

#33 – THE “BEFORE I SPEAK” CLARITY SHEET

Five questions to help you choose words that honor your truth without harming your peace.

In heated moments, the urge to speak is strong –
but clarity lives in the pause *before* you open your mouth.
This guide helps you speak from alignment, not adrenaline.

1. Am I trying to express something... or trying to release something?

Expression is communication.
Release is venting.
Know the difference before you speak.

Your thoughts: _____

2. Do I want to be heard, understood, or obeyed right now?

Only one of those leads to healthy communication.

Your thoughts: _____

3. Will speaking now create clarity or create cleanup?

Words build bridges –
or burns them down.

Your thoughts: _____

4. Is this the truth I need to say... or the reaction I need to regulate?

Truth is clean.
Reactivity is messy.
Silence helps you see which is which.

Your thoughts: _____

5. If I wait until I’m calm, will I say it differently – or realize I don’t need to say it at all?

Most arguments dissolve in the space where clarity returns.

Your thoughts: _____

FINAL REMINDER:

Your words hold power —
but so does your restraint.
Speak to be understood,
not to be right,
not to be loud,
not to be first.