

Love Kindness...

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**What does the Lord require  
of you but to do justice, and  
to love kindness, and to walk  
humbly with your God?**

Micah 6.8

**If you do good only to those  
who do good to you, what  
benefit is that to you?**

Luke 6.33

# **SELF-ASSESSMENT**

- Why is it important my opinion is heard?**
- Am I trying to change their mind?**
- Do I need my values to matter to them?**
- Am I worried about losing to them? Why?**
- Am I willing to accept their opinion won't change?**
- What's most important in this discussion?**
- Can I commit to kindness, no matter what?**

# HAVING A KIND DISCUSSION

**LISTEN MORE...TALK LESS**

**RESTATE WHAT YOU HEARD**

**ASK WHY THEY VALUE THEIR CANDIDATE/ISSUE**

**MENTION THE COMMON GROUND YOU HEARD**

**“WOULD YOU LIKE TO HEAR WHAT I VALUE?”**

**“I may disagree, but I still hope to see us  
both get our needs met.”**

**Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, one God and Father of all, who is over all and through all and in all.**

Eph. 4.3-6

# Traits of Unkind / Kind People

**UNKIND PEOPLE** are extremely defensive and love to argue.  
**I am nonresistant and don't need the last word.**

**UNKIND PEOPLE** crave approval or need to be liked by everyone.

**I am comfortable in my own skin and allow others to be themselves.**

**UNKIND PEOPLE** are ungrateful.

**I practice gratitude and look for the good in life.**



# Traits of Unkind / Kind People

**UNKIND PEOPLE are difficult to work with.**

**I allow others to shine and am willing to compromise.**

**UNKIND PEOPLE constantly get offended.**

**I don't take things personally. I assume all mean well.**

**UNKIND PEOPLE are impatient.**

**I allow others to work at their pace.**

# Traits of Unkind / Kind People

**UNKIND PEOPLE** believe they are superior to others.

**I see all people as equal and deserve good.**

**UNKIND PEOPLE** love to gossip.

**I only speak positively of others.**

**UNKIND PEOPLE** only talk about themselves.

**I show interest in others' lives.**

# Traits of Unkind / Kind People

**UNKIND PEOPLE** take life too seriously.

**I have a sense of humor.**

**UNKIND PEOPLE** make everything a competition.

**I allow others their good, even it slows down my own.**

**UNKIND PEOPLE** always need to be right and make others wrong.

**I am open to growth, curious of others' opinions, and value others.**



**I love Kindness.  
It feels good to be an uplifter!**