

Think It OR Say It



A self-reflective exercise in whether the following phrases are better "thought" or "said". Read the phrase, then anticipate how it will be received as "thought" or "said", and what could possibly happen as a result of thinking or saying it.

1. I love your dress.

Said Outcome: _____

Thought Outcome: _____

2. You're chewing with your mouth open.

Said Outcome: _____

Thought Outcome: _____

3. My favorite food is pizza.

Said Outcome: _____

Thought Outcome: _____

4. This dinner is DISGUSTING!

Said Outcome: _____

Thought Outcome: _____

5. I love coming to this class.

Said Outcome: _____

Thought Outcome: _____

6. Only wimps are afraid of that (scary) movie!

Said Outcome: _____

Thought Outcome: _____

7. Today isn't a great day.

Said Outcome: _____

Thought Outcome: _____

8. Why is he wearing those dirty shoes? Yuck!

Said Outcome: _____

Thought Outcome: _____

9. I heard a rumor about you today.

Said Outcome: _____

Thought Outcome: _____

10. I worked so hard for this grade!

Said Outcome: _____

Thought Outcome: _____

***Please remember, there are no RIGHT or WRONG answer - this exercise is meant to heighten awareness of the effects of our words in social situations, and hopefully encourage thoughtfulness toward verbiage.