



Self-education for everyone

“KINDNESS-KIT”

Rediscover yourself and others

Beginners course

www.centrosintropia.it

INDEX

CHAPTER ONE

Kindness introduction

CHAPTER SECOND

What is kindness

CHAPTER THIRD

How to became kind

CHAPTER FOUR

Kindness in action

APPENDIX

Bibliography

CHAPTER ONE

Kindness introduction



Kindness in the common sense...



In the common sense, a person is "kind" when he behaves in a polite, calm manner, never excessive, and always with a ready smile. We often imagine kindness as an affected way of relating, with a behavioral repertoire similar to bon-ton.

Kindness as it emerges from the various fields of study and research, however, has nothing to do with all this, on the contrary, it is exactly the opposite.

Kindness seekers 1

- The question to start with, even before actually understanding what Kindness is, is WHY it is studied, and BY WHOM.
- From the overall set of publications, it can be deduced that research on this particular human behavior (and not only human, as we will see later...), is NECESSARY in a historical period like ours, in which we are losing some important pieces of our being, fundamental for the success not only of our INTERPERSONAL RELATIONSHIPS, but also for the success of WORK (of any kind and degree) and for UNDERSTANDING OURSELVES.

Kindness seekers 2

Indeed, there are few authors of publications on Kindness, as well as rare research in universities. [→For a complete bibliography, go to the end to the Appendix].

A great contribution was made, without a doubt, by the Buddhist scientific research component which sees in "Loving Kindness" the primary pillar of its philosophical practice (the "metta" which is also practiced as a form of meditation).

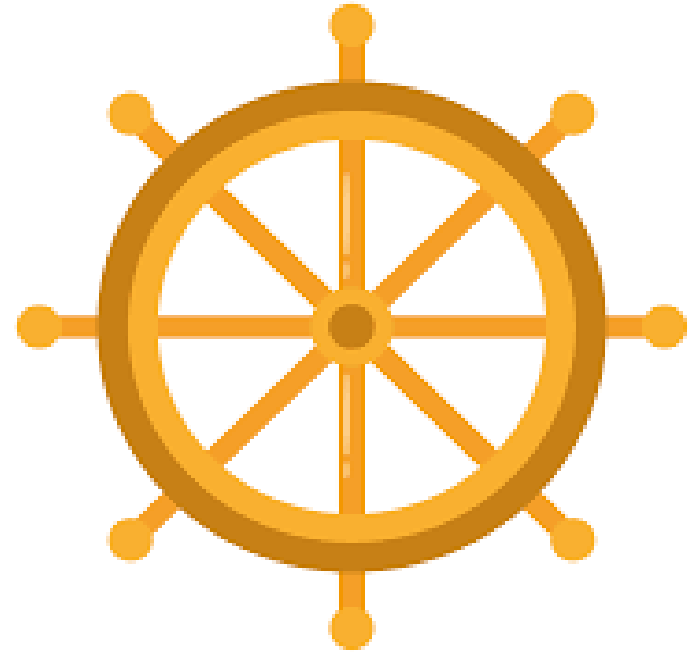


Before definitions:

why train yourself on Kindness

Before even delving into all the aspects of Kindness in a capillary way, let's stop for a moment on its most evident and immediate aspect:

Kindness concerns interpersonal relationships and also the relationship with oneself.



We move around the world and achieve our goals by exchanging with others. We are the ones who hold the reins of the way we want to look at each other, we are responsible for our behavior, and this self-training course is precisely aimed at helping you take back your helm of the relationship effortlessly.

Before the definitions: *the opportunity of Kindness*

Kindness is a relationship that gives the opportunity to evolve and advance projects of all kinds and levels:



In company
In sports
In studio
In politics
In art

Example in politics: think about the lack of trust between people and caste: without a good relationship, the message doesn't get through.

Kindness-kit' goal

The goal of Kindness is:

how to create a healthy and happy relationship between people, e
how to recreate it and keep it in a lasting way, even within oneself.

Remember that to "be kind" it is not enough to follow precepts automatically
but...

YOU NEED TO CHANGE YOURSELF

This self-course will give you everything you need to start doing it.

Have a nice trip to rediscover you!

