

Daily Tongue Evaluation Checklist*

To measure your progress in taming your tongue, ask yourself the following questions at the end of each day. When you are able to answer “no” to all of them, rejoice! But if not, ask the Holy Spirit for the grace to overcome your challenging areas. You may never “arrive,” but you can get better each day.

- Did I engage in any form of lying?
- Did I flatter someone?
- Did I manipulate someone for my gain or advantage?
- Did I speak too hastily?
- Did my words cause division?
- Was I argumentative or contentious?
- Did I boast or speak with pride?
- Did I engage in a self put-down?
- Did I slander someone?
- Did I gossip?
- Did I meddle in anybody’s affairs?
- Did I betray someone’s trust?
- Did I belittle someone?
- Was I cynical, scornful, or sarcastic?
- Did I speak as a know-it-all?
- Did I use harsh or abusive words?
- Did I fail to speak with tact or diplomacy?
- Did I attempt to intimidate with my words?
- Was I rude?
- Was I critical or judgmental?
- Was I self-absorbed in my conversations?
- Did I use profanity?
- Did I complain?
- Did I retaliate?
- Did I accuse someone?
- Was I discouraging?
- Did I express doubt or disbelief?
- Did I simply talk too much?
- Was I indiscreet in my discussions?
- Did I keep silent when I should have communicated?

*Excerpted from **30 Days to Taming Your Tongue** by Deborah Smith Pegues (Harvest House Publishers)

