Reading
The Art of Being Kind

Read the text and match 1-6 to (A-H). There are 2 extra options you don't need to use.

Here are some practical rules for mastering the art of being kind while staying true to yourself.

1. _____

True kindness begins with self-respect. It's essential to protect your emotional energy and avoid overextending yourself. Saying "no" when you need to doesn't make you unkind—it allows you to give from a place of strength rather than exhaustion. Remember, kindness to others should not come at the expense of kindness to yourself.

2. _____

You don't need to make grand gestures to be kind. A smile, a thoughtful message, or holding the door open for someone can brighten a person's day. Begin with little acts and aim for diversity —unexpected moments of kindness are often the most meaningful. Repeating the same actions regularly can feel obligatory and lose their authenticity, so let your kindness be spontaneous and genuine.

3. _____

Sometimes, people don't immediately open up about their struggles. When you ask someone if they're okay, they might dismiss their feelings with a quick "I'm fine." Repeating the question—gently and sincerely—shows that you truly care. It gives them the space and encouragement they need to share what's really on their mind. This simple act can make a world of difference for someone who feels unseen.

4. _____

True kindness is selfless. While it's natural to hope for appreciation, the real value of kindness lies in the act itself, not in the response. Practice letting go of expectations and focus on the joy of giving, knowing that your actions contribute to a kinder world.

5. _____

Being kind can make you feel exposed. Some people may misunderstand your intentions, reject your help, or even take advantage of your generosity. It's important to recognize this and accept it as part of the process. Kindness is an act of courage—being willing to offer it despite potential rejection shows emotional strength.

6. _____

Finally, remember that kindness begins within. Treat yourself with the same compassion you offer others. Celebrate your efforts, forgive your mistakes, and prioritize self-care. When you nurture yourself, you'll have more energy and resilience to extend kindness to those around you.

Reading

Which tip encourages you to:

    A   *ask something twice?*

    B   *set boundaries?*

    C   *accept vulnerability?*

    D   *put others' needs above your own?*

    E   *start small and keep it random?*

    F   *be kind to yourself?*

    G   *expect nothing in return?*

    H   *expect gratitude and recognition?*