

**TRUST AND KINDNESS
FACTS AND FUN PRACTICES
WEEK 7 - MARCH 4, 2016**

Humans (and animals) tend to prioritize feeling safe over exploration. That is, the ones with deep-seated feelings of security are more prone to open their attention and allow themselves to be drawn by their curiosity. Those who are less secure of their safety or well-being tend to stick to what is familiar, to what has been tried, to what has been experienced in the past, and to the established pathways to success in the future. There is survival value in the bias towards security. Yet humankind has made extraordinary advances by venturing into the unknown. Trust in one's ultimate safety, whether warranted or not, provides ground for exploration. Kindness, whether it be the kindness of friends, the kindness of fate, or the kindness of strangers, provides the climate for trust. William James, Harvard professor of philosophy and psychology, wrote, "Three things in human life are important. The first is to be kind. The second is to be kind. The third is to be kind."

ASSIGNMENT:

Throughout this week, pay attention to the ambiance of your thoughts and your social interactions. Experiment with small acts of kindness.

- Do you feel free to explore?
- How does your own attitude change the environment for others?
- Is competition friendly or fierce?
- Can you soften a defensive situation to one of curiosity?

Keep track of your observations as you go along. Do you find a relationship between kindness, trust and curiosity? What role do you play in fostering climates that support curiosity and exploration? You may want to write your responses to allow their development.