

The Broadcast Audit

For speakers: check the signal before you send it.

Ask before broadcasting

Am I trying to clarify or punish?

Clean transmission separates truth from discharge.

Am I trying to connect or control?

Control often hides under concern.

Am I using honesty as a weapon?

Factual words can ride on a hostile carrier wave.

Is my tone carrying a different message than my words?

The body broadcasts.

Am I transferring discomfort instead of communicating truth?

Discomfort is not always the receiver's responsibility.

Would I say this the same way if I were regulated?

Regulation increases signal clarity.

What clean request am I actually making?

Convert attack into request.