

I AM KIND AND TOUGH AT THE SAME TIME

It is possible to be kind and strong at the same time. I know this, because I am kind and strong. I am the furthest thing from a pushover. I am as kind as the situation allows. However, I keep my own best interests in mind.

I am an excellent example that kindness and weakness are separate qualities. I am kind, but I also have the strength to look out for myself. I avoid allowing others to take advantage of me.

I am willing to help others, but I maintain my self-respect and still make myself a priority.

There is a limit to how much I am willing to sacrifice in order to be kind. I have limits, and I maintain them. I know that I am important, and I treat myself accordingly.

I try to give others what they need, rather than what they want. This can be challenging, because the other person is often upset. But I know this to be the best course of action.

I keep the long-term picture in mind when I make decisions to be kind to others.

Today, I am being as kind as I can be while still maintaining my self-respect. I help others, but I refuse to allow anyone to use me. I am kind, strong, and respectful to everyone, including myself.

REFLECTION QUESTIONS

1

How can I balance kindness with maintaining my self-respect and boundaries?

2

What are some situations where being kind and strong has benefited me?

3

How do I ensure I help others while still prioritizing my own well-being?