



# The filters I use before talking:

First  
thing  
that  
comes  
to  
mind.

I use my judgement to decide if my words need filtering.

**Intention** Am I saying this to hurt the other person?

**Choice** Is this something that needs to be said?

**Compassion** Can I try to understand how the other person feels?

**Empathy** Can I try to see what happened through the other person's point of view?

Will this embarrass the other 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?

Did I listen properly?  
Did I give the other person a chance to explain or apologize

