

Offense Exercise

Are you challenged in 'not talking' about offenses you have incurred? (This is referencing complaining or gossiping by the need to "tell" others regarding an offense)

Where would you place yourself from these categories?

I don't talk
about them

I occasionally talk
about them

I find
myself
frequently wanting
to talk about them

What changes can you make (if needed) to not fuel offense by the need "to talk or tell others" about the offense you have suffered?