

gentleness:

showing consideration and personal concern for others

gentleness is strength

Gentleness is a quality of strength—the inner strength that is able to control itself as opposed to brute strength that cannot govern itself when irritated. Gentleness is also an issue of outer deportment: how individuals interact with the people and objects in their world.

Gentleness is not easy, it requires great inner strength to maintain self-control when everything else seems to be out of control.

Gentleness is not lacking the power to react to a difficult situation; gentleness is having the power not only to react, but also having the additional strength to control one's reaction and channel one's efforts to

build up rather than tear down others. It is muscles of steel governed by a heart of gold.

Gentleness is showing goodwill by meeting the needs of others. It is the character quality that reaches out to individuals in need, friends, strangers and even foes.

A gentle hand is a gift, but a gentle word is a treasure. Gentleness is speaking even the hard words in a way that communicates support, commitment, and personal consideration. Foster gentleness in your speech by developing consideration for others and choosing your words carefully.

"Be nice."
(Mom)

*"Gentle in method,
strong in performance."*
(Claudio Aquaviva)

"To keep one's tenderness is called strength"
(Lao-tzu)

gentleness vs. harshness

Gentleness overcomes personal prejudice and approaches others with delicacy and tact. Demonstrate consistent care for the needs, thoughts, and feelings of others.

Gentleness is:

Showing good manners

Rejecting violence as a solution to your problems

Looking for ways to ease the pain of others

Not annoying or irritating others

Being a peacemaker

gentleness puzzler

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B

Unscramble each of the clue words. Take the letters that appear in the and unscramble them for the final message

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Topeka City of Character July 2005

From the coordinator

One way in which to build the character quality of gentleness is to identify people you know who may have a need. It may be a neighbor, relative or co-worker. They may be in need of encouragement, a friendly visit or some help around the house or yard. Decide how you can best reach out to that person and do it.

How do you respond when you see someone in need?
How do you react when peo-

ple irk you? How much does it take to arouse your temper? These questions can help us to see that we can use gentleness to solve wisely.

Gentleness is best summed up in the words of the golden rule: Do unto others as you would have them do unto you.

*Dawn Wright,
Topeka City of Character
Coordinator*

"Nothing is so strong as gentleness and nothing is so gentle as real strength".

Ralph W. Sockman

How can I get involved?

- *Try to demonstrate good character.
- *Praise good character when it is demonstrated by others.
- *Participate in a meeting or training session.
- *Invite a Topeka City of Character speaker or trainer to your business or organization.
- *Make a financial contribution to help expand the work of Topeka City of Character.

*Call us to find out how you can participate.
785-233-3699*

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Good character is the key to success!