

THINK Skills

Speaking mindfully involves thinking about what you say. The mnemonic THINK provides a useful acronym for mindful speech. Use these skills in the Careful Communication practice on page 106 of *The Mindfulness Workout*.

True	<p>Is it true?</p> <p>Is what you are saying factually true. Don't exaggerate or inflame the situation by starting off with something like "You never think about me".</p>
Helpful	<p>Is it helpful?</p> <p>Make sure what you are saying will be helpful to the conversation. If you are dealing with a current situation it is usually not helpful to bring up issues from the past like "Remember two years ago, when we were on holidays, and you left me stranded".</p>
I	<p>Am I saying what I feel?</p> <p>Focus on using I statements such as "I feel" and "I prefer". Avoid saying things like "you should ..." or "I know you ...". Rather than saying "You are selfish and you need to learn to think about other people" go with "I felt hurt that you forgot, it made me feel like I am not important to you".</p>
Necessary	<p>Is it necessary?</p> <p>Does what you plan to say need to be said, or could you leave it unsaid? Stay focused on the situation in hand. There is no need to add in something like "Did you know that my mother has never liked you, she warned me against you."</p>
Kind	<p>Is it Kind?</p> <p>Speak from a place of kindness where your intention is to ease relationship stress. At the same time, remember that sometimes, it is necessary to point out problems in order to be kind.</p>