

Healing Words in the Family

Top Ten Tips

1. Bite your tongue before you gossip; your tongue may hurt but your family won't.
2. Stop yourself from gossiping by changing the subject or just walking away.
3. Never say derogatory things about yourself; people might agree with you.
4. Never use humor to put others down, especially your spouse or children. And remember, what goes around, comes around.
5. A harsh word, said in haste, is hard to erase. Count to ten and think of a way to say it sweetly.
6. Communicate with your spouse and family with kind and supportive words. Promoting the positive keeps out the gossip and hurt.
7. Kids don't miss a thing. It's up to you to set the example by using healing speech.
8. To have a family that won't gossip about you, you must be a family member who doesn't gossip about them.
9. You are the proud owner of a set of ears; listen to your family's problems, but remember, there are two sides to every story.
10. Family members do disagree; do it with respect, a desire to solve not win, and a loving tone of voice, and everyone will come out on top.