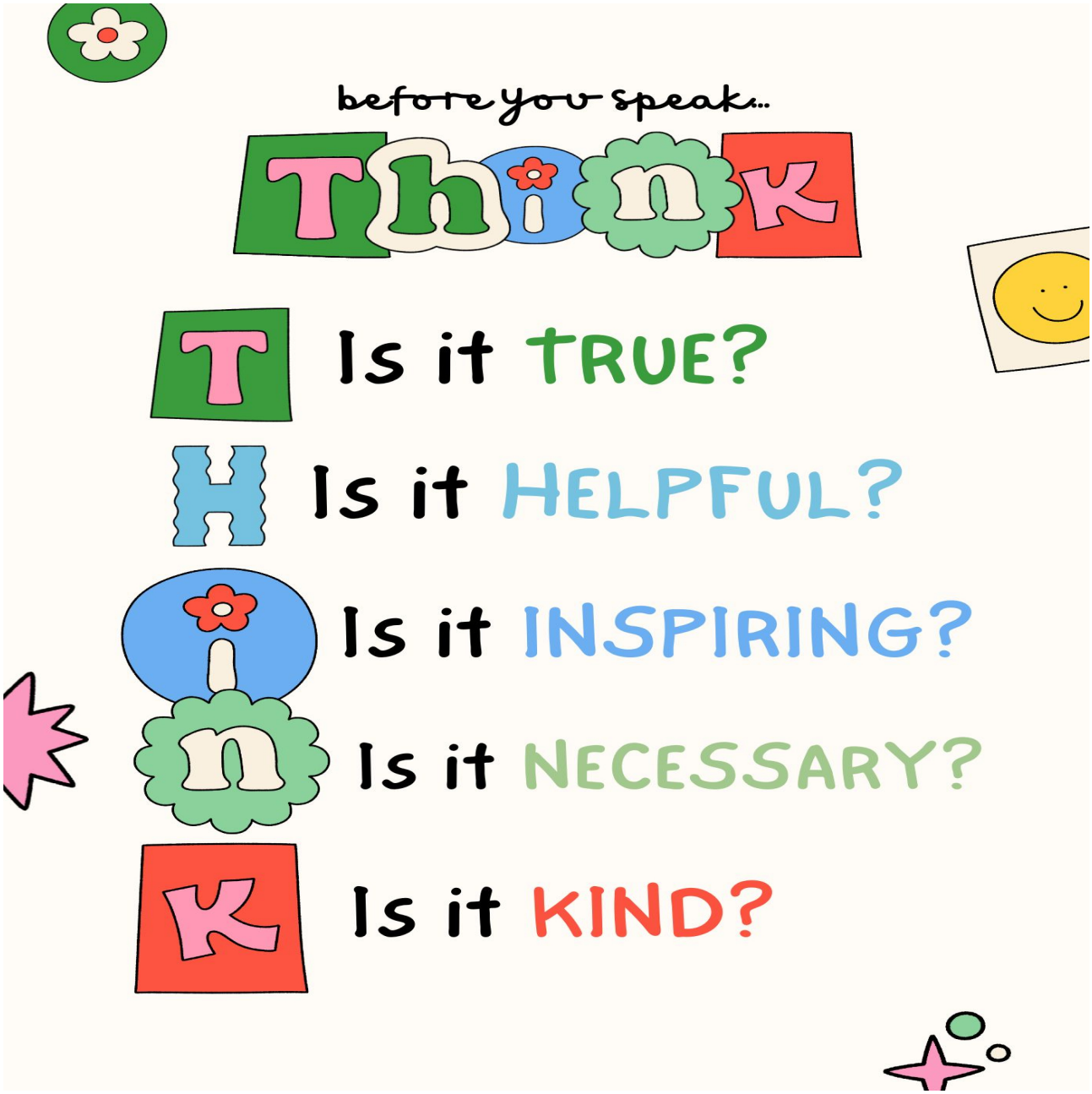
before you speak...
Think
T Is it TRUE?
H Is it HELPFUL?
i Is it INSPIRING?
n Is it NECESSARY?
K Is it KIND?