

Personal Reflection Exercises...

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I am committed to fostering healthy relationships, therefore I speak my thoughts kindly. ***I value my own thoughts*** and let go of the idea that anyone else's thoughts are more valid than my own.

I abandon the childish notion that people should be able to read my mind, and instead use effective words to communicate with others. ***I am willing to take the first step*** toward communication and resolution.

I also let go of the idea that I have to be sure I am right about an issue before I speak up about it. It is enough for me to tell someone with whom I have conflict how their words or actions make me feel.

My goal is to open doors of communication, not to prove myself right. I listen to others because I desire mutual understanding and the long-term health and strength of my relationships.

I set aside the desire to retaliate when I am hurt, knowing that nothing good can come of this and any feelings of vindication are short-lived.

Instead, ***I keep the big picture in mind*** and speak kindly, aiming only for clear communication and deeper, stronger relationships.

Self-Reflection Questions:

1. Do I value my own thoughts as highly as those of others?
2. Do my words reflect my desire for communication and greater understanding?
3. When I am in conflict with someone, do I strive to be patient?