

SPEECH FILTERS

THINK BEFORE SPEAKING

FIRST THING THAT
COMES TO MIND

USE JUDGMENT
Do my words need filtering?

INTENTION Am I saying this to
hurt the other person?

CHOICE Is this something
that I need to say?

COMPASSION Can I understand how
the other person feels?

EMPATHY Can I see the other
person's point of view?

MY WORDS
MY WORDS

**DID I LISTEN
PROPERLY?**
Did I give the other
person a chance to
explain or apologize?

**WILL THIS
EMBARRASS
THE PERSON?**
Is there a better
way/time/place
to say this?

**ARE MY WORDS
RESPECTFUL?**

How would I feel if someone
said this to me?

