

- Demolition is _____ (it only has a few steps)... whereas construction can be _____ in comparison (because it almost always has multiple steps, that have to happen in a particular order and often bring inconveniences with the waiting).
- Demolition is typically _____ (just tear it down and get it out)... whereas construction is _____, involving a design and the execution of a plan (especially if you want it to turn out like you hope it will, what you intend the end result to be).
- Demolition usually _____ (you just swing in the general direction)... whereas construction almost always _____ to detail (or you pay for it later with time, money, pain, or all the above).
- Demolition is _____ (with debris falling and flying every which way)... whereas construction involves purposed _____ of the work space (or you get a pretty nasty finished product).

Spoken or written, what we express determines our _____
and _____.

- _____ – When you are feeling Hungry, Angry, Lonely and/or Tired (H.A.L.T.), choose to be quiet and refrain from venting verbally and/or posting to social media. Extra time often helps in getting calibrated.
- _____ – What are some values and practical guidelines for the way you want to communicate? Write them down and keep them handy (on your cell phone?) as a reminder of what and how you want to express yourself... what you want to build with your communication.
- _____ – Recognize that the words you use matter. The precision of your words, the tone of your communication, the terminology you choose... these are the tools, set in motion by your choices, that demolish or construct.
- _____ – Get radically committed to ridding your communication of toxic factors (sarcasm, cynicism, derogatory/cuss words, being dogmatic and judgmental, stereotypes, etc. – I think you get what I'm talking about).
- _____ and _____ – Find a true friend who (1) can be brutally honest with you and (2) who you can be brutally honest with. Often, we are terrible at assessing ourselves, and just as terrible at changing ourselves. We need trusted others to be the best version of who God created us to be.

What you _____ is made possible by what you _____.

GROWth Journaling Scriptures

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James 3:2-5 / James 1:22-24 / Proverbs 2:6-11

