

# AI-01973 Unspoken Thoughts Feelings

Owner	© Rigel Arcayan
Tags	Psychology
Created time	@August 17, 2025 8:36 AM

**Humans think a lot of things and many opinions on just about anything. List 22 things sometimes left unsaid.**

1. The quiet appreciation for the person who holds the door open.
2. The apology that was never voiced, but deeply felt.
3. The fear that someone you love might be slipping away.
4. The true cost of a compromise.
5. The silent gratitude for a moment of peace.
6. The exhaustion you feel, even when you say you're "fine."
7. The real reason you chose not to speak up.
8. The doubt behind a confident smile.
9. The genuine surprise at a simple act of kindness.
10. The truth of how much you miss someone.
11. The feeling of being completely misunderstood.
12. The joy that comes from seeing someone else succeed.
13. The relief of letting go of a grudge.
14. The sadness you feel for the world.
15. The internal struggle to be a better person.
16. The loneliness that can exist even in a crowded room.

17. The vulnerability hidden behind a quick joke.
18. The feeling of being an imposter.
19. The small, private moments of pure happiness.
20. The weight of expectations.
21. The unacknowledged strength it takes to keep going.
22. The quiet love that exists without needing to be said.

**List 22 things that human should keep in mind and not voiced out.**

1. Don't say "I told you so." When someone is struggling after ignoring your advice, offering help is more constructive than gloating.
2. Don't complain about other people's good fortune. Instead of voicing jealousy, focus on your own goals and what you can do to achieve them.
3. Don't criticize someone's appearance directly. If you have a critique, keep it to yourself unless a person explicitly asks for your opinion.
4. Don't give unsolicited advice. People are more likely to listen and respect your opinion if they've asked for it first.
5. Don't share secrets that were entrusted to you. If someone tells you something in confidence, their trust is a gift to be protected, not a story to be shared.
6. Don't bring up a mistake from the past during an argument. Keep the discussion focused on the current issue, not on old grievances.
7. Don't make assumptions about why someone is quiet or upset. It's better to ask, "Is everything okay?" than to guess and voice a potentially incorrect opinion.
8. Don't correct someone's pronunciation or grammar in public. This can be embarrassing for them and doesn't add anything positive to the conversation.
9. Don't gossip. Talking about others behind their backs erodes trust and creates a negative environment.
10. Don't point out the obvious. Stating something everyone already knows can come across as condescending.

11. Don't interrupt someone when they are speaking. It shows a lack of respect and makes the speaker feel like their thoughts aren't valued.
12. Don't make a promise you can't keep. It's better to say "I'll try" than to make a false commitment.
13. Don't offer an excuse before an apology. A sincere apology is a powerful way to take responsibility, and an excuse only weakens its impact.
14. Don't complain about work to your boss without offering a solution. Voicing a problem is more effective when you also suggest how to fix it.
15. Don't criticize a gift someone has given you. Express gratitude, even if the gift isn't to your taste.
16. Don't make light of someone else's serious struggles. What seems small to you may be a big deal to them, so it's better to show empathy and listen.
17. Don't say "Calm down" to an upset person. This phrase rarely works and often makes people more frustrated.
18. Don't ask someone if they are pregnant. It's a personal question that can be hurtful if you're wrong. Wait for them to share the news with you.
19. Don't give a half-hearted compliment. If you don't truly mean it, the person will likely be able to tell, and it can feel insincere.
20. Don't bring up politics or religion in casual conversations unless you know the people well. These topics can be sensitive and lead to unnecessary conflict.
21. Don't ask a person with a disability what happened to them. It's an invasive question and not something you have a right to know.
22. Don't compare someone's achievements to someone else's. Everyone's journey is unique, and comparisons can make people feel like their success is not enough.
23. Don't say "you're too sensitive." It dismisses someone's feelings and invalidates their experience. Instead, try to understand their perspective.
24. Don't give backhanded compliments. For example, "You look great for your age" is not a compliment. A genuine compliment is simple and direct.

