

Houston Kraft

co-founder of

Character Strong



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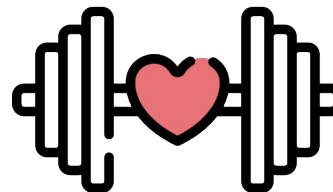
[@careacter](https://twitter.com/careacter)

HOW WILL THIS WORK?



1. Community

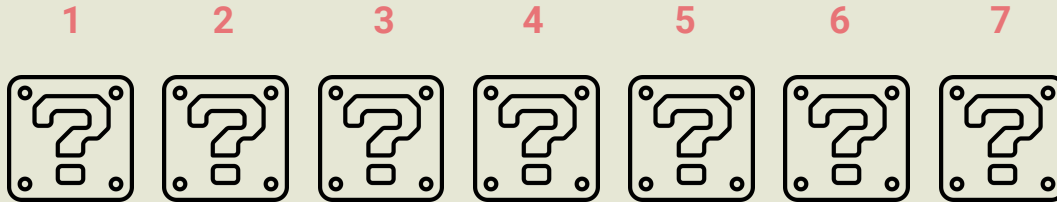
2. Content



3. Character

GIF Feelings

Choose a box to reveal a GIF. Use the picture to inspire a short story/share yourself the last time you felt something similar to what you see in the GIF.



< Back



*Character
Strong*

[< Back](#)



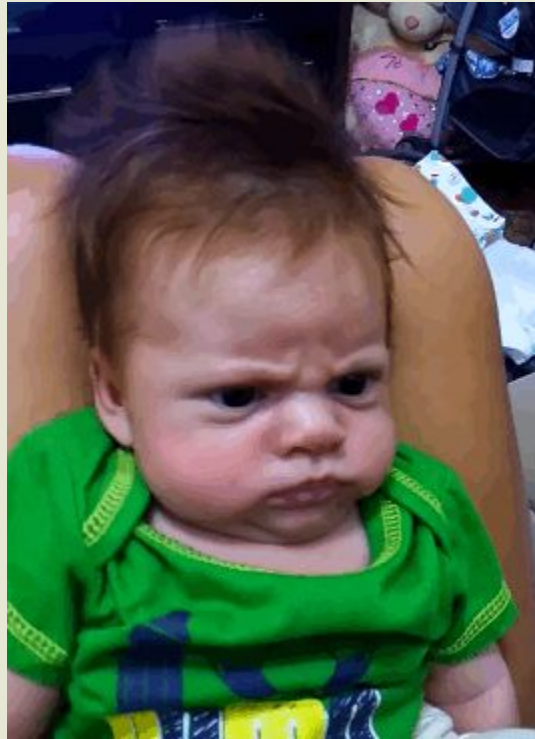
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Strong*

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Strong*

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*Character
Strong*

< Back



Character
Strong

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*Character
Strong*

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*Character
Strong*

CONNECTION IS MORE
IMPORTANT THAN EVER.



KINDNESS IS MORE
IMPORTANT THAN EVER.



*Character
Strong*

KINDNESS IS HARDER
THAN IT SEEMS.



*Character
Strong*

! ~ ~ ~ !
THROW
KINDNESS
around like
~~Cometti~~



WHAT GETS IN THE WAY?



INCOMPETENCE

INSECURITY

INCONVENIENCE



In the chat:

_____ is an important skill to the practice of Kindness.

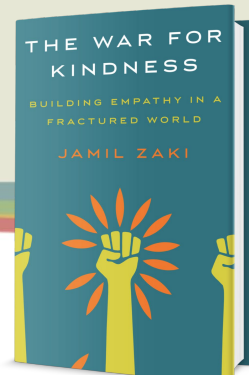


EMPATHY



EMPATHY

SHARING / THINKING / CARING



EMPATHY

SHARING

“Experience **sharing**” is one element of **empathy**. When we see someone else having a strong emotion, it sometimes causes us to feel the same way.







EMPATHY

MAD

SAD

GLAD

AFRAID



EMPATHY

GLAD WORDS

Relaxed
Content
Secure
Happy
Hopeful
Proud
Playful
Confident
Optimistic
Enthusiastic
Inspired
Ecstatic
Joyful
Loving

AFRAID WORDS

Startled
Worried
Insecure
Stressed
Anxious
Frightened
Rejected
Embarrassed
Alienated
Inferior
Inadequate
Overwhelmed
Terrified

SAD WORDS

Down
Discouraged
Disheartened
Apathetic
Sullen
Morose
Lonely
Ashamed
Despondent
Depressed
Hopeless
Despair

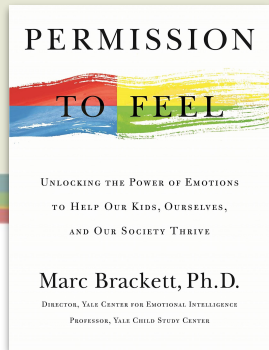
MAD WORDS

Irritated
Annoyed
Tense
Jealous
Frustrated
Disappointed
Resentful
Hateful
Livid
Infuriated
Enraged



Angry vs Disappointed

Perceived Injustice vs Unmet Expectations



EMPATHY

THINKING

When it comes to **empathy**, “**thinking**” is all about perspective-taking. It’s about *trying* to understand someone’s inner life and picture how an event might affect them based on *their* reality and *their* needs.

We can't ever *really know* what someone else is experiencing, so *accurate* perspective-taking requires checking your perception with the person.



