

KINDNESS, Quotation #1

We approach people with love and kindness, carrying within ourselves a deep and abiding respect for the feelings of others (*It Works*, Step 9).

KINDNESS, Quotation #2

The lessons we learn in NA about sharing and caring, asking for help, and offering what we have to give are powerful tools we can use outside the fellowship as well. (*Living Clean*, Chapter 4, "Our Physical Selves").

KINDNESS, Quotation #3

When someone we don't know that well points out our generosity or loving kindness, we learn that people see goodness in us that perhaps we don't see in ourselves. Our fellows reflect us back to ourselves and show us how we have changed (*Living Clean*, Chapter 2, "Connection to Others").

KINDNESS, Quotation #4

We learn to treat others with kindness and respect and do what we can to support each other and our group. Sometimes we comfort each other merely by being present; at other times, a phone call or letter simply to say hello can make a world of difference (*It Works*, Tradition One).