## Kindness: Do's and Don'ts

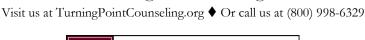
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## Do:

- 1) Listen to your heart and your intuition. What would be the kindness thing you could do for your mate do it! Pray and listen the answer will come to you.
- 2) Say something positive about your mate to your mate. E.g. "You thrill me!" "You are a generous and wise person." "You have truly stuck with me through thick and thin I am blessed to have you!"
- 3) Serve your mate in **their** love language. Is their love language acts of service, words of affirmation, physical touch, gifts or quality time? Emphasis their language but you might try all five! (See Gary Chapman's *Five Love Languages*.)
- 4) Practice and pray for an attitude of gratitude for having the mate you have.
- 5) Take your mate's hands and tell them all their hands have done to give. E.g. "These hands have changed a thousand diapers and loved our children every step of the way." "Your hands have labored day in and out for \_\_\_\_years to provide for us where would we be without you?"
- 6) Speak some "wedding vow stuff". E.g. "No matter how bad it gets or how good I will always love you!" "I love you and you alone the only thing that will take us apart is death itself." "I chose you the day of our wedding and I choose you today!"

## Don't:

- 1) Don't Criticize instead ask politely for what you want. Start your request with asking "Will you...?" Be specific with your request.
- 2) Don't compare your partner to others. It's a destructive thing.
- 3) Don't escalate (i.e. blow your lid, get really upset). Remember cooler heads prevail.
- 4) Don't joke about your mate. (Yes "Many a truth is spoken in jest!" so don't joke.)
- 5) Don't debate history with you mate. Instead say "We have a different recollection." Then move it forward!
- 6) Don't "educate" your mate (Unless they ask you to do so.) Say it once and ask if they understand then move on. Remember how long it takes for you to learn! Be patient.



Turning Point Counseling

