**When You’re Angry, Slow Down and THINK**

How do you slow down and think before rushing to anger? Consider these five questions before speaking when you’re angry.

• **T**: Is it truthful? Is what I’m about to say the truth?

• **H**: Is it helpful? Or will it simply harm the other person?

• **I**: Is it inspirational? Does it build up, or does it tear down?

• **N**: Is it necessary? If it’s not necessary, why do I need to say it?

• **K**: Is it kind? Will it encourage or discourage?

It’s not enough just to slow down when we’re angry. Take extra time to THINK about what to say or do next.