

Four Absolutes!!!

(Originated in book by Speer, Robert) used by oxford group to back them up; Dr. Bob Smith put these on his tomb stone

Honesty: is it true or false

Unselfishness: how will it affect the other fellow?

Love: Is it ugly or beautiful?

Purity: Is it right or wrong?

(I taught this to my children as they grew up and they still recite this as adults; Is it kind, true, necessary.... Am I reacting or responding appropriately to the situation?

If it does not meet all four criteria, it does not need to leave your lips or fingertips.

Pray for _____ and the answer will come to you as to how you are to proceed. If I decided to write a letter, was I writing it because I was angry? What was my motive? (12 and 12 Pg. 91 Restraint of tongue and pen)

Why did I have to discuss this with another? Self-justification and defending myself.: Was my behavior out of anger not or out of love? What did it set off in you? Was it petty? Did I respond in an inappropriate way? Did I pause, ponder and pray about what it?

She said, I didn't have [ex.: courtesy].... Will I be open minded to the possibility that it's true? In every interaction, I will look for evidence of her accusation instead of looking for a 'possy' to back up my position or a co-signer for my position! (to validate me and bolster my emotional position).

We get better little by little... We are not struck perfect.

Ask what God would have me Be.... most people are just unaware because in some cases they are not well and in other cases, they do not have the benefit of a program...

Read: the family after ward.... Page 125 second full paragraph We etoh are **sensitive** people. it takes some of us a long time to out grow this. We are sensitive about ourselves but we are in sensitive to others... because we are un aware; when things touch us and we are seared... burned... overly sensitive, it is a handicap.

When you know you are loved... you will know when to keep your mouth shut. (Only in an environment of acceptance can people grow, so show them love and acceptance and

see their defenses drop and they are open to hear what you have to say because they believe you mean to do them good.

“I’m sorry for my words to you, I’m sure they were hurtful. “ Then, pray for her until the resentment is gone and write about it.... Pray for her for two weeks....

Remember, verbal expression deepens impression so watch your words for YOUR sake!