

Cut out the card below and keep it somewhere as a reminder for yourself.

*"ANYONE WHO HEARS SOMEONE INSULT HIM,  
YET REMAINS SILENT,  
BECOMES A PARTNER WITH HASHEM,  
- MIDRASH SHOCHAR TOV, MIZMOR 86*

*"THE ENTIRE WORLD IS SUSTAINED IN THE MERIT OF SOMEONE WHO STAYS SILENT." - CHULLIN 89A*

If someone makes me feel upset, angry, frustrated, or impatient,  
I will choose to remain silent (or at least respond in a calm tone of voice).  
Put a checkmark after each time:

To earn 10 bonus points, do it at least 3 times before December 1, 2018