



**To know what is right, and to replace feeling lost with hope, practice Committed Speaking.**

So much of what is wrong with our world comes from not trusting what to say or how to be oneself, or from withheld distrust regarding compromises and impositions from others. Our Consideration for each other should not be sacrificed for individual benefit, nor should the individual disregard their instinct. Committed Speaking is only a possibility when you Trust yourself enough to know yourself.

**How to Practice Committed Speaking:**

**Trust**

**Saying No.**

**Saying Yes.**

Explanation of the Practices:

**Trust – Trusting yourself, others, and the situation is everything. Listen to what is true for you.**

**Saying No – It takes honesty and courage to say No to someone you know you do not want.**

**Saying Yes – After the final No, comes a Yes. You care about good things. Care about yourself as much.**

**Committed Speaking Mantra:**

**“Listen to what you trust, and don’t trust, always.”**