**Kindness- What Does It Look Like:**

* We act with form kindness, without anger, haste, recklessness or control (Pathways to Recovery Pg. 327)
* We learn the meaning of kindness and the value of non-judgmental listening from those who gave it to us. (Pathways to Recovery Pg177)
* My amends, however, could also be an act of kindness or consideration (Pathways to Recovery Pg. 98)
* Anonymous acts of kindness
* Random acts of kindness
* Dali Lama – my religion is Kindness