

A WORDS & SPEECH WORKBOOK

Watch Your Mouth

For everyone who has ever said the true thing in the worst possible way — a workbook on words, anger, and repair.

A FREE GIFT FROM DEEMYX PRAYERIQ · ONLY1DEELOPEZ.ORG

The mouth is faster than the heart

Most of us don't have a knowledge problem. We know the kind thing to say. We have a speed problem: the words leave before the wisdom arrives.

This workbook is a practice, not a personality transplant. Four short exercises, one honest prayer, and a seven-day challenge. Work a page at a time. When you fail an exercise — everyone does — that's not the end of the workbook. That's the workbook working.

And be clear about what this is not: guarding your words is not silencing yourself. Truth still gets said here. It just gets said in a way that can be heard — and a way you don't have to apologize for afterward. Well. Less often.

EXERCISE ONE

The pause: notice before you speak

Anger almost always knocks before it enters. Learn your knocks.

My tells. What happens in your body right before the words get hot — jaw, shoulders, volume, speed, silence?

My triggers. Which topics, people, or phrases reliably light the fuse?

My pause. Pick one you will actually use: a breath and a silent prayer, a glass of water, "let me think about that," leaving the room kindly. Write it here and practice it calm.

EXERCISE TWO

The cost ledger

Words are cheap to say and expensive to repair. Once — just once — do the math honestly.

SOMETHING I SAID HOT	WHAT IT COST	WHAT I MEANT TO SAY

The third column is the whole lesson: the true sentence was available the whole time. The work is reaching it before the hot one leaves.

EXERCISE THREE

Say it plainly, say it calmly

Take a sentence you would normally say at full volume and full speed. Rewrite it three ways: shorter, quieter, and truer. Keep one fact, one feeling, one request — nothing else.

The hot version. Write it the way it wants to come out.

The clean version. One fact. One feeling. One request.

When. The clean version said immediately is still a weapon. When will you say it — what time, what place, what tone?

EXERCISE FOUR

Repair: the apology that actually repairs

Some words are already out. Repair has four parts, and skipping any one of them leaves the job unfinished.

- **Name it.** Say what you did, specifically. Not "if I offended you" — what, exactly.
- **No excuses in the apology.** Explanations can come later, if asked. Inside the apology, they sound like escape hatches.
- **Make it right.** Ask what would help, and do the part that's yours to do.
- **Don't repeat it.** The proof of an apology is the next similar moment.

A repair I owe. Who, what, and when will you say it?

THE PRAYER

A prayer before the words come out

God, I'm angry — and I'm bringing it to You before I hand it to anybody else.

You already know what happened and what it cost me. I don't have to perform this anger for You, and I don't have to pretend I'm not feeling it. But I don't want to say the thing I can't take back. I don't want my mouth to write checks my heart will have to cash for years.

Slow me down. Put a guard on my words — not to silence me, but to keep me honest instead of harmful. Show me what this anger is actually protecting: the hurt underneath it, the boundary that got crossed, the thing I need to say plainly and calmly, later, when it can be heard.

What's Yours to avenge, I leave with You. What's mine to repair, show me. What's mine to release, help me release it — not because it didn't matter, but because I refuse to carry it forever. Amen.

The seven-day words challenge

- **Day 1:** No complaining out loud. Needs get stated as requests instead.
- **Day 2:** No gossip — if they're not in the room, their name stays out of the story.
- **Day 3:** Every correction gets preceded by one true compliment.
- **Day 4:** The 10-second rule: nothing answered in anger before ten slow seconds pass.
- **Day 5:** One encouragement, said out loud, to someone who isn't expecting it.
- **Day 6:** Silence day-part: one hour with no commentary on anything. Notice how loud the mind is.
- **Day 7:** Review. Which day was hardest? That's your next month of practice.

This prayer also lives on the Immediate Prayer page at only1deelopez.org.