

Name: Anas Muhammad

Username: AnasMuhammad

School: Madhupur Shahid Smrity Higher Secondary School

My reflection to the video:

Watching the "Experiment in Gratitude" was a powerful reminder that there's a huge difference between feeling grateful and expressing it. I've definitely been guilty of keeping my deepest appreciation for people bottled up, assuming they "just know." Seeing the subjects' emotional reactions—both the tearful gratitude of the readers and the profound surprise of the recipients—made the scientific data about happiness increase feel incredibly real. It was compelling to learn that the act of simply making that phone call yields a greater reward than just writing a letter, suggesting that vulnerability and direct connection are the true catalysts for joy. It motivates me to stop intellectualizing my thankfulness and actually take the small, brave step of voicing it to the people who matter most, especially since the video shows it can have the most impact when I might be feeling down myself.

After reflecting, I chose a very close friend of mine to write the letter to. We have known each other for years now. Her name is Hasina Ahmed.

She lives far away so I can't really read it out to her directly, she also can't pick up the phone unless it's night for family related reasons. By that time, the deadline for the challenge will be over. So, I decided to text her the letter.

Here is the letter,

Dear Hasina,

It's been a while since we last shared letters or emails. Honestly, that kind of faded away after we switched to texting on Instagram directly. But I wanted to take a moment to do something a little different, to tell you how truly grateful I am to have you in my life. I know you've always liked these "letter-ish" things more than normal texts, so here I am, writing one just for you.

I've always appreciated how, even though we live so far away, it's never really felt that way. We talk like we're neighbors, sharing random stories, teasing each other, and somehow understanding things without needing to explain too much. Distance never got in the way of how close we've become. I think that's something rare, and I don't take it for granted.

I know we don't really do those late-night talks anymore, since both of our lives got busier and it's almost impossible to stay up till 4 or 5 a.m. just talking like before. But honestly, those memories are still some of the best things I have. There was something special about those nights, when everything was quiet, and it felt like the whole world had paused except for us. We'd talk about random things, deep thoughts, stupid jokes, and somehow it all made perfect sense back then.

Even now, when I think about those nights, it reminds me how easy it's always been to be myself around you. No pretending, no filters, just real conversations and real laughter.

And the fact that you don't really judge me (well... in most cases) is something I truly appreciate. I know we live very different lives, with our own routines, struggles, and circles, yet you've never made me feel like I don't belong. You've always accepted me for who I am, with all my bad jokes, and the random things I say and do.

You somehow get me even when I don't explain myself properly, and that kind of understanding is rare. It's one of the biggest reasons I've always felt comfortable around you. I can talk about anything without feeling like I have to choose my words carefully, and that means more to me than you probably realize.

You've also encouraged me a lot, yk. I've seen you work hard for the things you want, really work for them. I've seen you study all night, stay focused when things got tough, and keep going even when it looked impossible. Watching you do that has always been inspiring.

It's like you never let excuses win. You just keep showing up, and that quietly pushes me to do the same. Whenever I start doubting myself or feeling lazy, I think about how determined you are, and it reminds me that effort actually matters. You might not even realize it, but your way of living, your consistency, your patience, has encouraged me in ways I can't fully put into words.

And you've always supported me. I still remember, it was just a few days ago when I started questioning my religion and had all these thoughts and doubts. I was honestly scared to share them with anyone, thinking people might judge or even punish me just for asking questions, you know how our society can be about things like that.

But when I came to you, you didn't judge me or make me feel wrong. You listened. You told me to research what I believe in, to question things and figure them out for myself. You also shared your own opinions respectfully, even when we didn't fully agree, and that meant a lot.

You've been there when I was at my lowest and my highest, through all the messy, confusing, and random phases in between. You never made me feel like I had to hide what I was feeling, whether it was excitement or complete frustration. You just stayed, sometimes with advice, sometimes just with silence. But either way, it always meant something.

Knowing you were there through both the good and bad moments makes me realize how much this friendship really matters to me.

I know I haven't always been the friend you deserve, but I'm trying to be better. Sometimes I don't know how to express things properly, or I just go quiet for no reason, but that never means I don't care. You've always been there with the same warmth, and that honestly means a lot to me. I might not always express it, but I do notice it.

I have always admired and appreciated you, and I always will. Thank you for everything, Hasina.

Your friend,

Anas Muhammad

Reflection:

Writing this letter to Hasina made me realize how often we take the people we care about for granted. Putting my feelings into words helped me see just how much she's been there for me; in ways I hadn't even fully noticed before. It felt a bit emotional, but also peaceful, like I was finally saying the things I'd been meaning to say for a long time.

This experience also reminded me how important it is to express gratitude openly, instead of waiting for the "right moment." I feel closer to Hasina now, and I hope she feels the same way after reading it. It made me appreciate not just our friendship, but the effort, patience, and understanding that real connections require.

I won't be posting this letter on Instagram, but I will share something in short to encourage others to express their gratitude and feelings to their friends.

Here is my post regarding that,

https://www.instagram.com/p/DP_KN-9Eybc/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==



Here are the screenshot proof of me sending it to her (I have hidden her username to protect her privacy)