25. Don't ask about someone's salary. It's considered a private matter. Let them share that information if they choose to.
26. Don't remind someone how much you've done for them. True generosity is selfless. Bringing it up can make the other person feel indebted rather than grateful.
27. Don't tell a struggling artist or writer to "get a real job." It's demoralizing and shows a lack of respect for their passion and effort.
28. Don't say "no offense, but..." What follows is almost always offensive, and the phrase doesn't excuse it.
29. Don't criticize someone's home or belongings. Their home is their sanctuary, and their belongings are personal. Keep your opinions to yourself unless they ask.
30. Don't make jokes at someone else's expense. Humor should bring people together, not single someone out in a negative way.
31. Don't ask someone why they are single. It's a personal question that can make the other person feel uncomfortable or insecure.
32. Don't lecture someone who is experiencing grief. Everyone grieves differently, and they don't need a lecture on how to process their emotions.
33. Don't correct a parent's child-rearing methods. Unless a child is in danger, it's best to let parents make their own decisions.
34. Don't tell someone they've gained or lost weight. Their body is not a topic for public comment.
35. Don't share someone's personal health information. Health is a private matter, and it's not your story to tell.
36. Don't give a detailed critique of a friend's creative project without being asked. Offer encouragement and support first.
37. Don't say "everything happens for a reason" to someone who is hurting. It can feel dismissive of their pain.
38. Don't make assumptions about someone's gender or sexuality. It's respectful to use the pronouns they use and to let them tell you about themselves.

39. Don't argue with someone who is clearly having a bad day. It's better to offer a listening ear or give them space.
40. Don't discuss a new partner's past relationships. It can cause unnecessary tension and create an uncomfortable situation.
41. Don't brag about your own accomplishments during someone else's moment of success. Let them have their time in the spotlight.
42. Don't ask someone if they "remember" something from your shared past. If they don't, it can make them feel awkward and put them on the spot.
43. Don't share embarrassing stories about friends or family. Respect their privacy and dignity, especially in front of others.
44. Don't complain about the food you are served as a guest. It is a sign of disrespect to your host. It's better to be grateful for their hospitality.
45. Don't talk about yourself constantly. True conversation is a balance of listening and speaking, not a monologue.
46. Don't say "what's wrong?" with a person's food choice. People have different tastes, and it's rude to critique what they're eating.
47. Don't call out a typo or grammatical error in a text message or social media post. It comes across as petty and doesn't add value to the conversation.
48. Don't over-explain your own choices. If you've made a decision, you don't need to justify it to others.
49. Don't bring up a parent's parenting style in front of their child. This can be deeply embarrassing for both parent and child.
50. Don't make assumptions about someone's financial situation. You don't know their full story, and it can be offensive to comment on their perceived wealth or lack thereof.
51. Don't offer an unsolicited explanation for someone else's behavior. Let them speak for themselves.
52. Don't remind a person of a mistake right after they've apologized for it. A true apology is a time for forgiveness, not for further punishment.

53. Don't point out someone's physical tic or habit. They are likely already self-conscious about it.
54. Don't ask someone if they plan to have kids or more kids. It's a very personal decision and question.
55. Don't criticize an elderly person's choices. They have a lifetime of experience, and it's respectful to let them live their lives as they see fit.
56. Don't tell a sad person to "look on the bright side." Acknowledging their feelings is a better way to offer support.
57. Don't talk about a person's past romantic partners. It's a topic that should be off-limits unless the person brings it up.
58. Don't use a compliment as a way to soften a critique. It's often perceived as insincere and confusing.
59. Don't say "I'm just being honest." This phrase is often used to excuse rudeness. Honesty is best paired with tact and empathy.
50. Don't complain about the weather, traffic, or other things you can't control. It's a habit that can make you and those around you feel more negative.
51. Don't speak ill of the dead. It's a sign of disrespect, and their loved ones are likely still grieving.
52. Don't give a "helpful" correction that makes a person feel small. If someone has made a minor mistake, let it go.
53. Don't ask a personal question to someone you just met. It's better to get to know someone over time.
54. Don't compare your own pain or struggles to someone else's. Each person's experience is unique, and minimizing theirs to elevate your own is not helpful.
55. Don't tell someone they're not trying hard enough. It's an unfair judgment when you don't know their full circumstances.
56. Don't complain about a personal favor you've done for someone else. The act of kindness loses its value if you hold it over their heads.
57. Don't say "you look tired." It's often taken as an insult and can make a person feel self-conscious.

