

Be Kind, Including to Yourself Video Synopsis

- First, kindness is not causing hurt or harm to other people, physically, psychologically, emotionally or otherwise.
- What about people who are unkind to us? Yes, be kind to them too. Consider their history. “Hurt people hurt people”.
- There are costs for vengeful actions.
- This doesn’t mean we need to rescue people or tolerate being treated poorly. But it does mean not retaliating and returning harm for harm. We don’t have to give people everything they want, or say everything they want to hear. It includes setting boundaries and saying “No”, but we can do that in a kind way. If they won’t listen, we can kindly end the relationship.
- Allowing someone to treat us poorly does them no good either.
- Beyond not causing harm, being kind means being warm, supportive and empathic with others. Not fixing their problems, necessarily, but being with them and willing to feel along with them when they are in pain.
- This same attitude of kindness toward others, we can apply to ourselves. Instead of punishing ourselves by condemning ourselves, we can recognize our own history and what has contributed to us behaving the way that we do, especially when we have done something we are unhappy with.
- We can acknowledge our mistakes and kindly set the intention to correct them and live according to our own values. We can’t very well end our relationship with ourselves, so we have to de-toxify the way we treat ourselves. This doesn’t happen by being mean or aggressive with ourselves. Being mean doesn’t mean taking ourselves off of the hook of responsibility, but we don’t have to impale ourselves with it.
- Being kind to ourselves recognizes the need rest and relaxation, but doesn’t indulge this past the point that it is needed.
- Being kind means seeing and supporting the best in others and ourselves and not giving in to meanness or retaliation when we are unhappy with others or ourselves.
- We can appear kind from the outside. Being kind internally means not indulging in fantasies of vengeance. They may occur, but we don’t have to follow or feed them.
- Kindness is a daily path. It is not just about “being a good person”. It is a practical way to minimize unnecessary pain and suffering for others and ourselves.