

Questions for Reflection
Talk 4 Series 13

Here is an idea for your reflection during the week: The following list of admonitions regarding correct speech is from Ryokan: Zen monk-poet of Japan. First read through and check the mistakes you recognize in yourself. From these, you might divide them into two sections-- ones that you do a lot and ones that you do but not that often. Then, staying just with the ones you do a lot, you might think of specific occasions and try to figure out what you might do instead to say what you need to say. Lastly, try to raise your awareness of the main ways you go wrong in your speech.

Beware of:

talking a great deal
talking too fast
volunteering information when not asked
giving gratuitous advice
talking up your own accomplishments
breaking in before others have finished speaking
trying to explain to others something you don't understand yourself
starting on a new subject before you've finished with the last one
insisting on getting in the last word
making glib promises
repeating yourself
speaking affectedly (pretentiously, artificially)
reporting in detail on affairs that have nothing to do with anything
reporting on every single thing you see or hear