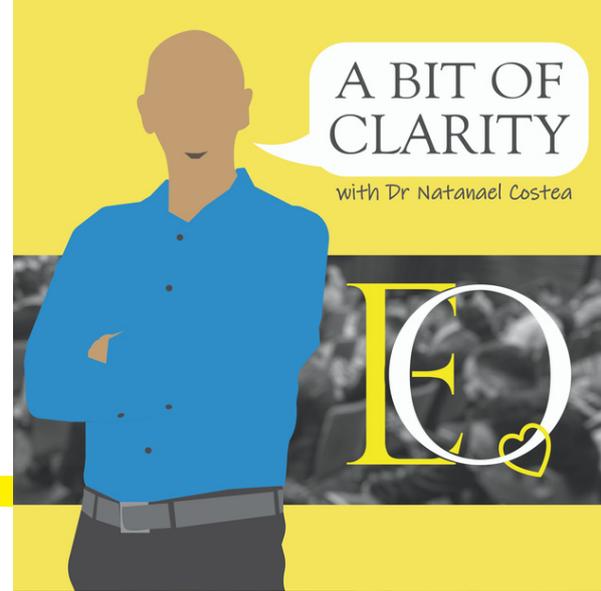


# EP 033 KINDNESS



## SHOW NOTES

### OBJECTIVE

> Develop an understanding of kindness.

### UNDERSTANDING KINDNESS

**Kindness** is a benevolent and helpful action intentionally directed towards another person. Kindness is motivated by the desire to help another and not to gain explicit reward or to avoid explicit punishment. It differs from compassion which involves taking action to reduce suffering. Kindness combines three vital components - the motivation to be kind to others; the recognition of kindness in others; and, engaging in kind behavior daily. A kind person demonstrates traits such as: empathy, good listening skills, social awareness, generosity, charity, helpfulness, courtesy and nurturing.

### KINDNESS- AN ESSENTIAL VALUE IN EVERY BELIEF

The topic of kindness is in the Bible, Quran, and Torah. **The Bible** includes many references to kindness. Here are three:

1. A man who is **kind** benefits himself, but a cruel man hurts himself. (Proverbs 11:17)
2. Little children, let us not love in word or talk but **in deed** and in truth. (1 John 3:18)
3. But the fruit of the Spirit is love, joy, peace, patience, **kindness**, goodness, [and] faithfulness. (Galatians 5:22)

**In Judaism, the Talmud** spells out the difference between charity and kindness, "In three ways is kindness greater than charity. Charity is done with money; kindness can be either with one's person or one's money. Charity is for the poor; kindness can be done for either the poor or the rich. Charity is for the living; kindness can be done for the living or the dead (Sukkah 49b)."

### RANDOM ACTS OF KINDNESS PAY DIVIDENDS

1. Prosocial behaviours increase happiness and self-esteem.
2. Being kind improves how others see and accept you.
3. Kindness leads to reductions in risks for disease.
4. Neural networks related to reward fire when we're kind, and when we see others experience kindness.
5. Reduces social anxiety.
6. It's contagious, slows ageing, is good for your heart, and improves relationships.
7. It lifts you up by the way you lift up others.

### APPLICATION

> Apply daily random acts of kindness for seven days and write down seven shifts that these acts made in you.

### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
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