Kindness, like Compassion / Empathy, does feel mostly like tone / body language / action.

- 1. Gently
- 2. Giving
- 3. Appreciation / Gratefulness
  - a. So happy that you're here.
  - b. I couldn't help but notice [wonderful thing]
  - c. It's just a joy to be with you.
- 4. Compliment
  - a. Specialness
    - i. There is nothing like her
    - ii. This book is the book
    - iii. She is the one
    - iv. Nobody has your x
  - b. Positive Description
    - i. That was so wise
    - ii. You're so decisive
  - c. Countersignalling (This is the best)
    - i. Because she has no idea how to sing (when her singing voice is incredible)
    - ii. Yeah, but it's hard to deal with how bad the sex is (when it's out of this world)
    - iii. I bet you wish you know how to (do thing that they're clearly awesome at)
  - d. Impact
    - i. I will never be the same
    - ii. She scarred my soul
  - e. Growth
    - i. Rise
    - ii. Become who you are
      - 1. Grounded arrogance is become who you are
        - a. I rederived that fucking shit myself
        - b. I rederived that shit
        - c. I rederived it
  - f. I love the way that you x
  - g. How did you get that way? (Such FRAME)
    - i. What created you?
    - ii. Questions that demonstrate an inability to comprehend their skill / greatness / glory, or at least a desire to understand
  - h. I couldn't help but notice [wonderful thing]
  - i. Russell Conjugate of Admiration Validation / Compliment