CHAPTER SECOND

What is kindness



Or kindness or nothing

Kindness is that factor capable of creating a relationship of trust between people such as to allow communication between the two parties. Conversely, when this factor is missing, the relationship does not take place, and the two parties do not meet, even though they talk and communicate with each other.



It follows that Kindness is the most important factor in any object of exchange between the two parties.

Literal definition and world history

The word Kindness literally means:

- *Courtesy, kindness*
- *Finesse without affectation*
- *Nobility hereditary or acquired through the exercise of virtue.*

Ex. From polite and amiable ways; education; courtesy; who is capable of noble and lofty feelings in the sense of benevolence and magnanimity.



World Kindness Day is celebrated on November 13 of each year in remembrance of the opening day of the World Kindness Movement Conference held in Tokyo in 1997, which led 27 countries to sign the Kindness Document. The Italian headquarters is Parma, with the slogan "Kindness is revolutionary", a phrase taken from a song by Claudio Baglioni. The central themes and practices of this movement are Empathy, Tolerance and Respect for others. In 2022 the "Dance for Kindness" flash mob was celebrated in Rimini, representing Italy in the world shaw in which 44 countries participated.

10 rules for being lovable

1. *People love those who love themselves*
2. *People love to be around happy people*
3. *People love being with well-groomed people: take care of your health, your clothes, your objects without thinking about the exterior but only about your taste and creativity*
4. *Don't take it out on others for lack of your responsibility*
5. *If you encounter a difficulty, don't close yourself off to others, if anything, let them know so they can understand.*
6. *Always learn from negative things*
7. *During an emergency, stay calm and do the most important thing to do without getting overwhelmed by emotions*
8. *Have self-esteem: if you don't understand your own value, you can hardly understand that of others.*
9. *Listen and give space to others*
10. *Respect what surrounds you and love it*

Kindness in citizenship

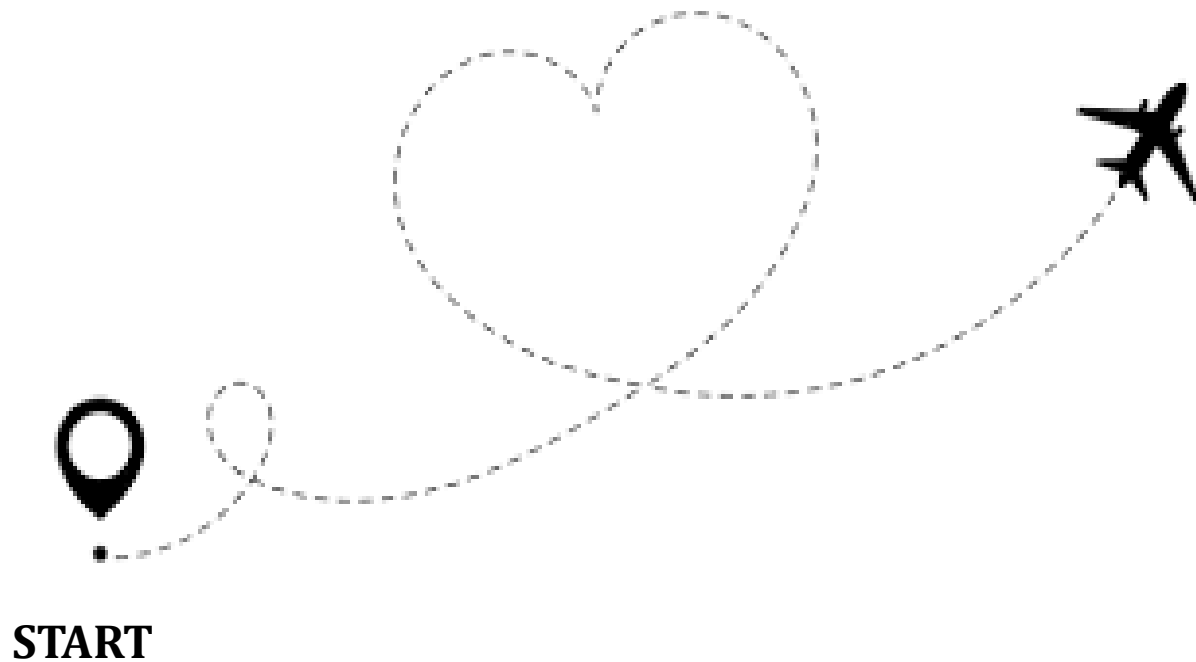
Kindness is a feeling that liberates: when there is a relationship of trust one feels respected and taken into consideration: this generates total openness in the other because we expect good.



