

SPEAK NO EVIL

Have you said something that you wish you hadn't? I know have. We are all guilty of this but we don't need to be. If you practice taking a moment before you speak that can really make a world of difference to you and others in around you. You wouldn't cross the street without looking and you have made it a habit to do so so that don't get ran over in life. I'm suggesting here that you start making it a habit to look (think) before you speak.

Especially if you are the defensive type and react quickly and harshly to things said to you by others. Remember, as I said in hear no evil, we are responsible for what we hear, in speak no evil we are responsible for what we say.



So how do we become more response able? This starts with the conversations that we have in our heads with ourselves before we speak. I call this self-talk. We all speak to ourselves but it's actually what we say to ourselves in these conversations that is important here. What is your attitude in your self-talk? Remember attitude is life and your attitude is reflected in your conversations. This is important because the words spoken out of your mouth reflect these attitudes (conversations) going on silently in your thoughts.

Therefore, speaking no evil, requires that you also think no evil.

The following exercise is designed to help make sure that you are thinking your thoughts in a positive beneficial way. Take a recent situation where you wish you had not said something that you did. Take time to recall that situation and remember the thoughts that lead up to your speech or comment that you were unhappy about. Write out the situation and the thoughts that lead you to what was spoken.

Write out your thoughts that led you into your trouble on the left. Take a look at the example problem of mine on the next page before adding your new thoughts on the right.

OLD THOUGHT

NEW THOUGHT

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