

Kindness: Do's and Don'ts

By Kevin Downing Ph.D. LMFT

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.

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