In 2020, the initiative of the purple benches spread nationally to raise awareness of schools and society about the practice of Kindness both at school and everywhere. Many Municipalities have joined the "Building Kindness" initiative of the Italian committee set up in Parma in 2001.

CHAPTER THIRD

How to became kind



Kindness (n.1): proximity

To start being kind, you need to get close to each other: both physically and psychologically.

So the factor to start from is PROXIMITY.

We can't be kind to each other if we don't approach each other LISTENING to understand their needs, both with head & heart.



Kindness (n.2): *Empathy*

To GET CLOSER, you need COMPASSION ("with-passion"), being with the other in his needs, or EMPATHY: respect for the other, for diversity, and for his difficulties.



The best coach is someone who knows how to create a good relationship with his team and who manages to foster positive relationships with all team members.

Kindness (n.3)

Trust

Trust is a feeling of serenity supported by an elective affinity towards a person, a process, a thing: eg. trusting others, trusting progress, trusting one's own strength, etc...

We can be the object of this trust ourselves, not just place it in others.

We often trust something that we like, that we understand and that we feel "close" to our being; likewise, we inspire trust in others when we are efficient, reliable, and communicative towards others.

Trust in a person must be conquered, it is not enough to adhere to "facade" behaviors: the basis of Trust is the truth.



Kindness n.4:

Generosity and listening

Generosity is working for the good of others.

The gift that does not require reciprocity because it is free is Generosity. At the basis of this feeling is the Gift and the Giving of oneself, one of the fundamental presuppositions of Friendship.

Children give spontaneously, with Generosity, that is, without the selfish interest of receiving in return.

Listening is a form of gift and generosity: it is immersing oneself in the situation of others trying to grasp their essential needs.

Listening is putting yourself in the shoes of others.

Summary

For Kindness we approach a person without being guided by selfish interests beneficial to us, otherwise we will receive the abysmal emptiness.



Carl Rogers established 3 main ingredients for the growth of an individual:

1. the will to build an authentic relationship with the other person
2. "the unconditional positive gaze": attention, esteem, which are needed to move forward
3. being able to hear the other, understand what he is experiencing and tell him, so as to make him understand that he is understood.

Kindness is a feeling that frees us from constraints: when there is a relationship of trust we feel respected and taken into consideration and this generates total openness in the other because we only expect the good.



Problems



When we don't feel understood, we close with others by GENERALIZATION, i.e. we extend our belief that we are not understood to all people.

It is a human tendency that demonstrates how difficult it is to open ourselves to trust.

We are always wary, alert and often tired from stress.

Calm and meditation can help us stay centered on ourselves without "locking ourselves in" like a hedgehog.

Questions

In one of our reports:

- ...what we want to communicate has been received by the other?
- ...have we accepted what was proposed to us?
- ... what were the consequences of our choice?

CHAPTER FOUR

Kindness in action



Kindness is innate in children

The child is by nature trusting of his parents even when they vent their fears on him. The child sees in others an opportunity to play and learn something. Each of us is by nature open to the other in a transparent and simple way, before the appearance of blocks and negative fixations.

The child wants to come into contact with others because our nature as human beings is naturally social and predisposed to sharing and exchanging with others.



Often children of different nationalities can play together even without knowing each other's language, and even if each has different clothes and customs. This "magic" is explained because our ability to relate and understand others goes beyond language, customs and traditions.

...and in animals too!

- Kindness in other animals different from us, is visible in their slow behavior when they slowly sniff the environment to find traces or remember, to choose where to go, walking slowly, when they stop to look around....
- We must be inspired by them to rediscover the inherent kindness that is in us, overcoming our ideal and cultural barriers.
- Man beats all species as an example of unkindness.



