

Argue With It or Let It Pass

Tell apart the thoughts worth answering from the ones that only want a fight.

WHEN TO USE THIS

Use this when you have spent an evening arguing in your own head.

Some thoughts are worth answering. Some only want a fight, and arguing keeps them in the room longer.

Sort the ones you know well.

WORTH ANSWERING

LET IT FLOAT PAST

How can you tell the difference between the two, for you?

What does letting one pass actually look like?

Naming it, going back to what you were doing, not finishing the argument.

Not answering is a choice too, and often the cheaper one.