

Evaluating My Use of Words

NEW TESTAMENT SEMINARY MANUAL

Ponder your communication (in any form: texting, social media, speaking with others, and so on) as you read the following 10 statements adapted from For the Strength of Youth ([booklet, 2011], 20–21). Evaluate your language using a scale from 1 to 5, with 1 meaning “I need a lot of help” and 5 meaning “I’m doing really well.”

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|--|---|---|---|---|---|
| 1. I try to use clean and intelligent language. | 1 | 2 | 3 | 4 | 5 |
| 2. I use uplifting, encouraging, and complimentary language. | 1 | 2 | 3 | 4 | 5 |
| 3. I speak kindly and positively about others. | 1 | 2 | 3 | 4 | 5 |
| 4. I do not insult others or put them down, even in joking. | 1 | 2 | 3 | 4 | 5 |
| 5. I strive to avoid gossip of any kind and avoid speaking in anger. | 1 | 2 | 3 | 4 | 5 |
| 6. When tempted to say harsh or hurtful things, I leave them unsaid. | 1 | 2 | 3 | 4 | 5 |
| 7. I use the names of God and Jesus Christ with reverence and respect. | 1 | 2 | 3 | 4 | 5 |
| 8. I address Father in Heaven using reverent and respectful language. | 1 | 2 | 3 | 4 | 5 |
| 9. I do not use profane, vulgar, or crude language or gestures. | 1 | 2 | 3 | 4 | 5 |
| 10. I do not tell jokes or stories about immoral actions. | 1 | 2 | 3 | 4 | 5 |

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