38. Don't complain about the work of a volunteer. They are giving their time and effort for free, and any work they do should be appreciated.
39. Don't give a "helpful" tip on how to save money to someone who is clearly struggling financially. It can feel condescending and out of touch.
70. Don't say "don't worry about it" when someone is clearly worried. A better response is to offer a listening ear or practical help.
71. Don't tell a person who is upset to smile. It's dismissive of their feelings and forces them to perform an emotion they aren't feeling.
72. Don't make a comment about a person's lack of social life. It can be hurtful and assumes you know their full situation.
73. Don't ask a person if they've had plastic surgery. It's a deeply personal question and none of your business.
74. Don't make assumptions about someone's relationship with their family. Family dynamics can be complex and are not for you to judge.
75. Don't ask someone about their career plans if they've just been laid off. It's a sensitive time, and they may not have the answers yet.
76. Don't share someone's personal news on social media without their permission. This includes engagements, pregnancies, or new jobs.
77. Don't criticize someone for having a different hobby or interest than you. Respect that people enjoy different things.
78. Don't make a big deal out of someone's religious or dietary restrictions. Be accommodating without drawing unnecessary attention to it.
79. Don't point out a friend's past when they are trying to move on from it. Let people grow and change without holding their history over them.
30. Don't complain about having to do something you agreed to do. It makes you seem unreliable and ungrateful.
31. Don't make a comment about a person's age. It's often irrelevant to the topic at hand.
32. Don't ask someone if they "really need that" when they're about to buy something. It's their money and their decision.

33. Don't offer an unsolicited opinion about a person's tattoo or piercing. It's their body, and their choice.
34. Don't brag about how much you spent on something. It can be insensitive to those who are less fortunate.
35. Don't say "I'm not a racist, but..." The phrase that follows is almost always offensive and a clear sign that you are about to say something you shouldn't.
36. Don't tell a person what they "should" do with their own life. They are the only ones who can decide what's best for them.
37. Don't complain about a person's living situation. Their home is their sanctuary, and it's not for you to critique.
38. Don't try to solve someone's problems when they just want to vent. Sometimes people just need to be heard, not fixed.
39. Don't say "are you lost?" to someone who is clearly a different ethnicity than the majority in that area. It's a loaded question that can make people feel unwelcome and judged.
30. Don't say "you've changed" in a negative tone. People grow and evolve, and a better approach is to ask about their new interests or views.
31. Don't offer advice about someone's career path without them asking for it. Their career is their journey, and they'll ask for help when they need it.
32. Don't talk about your own vacation plans to someone who is clearly stressed and overworked. It can be insensitive to their situation.
33. Don't point out that someone has food on their face or between their teeth in a public setting. It can be incredibly embarrassing for them.
34. Don't bring up past political arguments during a social gathering. It's better to keep the atmosphere light and positive.
35. Don't criticize someone for a poor performance in a game or sport. It's a game, and everyone has off days.
36. Don't make a comment about a person's visible scars. You don't know their story, and it's not your place to ask.

97. Don't complain about a small inconvenience when someone else is going through a major crisis. It minimizes their struggles and can seem petty.
98. Don't gossip about your boss or coworkers. It can create a toxic work environment and can get back to them.
99. Don't give a "helpful" tip on someone's driving or parking. Unless it's a safety issue, it's best to keep your comments to yourself.
100. Don't tell a person they need to lose weight or get in shape. Their health is their private business.
101. Don't ask a person if they've paid their bills or how they manage their money. These are private financial matters.
102. Don't give a detailed account of a medical procedure to someone who is squeamish. It's inconsiderate of their comfort.
103. Don't correct a parent about their child's age or developmental stage. They know their child best.
104. Don't bring up a friend's past romantic relationship in front of their new partner. It can be awkward and cause unnecessary tension.
105. Don't complain about the quality of a free service. If it's free, you don't have a right to complain.
106. Don't tell a person they're being "too emotional" or "too happy." Let them feel their feelings without your judgment.
107. Don't say "I'm not a fan of..." when someone shares their passion for something. It's better to ask them why they love it.
108. Don't tell a struggling person that "it could be worse." While true, it doesn't help them feel better and can invalidate their current pain.
109. Don't ask a person how much money they make in a donation-based setting. Giving is a personal choice, and the amount is not for public discussion.
110. Don't criticize the life choices of a person who is different from you. Respect that everyone's path is unique.
111. Don't say "you're still single?" This is a personal matter and can be hurtful. It implies that a person's worth is tied to their relationship status.

