

## **Acts of Kindness**

In addition to being grateful for the positives in our lives, another way to activate and support our new positive core beliefs is to do kind things for other people.

When we are kind to others, we often experience a mood boost and greater happiness.

In one study, people who performed kind acts toward others every day for four weeks felt happier and more satisfied with their relationships.

The types of kind acts that led to these changes included small things like opening the door for someone, buying lunch for a friend, smiling at a stranger, letting someone go ahead in a line, visiting an ill friend, giving a compliment, and helping a neighbour with shopping or home repairs.

When we do these kind acts toward others, we tend to feel better about ourselves, more positively connected to other people, and happier over time.

Christine did an experiment with acts of kindness. When she began going to a new post office, she decided to take each visit as an opportunity to smile at people, greet the clerks warmly, and engage others in line with pleasant conversation. After a few weeks, she noticed that the postal clerks greeted her with a warm smile when she arrived.

Christine's experiences demonstrate an important idea: What goes around comes around

### **Exercise: Doing Acts of Kindness**

For the next several weeks, plan to do regular acts of kindness.

These can be small things that you do for family, friends, co-workers, neighbours, strangers, or animals.

Write down what you do on Worksheet 12.15 that follows.

After several weeks, you can write at the bottom of the worksheet what you notice about the effects of these acts on your mood and relationships.

Also, notice if your positive core beliefs about yourself, other people, or the world are activated when you do these kind acts.

## Worksheet 12.15: Acts of Kindness

**My acts of kindness:**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11..

12.

13.

How did these kind acts affect my moods (both negative and positive)?

How did these kind acts affect my relationships?

Which of my positive core beliefs were active (self, other people, world)?