

THE WEIGHT OF YOUR words

Part 3: It was an accident

Discussion Questions

1. Generally speaking, are you a fire **container/explainer** or an **extinguisher**?
2. Why do we rush to **explain** ourselves rather than simply owning our guilt?
Explaining feels **urgent** and **appropriate** in the moment. Why?
3. What can you do to **remind yourself** to opt for humility and sensitivity rather than an explanation next time you start a word fire?