THINK BEFORE YOU SPEAK

IS IT TRUE?
Is this a fact or is it really an opinion or feeling? Ask yourself this before saying it out loud.

IS IT HELPFUL?
Is what you’re about to say going to help you, them, or the situation?

IS IT INSPIRING?
Does it IMPROVE on the silence?

IS IT NECESSARY?
Should you say this out loud, or keep it to yourself?

IS IT KIND?
What is your motivation for communicating? Are you being kind?

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