

The Rippling Effect Test (RET)

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Everything we do or say has a rippling effect far beyond our expectations. It would be a sign of irresponsibility if we do not carefully consider both the positive and negative consequences of our words and actions.

For example, a kind deed to someone may inspire its recipient to be kind to his family, friends and strangers; such positive influence may contribute to the development of a kinder society.

Similarly, an unkind deed or an unfair criticism may have an aversive effect far beyond its immediate recipient, because he or she may be so devastated that it affects his or her relationships with others and contribution to society.

Sometimes, even when we take the uttermost precaution and do what is most wise and prudent, the outcome may still be very negative. In such cases, we are not responsible for the problem because we have no control over other people's attitudes and behaviours. However, if we do not consider the rippling effect, we are more likely do and say things which we later regret because of the damages done to ourselves and others.

Here is a systematic way to evaluate the rippling effect of **something you intend to say or do to someone, such as:** _____

Please indicate on a scale of 1 to 10, what might be the rippling effect of your word or action and beyond on its recipient (R)? A score of 1 means little or no effect and a score of 10 means a great deal of impact.

	Positive rippling effect	Negative rippling effect
Recipient	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
R's family	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
R's friends	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
R's networks	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
Society	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
Humanity	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10

If the net rippling effect is negative, then please reconsider what you intend to do or say **even if it makes you feel good or gives you some immediate benefit.**