recipient that they were entering into a contract when they accepted our gift. In exchange for our receiving our gift, the recipient would have to show the proper amount of appreciation and gratitude to us until their undying days. What do you think their response would be if we had included with our gift a written agreement detailing our expectations in exchange?

The giving of a gift has nothing to do with how it was received. We give something to someone because we want to, not because we have to, or in exchange for something. Once the gift has been received, the person can choose to throw it away, give it away, or put it away. It's their choice. They can choose to not like the gift. That is their right and their experience.

We have many reasons for giving gifts. The gift may be an expression of affection, to show that we care, or that we remembered their birthday. We give the gift. The only action the recipient is required to make is to either accept or reject the gift. If we are disappointed because the response was not what we were expecting, then it has nothing to do with them and everything to do with us. Why were we disappointed? What feelings came up? Unless we understand our intentions and motivations for giving the gift and learning to deal with it, we will experience pain in the giving.

So the next time we decide to give a gift to someone, we need to understand our true motivations and intentions for giving the gift.

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