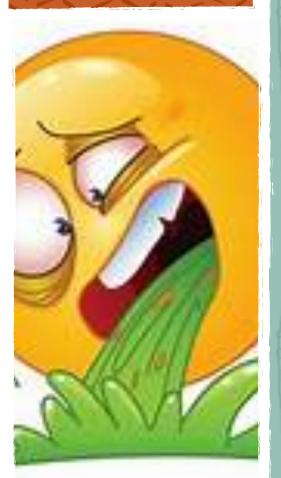
NO PUKE ZONE



Do You Puke?

- Pausing and pointing to what's wrong, dark, and the injustices of the past or present,
- Uncharitable to those who have differing world views than you.
- Keep the conversation in your head and heart and with others focused on the incorrectness of those that differ with you.
- Engaging is tearing down the views and the people who differ from your world view.

THIS IS A NO PUKE ZONE

Recovering from a PUKE Session

- 1) Push people and personalities up rather than down
- Up Lift situations through always having at least two solutions
- Keep your conversations on building people and programs
- 4) Establish "if you have nothing nice to say, say nothing at all" as your code of conduct

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