



4 DASH METHOD

... For Assertions Written as Gerunds ...

Practicing + kindness + promote(s) + benefits .

'ing Verb



Noun
(verbal)



Subject



Singular

Main Idea
(1-2 words)

Action Verb
(Stop/Go Verb)

Complete Thought
(general noun using
vocab when possible)

To Start:

- 1) 1-2 words, what's it all about?
- 2) Is it a good thing or a bad thing?



PRO

- Benefits
- Progress
- Achievements
- Success
- Learning
- Bliss

- Joy
- Contentment
- Satisfaction

CON (Problems/ Sadness)

- Dilemmas
- Hindrances
- Ordeals
- Predicaments
- Maladies
- Detriments
- Discontentment

- Recklessness
- Jeopardy
- Havoc
- Dismay
- Blunders