



## Part 2: "Only You Can Prevent Forest Fires"

### Introduction

Whether you like it or not and whether you realize it or not, your words have power and you are responsible for their impact.

### Discussion Questions

1. Have you ever heard someone say something you knew they instantly regretted?
2. Growing up, when did someone say something that impacted you either positively or negatively? How long did it stay with you?
3. If you truly understood the power of your words, how would it change what you say?
4. In what ways would deciding your responses beforehand help you navigate difficult conversations?
5. If you went into tense conversations with curiosity rather than needing to be right, how could that change the outcome?
6. Alysia quoted Adam Grant: "It's easier to accept that you are not like-minded if you're like-hearted." What is one relationship you need to apply this to?

### Moving Forward

Alysia suggested four ways to be more mindful with our words. Consider these four steps as you enter this holiday season:

1. Know your power.
2. Decide beforehand.
3. Be curious.
4. Value the person more than your point.