Kindness in adult men

True Kindness is being in relationship with others without fear and without prejudice:

to think, even before having contact with the other, that the latter can harm us, is already a limitation to our ability to relate; moreover, the other, sensing our negativity, will be pushed to respond in turn with a negative attitude, whether he is aware of it or not.

Others read our behavior to find out if we are authentic or not, if what we say is in line with who we are and what we think. It is from this functional congruence that people understand whether we are trustworthy or not.

Authenticity is the coherence that clearly emerges from our being.

To create a relationship of trust you need to be CONGRUENT.



be kind

be congruent

be true

Natural Congruence

Each of us is unique due to the personal experiences we live. Each of us captures different information from the surrounding world, those with which each builds his judgments, his own beliefs, his own world.

We have created our world based on what we have experienced or not experienced.

When what we think is congruent with what we do and feel, it means that we have no unresolved knots that prevent us from doing what we think and feel.

Our way of acting is often not linked to what we feel but to what we think even before hearing the experience: we act based on the idea we have, rather than the real sensation we have of the event.

L'umiltà della Gentilezza

La costruzione ideale che abbiamo del mondo ci separa dagli altri e ci fa rinchiudere nel “nostro mondo” perfetto.

Ma l'essere umano non è fatto per stare chiuso: l'apertura naturale di cui siamo dotati fin da bambini ci fa stare a contatto con le nostre sensazioni, con le nostre emozioni, e ciò ci aiuta a recuperare la fiducia nel prossimo (cosa che è impossibile quando si è aggrediti ogni giorno).

La nostra vita non è fatta solo di convinzioni e credenze (politiche, religiose, sociali, spirituali, etc...), è fatta anche di sentimenti, empatia, curiosità, felicità. Se non ci limitiamo al “dover fare” ma abbracciamo anche il “fare” dettato dal cuore, scopriamo la nostra umiltà, il nostro essere naturalmente imperfetti che ci porta ad avere necessità del contatto con gli altri, ad essere desiderosi di incontrare e di aprirci agli altri.

Alcuni incontri possono far paura per le differenze che allontanano, ma possiamo ridimensionare le nostre convinzioni, senza abbandonarle, per trovare comunque un ponte di scambio con la persona molto diversa da noi.

Kindness is meeting (with each other and with ourselves)

Every encounter carries a risk.



To deal with it in the best way, generosity is needed, that is to focus on all our human abilities in order to be able to reach out to the other and "embrace" him, without losing ourselves, our identity, our values.

One of the natural relationships in which this process of generosity occurs naturally is, for example, friendship.

Give and give to yourself



Kindness is also understanding that "giving yourself" is fine but not in all relationships, unconditionally. Kindness is also the ability to understand how much the other is capable of receiving of what we intend to give, and if he wants to receive it. In some cases where the other is aggressive, kindness means not intervening while remaining in one's position of calm and positivity, often a difficult state to achieve without "exercising".

That said, giving and giving oneself is a human need because by doing this one can express and focus one's abilities at the service of the community. Even this mini-course of self-training fully reflects this need on the part of the writer.

Giving oneself is also a consequence of the basic feeling of feeling the need for the other, another typical aspect of the human being so altered in our historical period.

Kindness in a nutshell

Kindness is the key to establishing solid social relationships of trust, which help us to obtain the desired results in all the ambitions of our private and social existence.

It has nothing to do with being manipulated or being well educated or mannered.

Kindness isn't even politeness (which is even more formal behavior).



APPENDIX



Bibliography on Kindness

BOOKS in Italian language

- Canuti L., Palma A.M. (2017). *“La gentilezza che cambia le relazioni. Linfe vitali per arrivare al cuore”*, Ed. Franco Angeli
- Carofiglio G. (2023). *“Della gentilezza e del coraggio. Breviario di politica ed altre cose”*, audible.it
- Ferrucci P. (2021). *“La forza della gentilezza”*, prefazione del Dalai Lama; ed. Oscar Mondadori
- Martin F. (2016) *“Il potere della gentilezza”*, Feltrinelli
- Perna A. (2020). *“Attraverso la gentilezza. Un percorso esistenziale per la consapevolezza di sé”*, Ed. ilmiolibroselpublishing
- Phillips A., Taylor B. (2015). *“Elogio della gentilezza. Breve storia di un valore in disuso”*, Ed. Ponte alle Grazie
- Rodgers G. (2021). *“Quando siamo gentili. Storie vere che cambiano il mondo e scaldano il cuore”*, Ed. DeAgostini
- Tisselli G. (2021). *“Dalla rabbia alla gentilezza. Educazione ai sentimenti e alle emozioni”*, Ed. Mimesis

