

Aren't We All Doing the Best We Can?

A reflection on grace, understanding, and the humanity we share

The question, “Aren't we all doing the best we can?” encourages thoughtful reflection and promotes understanding. It invites us to approach ourselves and others with less judgment and greater empathy.

When someone disappoints us, behaves carelessly, or simply doesn't meet our expectations, it's easy to slip into frustration or self-righteousness. But when we pause and consider that maybe—just maybe—they're doing the best they can with the tools, awareness, and capacity they have in that moment, something shifts. Compassion finds its way in.

The same holds true when we turn that lens inward. So much of our self-criticism rests on the illusion that we “should have known better.” Yet healing and growth rarely happen in straight lines. We make choices based on who we were at the time, not who we are now. Extending grace to our past selves is an act of self-trust and maturity—it's how we stop fighting our own humanity.

Doing our best doesn't mean perfect. It means *human*. It means responding to the complexities of life as skillfully as we can today, knowing that tomorrow may bring more clarity, more tools, and more awareness.

So, when you catch yourself in judgment—of someone else, or of yourself—pause and gently ask: *Aren't we all doing the best we can?*

You might find the answer opens a little more space for peace, patience, and understanding.

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