12. Don't ask about a person's medical history. It's private information that they should be able to share on their own terms, if at all.
13. Don't tell a person they need to "get over it." Everyone processes emotions differently, and you don't have the right to put a timeline on their healing.
14. Don't make assumptions about someone's education level. You can't tell how smart or capable a person is by their job or how they speak.
15. Don't complain about the food someone has cooked for you. If you're a guest, be grateful for the meal and the effort.
16. Don't point out someone's bad habit in public. It's rude and can cause them to feel embarrassed.
17. Don't bring up a past failure when a person is celebrating a success. Let them have their moment without a reminder of their past struggles.
18. Don't ask a person if they've gained or lost weight. Their body is their own, and it's not a topic for discussion.
19. Don't offer advice about someone's financial choices. Their money is their business, and it's not your place to tell them how to spend it.
20. Don't criticize someone's home decor or cleanliness. Their home is their private space.
21. Don't make a big deal out of someone's accent. It can make them feel self-conscious and is often irrelevant to the conversation.
22. Don't ask about someone's personal tragedy. Let them bring it up if they want to talk about it.
23. Don't compare a child to their sibling or a friend. Each child is unique and deserves to be recognized for their own qualities.
24. Don't make fun of someone's old clothes or possessions. You don't know the sentimental value or why they still have them.
25. Don't say "I told you so" when a person is dealing with a tough situation. Instead, offer your help and support.
26. Don't ask a person with a visible disability what happened to them. It's a personal question that can be intrusive and hurtful.

27. Don't say "don't take this the wrong way, but..." Whatever follows is almost always going to be taken the wrong way.
28. Don't complain about your relationship to someone who is single. It can seem ungrateful and insensitive to their situation.
29. Don't ask someone if they "really need" to take a medication. It's a private health matter between them and their doctor.
30. Don't share someone's private health information with others. It's a breach of trust and a violation of their privacy.
31. Don't correct a parent in front of their child. This can undermine their authority and is disrespectful.
32. Don't say "you've aged" to someone. Everyone gets older, and pointing it out is a needless and often hurtful observation.

#### The 132 List

1. Don't say "I told you so."
2. Don't complain about other people's good fortune.
3. Don't criticize someone's appearance directly.
4. Don't give unsolicited advice.
5. Don't share secrets that were entrusted to you.
6. Don't bring up a mistake from the past during an argument.
7. Don't make assumptions about why someone is quiet or upset.
8. Don't correct someone's pronunciation or grammar in public.
9. Don't gossip.
10. Don't point out the obvious.
11. Don't interrupt someone when they are speaking.
12. Don't make a promise you can't keep.
13. Don't offer an excuse before an apology.
14. Don't complain about work to your boss without offering a solution.

15. Don't criticize a gift someone has given you.
16. Don't make light of someone else's serious struggles.
17. Don't say "Calm down" to an upset person.
18. Don't ask someone if they are pregnant.
19. Don't give a half-hearted compliment.
20. Don't bring up politics or religion in casual conversations unless you know the people well.
21. Don't ask a person with a disability what happened to them.
22. Don't compare someone's achievements to someone else's.
23. Don't say "you're too sensitive."
24. Don't give backhanded compliments.
25. Don't ask about someone's salary.
26. Don't remind someone how much you've done for them.
27. Don't tell a struggling artist or writer to "get a real job."
28. Don't say "no offense, but..."
29. Don't criticize someone's home or belongings.
30. Don't make jokes at someone else's expense.
31. Don't ask someone why they are single.
32. Don't lecture someone who is experiencing grief.
33. Don't correct a parent's child-rearing methods.
34. Don't tell someone they've gained or lost weight.
35. Don't share someone's personal health information.
36. Don't give a detailed critique of a friend's creative project without being asked.
37. Don't say "everything happens for a reason" to someone who is hurting.
38. Don't make assumptions about someone's gender or sexuality.

39. Don't argue with someone who is clearly having a bad day.
40. Don't discuss a new partner's past relationships.
41. Don't brag about your own accomplishments during someone else's moment of success.
42. Don't ask someone if they "remember" something from your shared past.
43. Don't share embarrassing stories about friends or family.
44. Don't complain about the food you are served as a guest.
45. Don't talk about yourself constantly.
46. Don't say "what's wrong?" with a person's food choice.
47. Don't call out a typo or grammatical error in a text message or social media post.
48. Don't over-explain your own choices.
49. Don't bring up a parent's parenting style in front of their child.
50. Don't make assumptions about someone's financial situation.
51. Don't offer an unsolicited explanation for someone else's behavior.
52. Don't remind a person of a mistake right after they've apologized for it.
53. Don't point out someone's physical tic or habit.
54. Don't ask someone if they plan to have kids or more kids.
55. Don't criticize an elderly person's choices.
56. Don't tell a sad person to "look on the bright side."
57. Don't talk about a person's past romantic partners.
58. Don't use a compliment as a way to soften a critique.
59. Don't say "I'm just being honest."
60. Don't complain about the weather, traffic, or other things you can't control.
61. Don't speak ill of the dead.
62. Don't give a "helpful" correction that makes a person feel small.