EMPATHY

THINKING

What's the farthest feeling from your primary feeling of the past week?



THINKING

What's the farthest feeling from your primary feeling of the past week?

GLAD

Relaxed
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Secure
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MAD

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Disappointed
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Hateful
Livid
Infuriated
Enraged



EMPATHY

THINKING

“Empathy is intentional
imagination.”



EMPATHY

CARING

Empathetic concern is how emotional understanding and perspective taking can turn into kind action. It's our desire to help others *out of* pain once we have identified it.



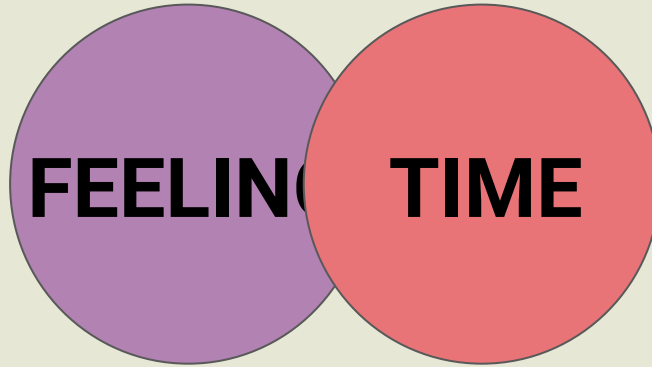
EMPATHY

CARING

Constraint amplifies
creativity.



EMPATHY



How can I help ____ feel more/less
____ in **__ minutes?**





In the chat:

I'm going to try to make (think of a person) feel **encouraged** in the next **3.5 minutes** by _____.



INCOMPETENCE

INSECURITY

INCONVENIENCE



INSECURITY

THE *FOUR*
BIG LIES

#1 // Achievement

If I don't meet expectations set by myself or others, I'm not *enough*.

#2 // Acceptance

I need people to
approve, accept, or like
me to be *enough*.

#3 // Failure

Those who fail, including me, are unworthy of love and deserve to be *punished.*

#4 // Shame

I am who I am -
my flaws define me. I
cannot *change*.

In the chat:

The lie that most impacts my Kindness is...

1 // Achievement

2 // Acceptance

3 // Failure

4 // Shame

The 4 Big Lies

Private fear creates isolation, loneliness, and shame.

Public fear creates vulnerability, empathy, and connection.

INCOMPETENCE

INSECURITY

INCONVENIENCE

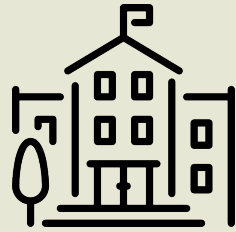


INCONVENIENCE

45%



INCONVENIENCE

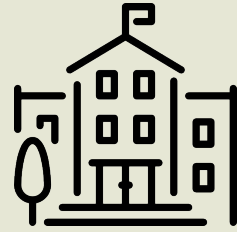


Building A





Building A



Building B



PROTECT TIME

©



TO BE > To do



TO BE:

KIND: SEND AN OLD PHOTO TO MY
GRANDMA TO REMIND HER OF A
FAVORITE MOMENT

To do:

QUARANTINE HAIRCUT

COMMENT ON SOMEONE'S
MISINFORMED FB POST

EMAIL CATCH UP



In the chat:

One word on my

TO BE list today is _____.



THE *Character Dare*

1% More Kind

Write out a 3 item To Do List and make a 1 item To Be List up top. Include an action to live into that value today. It could look like this:

1. **Empathetic:** Send a, “How are you from 1 to 5?” to a friend
2. **Encouraging:** Celebrate a peer today for how they were creative
3. **Positive:** After 5 minutes on social media, write one GOOD thing
4. **Thoughtful:** Write a post-it to a family member & hide it with hints
5. **Kind:** Send a “this reminds me of you” message to an old friend



“The Hot Dog Seat”

INCOMPETENCE

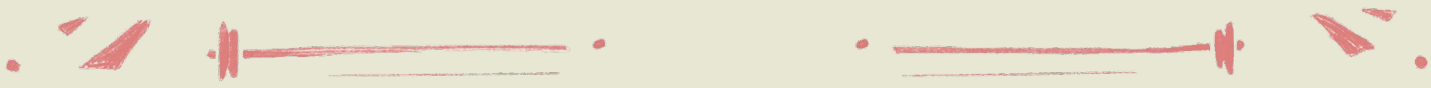
INSECURITY

INCONVENIENCE



THROW
KINDNESS
around like
~~Confetti~~ IT'S THE MOST
IMPORTANT

AND
Meaningful
RESOURCE
WE HAVE



MAKE
Kindness
NORMAL

Character Strong



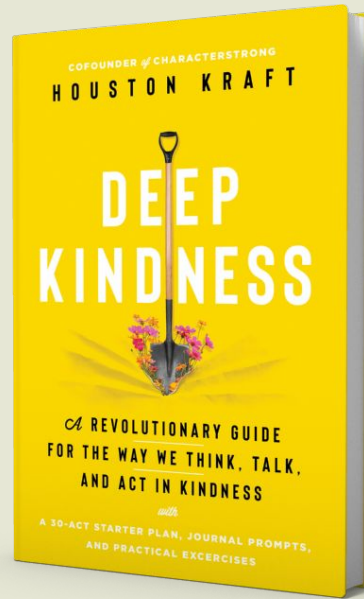
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deepkindness.com



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