

TOOL #4C - A MENTAL EXERCISE

**My Actions Affect Everyone!**

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When I use the last paper towel and don't replace it, the way this affects other people is...  
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I talk loud in a public place and people stare at me, the way this affects other people is ...  
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When I walk into a friend's home and don't say hello to the other people in the house, the way this affects others is...  
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Sometimes when I say something before thinking, I later regret what I said. The way this affects me is...  
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The last time I got angry with someone, I spoke before I thought. The effect this had was ...  
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Sometimes I get depressed or angry, and I take it out on other people. The effect this has is ...  
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The reason we bow to each other in the martial arts is that...  
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The way I feel when someone bows to me is...  
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Practicing good manners is like bowing verbally. The way manners affect people is...  
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The last time I rode in a car, and I saw another driver speed, I realized that the effect this driver had on other drivers was...  
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When I drive, I think it will be important to ...  
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When I see people acting disrespectfully, I think...  
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