

Chofetz Chaim's Guidelines for Right Speech

- 1) Do not spread a negative image of someone, even if that image is true.
- 2) Do not share information that can cause physical, financial, emotional, or spiritual harm.
- 3) Do not embarrass people, even in jest.
- 4) Do not pretend that writing or body language or innuendo is not "speech."
- 5) Do not speak against a community, race, ethnic group, gender, or age group.
- 6) Do not gossip, even to your spouse, relatives, or close friends.
- 7) Do not repeat gossip, even when it is generally known.
- 8) Do not tell people negative things said about them, for this can lead to needless conflict.
- 9) Do not listen to gossip. Give everyone the benefit of the doubt.