LINKS to ARTICLES and BOOKS in English language

- https://positivepsychology.com/empathy-books/?utm_content=cmp-true
- On-line book
Bertolucci D. (2014). “The kindness pact”,
link → [<https://domoniquebertolucci.com/wp-content/uploads/2017/05/The-Kindness-Pact-Sample-Chapter.pdf>]
- Beaumont E., Welford M. (2020). “The Kindness Workbook: Creative and Compassionate Ways to Boost Your Wellbeing”, Robinson Ed.
- Hammond C. (2022). “The Keys to Kindness. How to be Kinder to Yourself, Others and the World”, Canongate Books
- By www.bekindmovement.co.uk
→ [<https://static1.squarespace.com/static/59838f7737c5816a680d8874/t/5fae3ff0c2244972c644219b/1605255199397/BKM+Kindness+Handbook+FINAL+for+web.pdf>]
- <https://www.basw.co.uk/system/files/resources/LOW-RES-3729-Kindness-Public-Policy2.pdf>
- <https://kindnessuk.com/research.php>

Kindness-Basic Course Kit

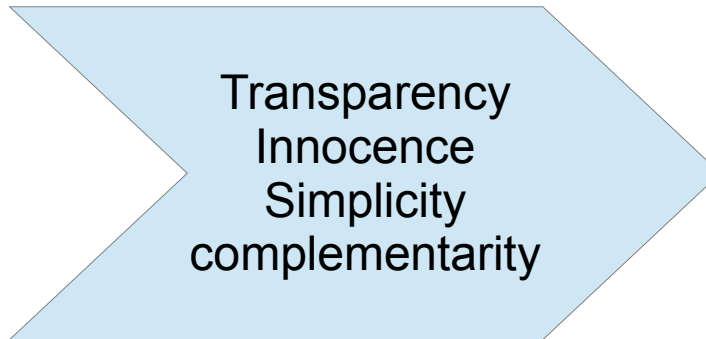
Synopsis

1 *nearness*



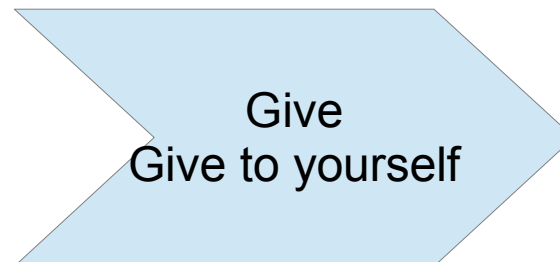
Freedom

2 *authenticity*



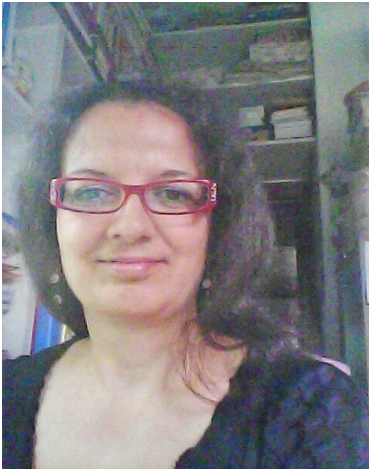
Trust

3 *Other's desire*



Gratitude

About the author



My name is MariaGrazia Sbragia, I am a Functional psychologist-psychotherapist and I am founder of Syntropy Center of Functional Body Neuropsychotherapy of Pisa, in Tuscany, Italy (www.centrosintropia.it). One of my best professional projects is to make psychological scientific information accessible to everyone.

The Kindness-kit is the first work of a series of mini courses designed to make psychological tools for social well-being accessible to all, such as kindness towards oneself, introducing oneself to others, welcoming, empathy.

To contact me:

sbragia.mariagrazia@tiscali.it

Phone number +39-3774884124