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Instructor's Name

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Date

<div align="center">Companion</div>

When people think of the word *companion*, they often direct their thoughts to humans. However, a companion can be a person or animal with whom one spends a lot of time. When I think of a companion, I think of both my dog, Mia, and my boyfriend, Karsen. Although they are different, they share similar characteristics in being my companion. Like Mia and Karsen, a true companion must be cooperative, caring, and non-judgmental.

The first characteristic a good companion should have is being cooperative. When Karsen and I first started dating, our relationship was great. Then as the relationship advanced, Karsen and I found our differences and argued over little situations. When I moved to college, our relationship began to take a downward slope, which made us work harder toward the relationship. Karsen and I even broke up for a period, but the hard work on our relationship eventually led us back to one another. We realized that after an almost-two-year relationship, we had to be cooperative, which means working toward the same end goal, which for us was being together forever. Working hard toward the relationship and being cooperative showed that Karsen was a good companion. On another hand, when I first got my dog, Mia, she did not know how to listen or be cooperative. I got Mia when she was seven weeks old, so from that point on, I began to potty train her. Mia did not like to go outside, so for a while, she was difficult to train. Eventually, she began to cooperate and work toward the end goal of being potty trained. She knew that when she did something right, she would be rewarded. Mia began

to realize that the more she cooperated, the easier it would be on the both of us, which led her to be a good companion.

The next characteristic a good companion should have is being caring. When my parents separated, I needed a shoulder to rely on. Whether it was someone I could verbally talk to or just a caring presence that comforted me, I needed to know that I had someone to lean on. The first companion I leaned on was my dog, Mia. Although Mia could not verbally tell me everything was going to be okay, she reassured me and lay by me when I cried countless nights. Because Mia showed she cared through her actions, I was able to call her a good companion. My other companion, Karsen, was also always there to reassure me. Because of my parents' separation, I developed anxiety issues. I am still not sure what triggers my anxiety, but when I do begin to feel as if I am going to have an anxiety attack, Karsen is there to help me. He shows he cares through his actions. He reassures me that everything is going to be okay and that he is there for me. When I need him the most, he is always there, which shows he is a good companion.

The last characteristic a good companion should have is being non-judgmental. Although dogs cannot really be judgmental, they can use their abilities to sense certain actions. For example, when a person raises his or her voice, a dog can easily detect that the person is angry. However, Mia, my dog, never judges me for my actions and loves me regardless if I am mad at her or not. That simple act leads me to believe that she is a great companion. On the other hand, Karsen can be judgmental but chooses not to be. He loves me for who I really am. For example, one time I yelled at him for adjusting my electronic speedometer in my car, but he did not judge me for yelling. Also, he knows all my embarrassing childhood memories but never judges me. His actions lead me to be grateful for his being a companion.

When I see or hear the word *companion*, I think not only of humans but of animals also.

Mia and Karsen are both cooperative and caring. My dog and boyfriend are also truly my companions because they are non-judgmental.