33. Don't ask a personal question to someone you just met.
34. Don't compare your own pain or struggles to someone else's.
35. Don't tell a person they're not trying hard enough.
36. Don't complain about a personal favor you've done for someone else.
37. Don't say "you look tired."
38. Don't complain about the work of a volunteer.
39. Don't give a "helpful" tip on how to save money to someone who is clearly struggling financially.
70. Don't say "don't worry about it" when someone is clearly worried.
71. Don't tell a person who is upset to smile.
72. Don't make a comment about a person's lack of social life.
73. Don't ask a person if they've had plastic surgery.
74. Don't make assumptions about someone's relationship with their family.
75. Don't ask someone about their career plans if they've just been laid off.
76. Don't share someone's personal news on social media without their permission.
77. Don't criticize someone for having a different hobby or interest than you.
78. Don't make a big deal out of someone's religious or dietary restrictions.
79. Don't point out a friend's past when they are trying to move on from it.
30. Don't complain about having to do something you agreed to do.
31. Don't make a comment about a person's age.
32. Don't ask someone if they "really need that" when they're about to buy something.
33. Don't offer an unsolicited opinion about a person's tattoo or piercing.
34. Don't brag about how much you spent on something.
35. Don't say "I'm not a racist, but..."

36. Don't tell a person what they "should" do with their own life.
37. Don't complain about a person's living situation.
38. Don't try to solve someone's problems when they just want to vent.
39. Don't say "are you lost?" to someone who is clearly a different ethnicity than the majority in that area.
30. Don't say "you've changed" in a negative tone.
31. Don't offer advice about someone's career path without them asking for it.
32. Don't talk about your own vacation plans to someone who is clearly stressed and overworked.
33. Don't point out that someone has food on their face or between their teeth in a public setting.
34. Don't bring up past political arguments during a social gathering.
35. Don't criticize someone for a poor performance in a game or sport.
36. Don't make a comment about a person's visible scars.
37. Don't complain about a small inconvenience when someone else is going through a major crisis.
38. Don't gossip about your boss or coworkers.
39. Don't give a "helpful" tip on someone's driving or parking.
30. Don't tell a person they need to lose weight or get in shape.
31. Don't ask a person if they've paid their bills or how they manage their money.
32. Don't give a detailed account of a medical procedure to someone who is squeamish.
33. Don't correct a parent about their child's age or developmental stage.
34. Don't bring up a friend's past romantic relationship in front of their new partner.
35. Don't complain about the quality of a free service.
36. Don't tell a person they're being "too emotional" or "too happy."

07. Don't say "I'm not a fan of..." when someone shares their passion for something.
08. Don't tell a struggling person that "it could be worse."
09. Don't ask a person how much money they make in a donation-based setting.
10. Don't criticize the life choices of a person who is different from you.
11. Don't say "you're still single?"
12. Don't ask about a person's medical history.
13. Don't tell a person they need to "get over it."
14. Don't make assumptions about someone's education level.
15. Don't complain about the food someone has cooked for you.
16. Don't point out someone's bad habit in public.
17. Don't bring up a past failure when a person is celebrating a success.
18. Don't ask a person if they've gained or lost weight.
19. Don't offer advice about someone's financial choices.
20. Don't criticize someone's home decor or cleanliness.
21. Don't make a big deal out of someone's accent.
22. Don't ask about someone's personal tragedy.
23. Don't compare a child to their sibling or a friend.
24. Don't make fun of someone's old clothes or possessions.
25. Don't say "I told you so" when a person is dealing with a tough situation.
26. Don't ask a person with a visible disability what happened to them.
27. Don't say "don't take this the wrong way, but..."
28. Don't complain about your relationship to someone who is single.
29. Don't ask a person if they "really need" to take a medication.
30. Don't share someone's private health information with others.
31. Don't correct a parent in front of their child.

32. Don't say "you've aged" to someone.