



# POWER IN WORDS

## WHAT YOU SAY. IMPACTS WHAT YOU EXPERIENCE

With being able to choose what you think, it is essential to understand the power in words. You'll realise the benefits of turning around your self-talk and turning around what you made 'it' mean.

Will what you've said be setting you up for a good outcome? Is it how you want it to be or is it just that you've heard someone else say they want it?

Sometimes it's not good or bad, right or wrong and there's no fault or blame, it's just different. That said, your choice of word may not be as powerful as other words you could choose to use (positive alternatives).

### An example:

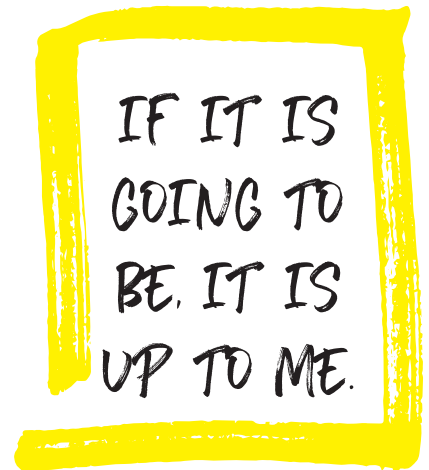
Instead of saying "It's hard to do this", you could say "it's not easy to do this". Then ease is more of what you will experience. Ease being the operative word.

### Class discussion

Hands up who knows what the word 'operative' means in this context. As a class debate this briefly before beginning the next activity.

### Exercise

Find the positive alternative to the words used in these sentences. Connect them by choosing the number of the statement it matches.



These questions are really hard.
There's nothing I want to eat, it all looks dreadful.
We're late because we don't leave enough time.
The distance is really far way.
When it rains I'm miserable.
I'm having a bad hair day today.

It's not that close to drive there.
I'm not happy when it rains.
If we left earlier we'd arrive on time more often.
I can't see anything appealing to eat.
Today, I'm not having a very good hair day.
It's not easy to answer some of the questions.



You seem to be rushing me.
Why do we have to go without?
They were useless directions, I still don't know the way.
It's so hot, I can hardly touch it at the moment.
I am so bored.
That dog is just so stupid.

The directions given, were less than useful.
There are smarter dogs in the world I'm sure.
Other people have plenty.
You're not very patient with me.
I'll get it when it cools down.
Things could be more interesting.

What words do you realise you say? Can you think of words you use that could be said in a more positive way? **A positive alternative.**

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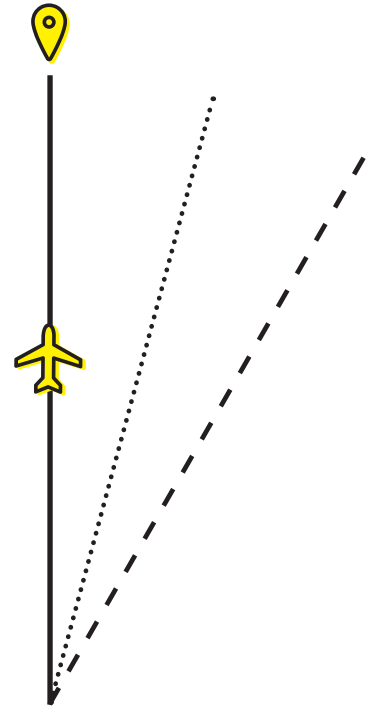
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**Small changes make a big difference**

Think of a flight path, like the one in the diagram on the right. If you change the angle, even just a tiny amount, your destination would be entirely different. The smallest adjustment will make such a difference.



**WHEREVER MY ATTENTION GOES, MY ENERGY FLOWS.**

**Words that easily change a negative sentence**

**"...JUST YET"**

By saying **"just yet"** at the end of a sentence, your mind is open for it to still happen sometime in the future.

**"...IN THE PAST"**

What has happened 'in the PAST', isn't necessarily what you want to repeat. So use **"in the past"** at the beginning or end of your sentence.



**Tip:**

It's so important to focus on what you do want, then it's more likely to happen.



These are powerful words to add to a sentence. Your mind will then realise it could/will happen but hasn't happened 'just yet'. Or; it used to be that way 'in the PAST', but it's not how it will be in the future.

**Examples**

"I've never ever been chosen for the team, **yet.**"

"I'm the one people know would drop the ball, **in the past.**"

Remember: Add these words at the beginning and/or the end of your sentence. It will make all the difference.

**Words to watch out for**

Something to watch out for are these two words:

**ALWAYS**

**NEVER**

**Exercise** 

Write down some sentences that you hear or say, which include the words "always" or "never".

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You may notice people using these words, followed often by a reaction that isn't good for anyone. They are like a red rag to a bull, so do yourself a favour. Learn early that it's best to use different words, that will better serve you.

**Remember:** It's better to respond than to react.

Find positive alternatives to the words 'always' and 'never'. For example: sometimes, often, usually, rarely, hardly ever.

If you learn this now at your stage in life, it's like magic for all things being better for you, whether it's at home or when you're with friends.

**Examples**

A common statement you'll hear people saying and you may say it yourself some days, is "We're always late". Guess what the mind hears and thinks? OK let's make that happen – we'll always be late. Another example: "There's never enough time". Guess what? That's right, that's what keeps happening – as opposed to, "We'll always have enough (plenty)".



**"I don't consider myself disabled, I consider myself adaptive."**

Liam Malone  
New Zealand Para-athlete



**Tip:**

Did you know you can choose?

**WHO** you want to be and be with.

**WHAT** you think and the words you say.

**HOW** you respond to situations.

**WHEN** you can turn 'it' around.



## Watch the video: Chinese Whispers

'What did I make 'that' mean?'

As you will have noticed in this circle of students passing a message around, the outcome was quite different to the original message. It seemed every few students misinterpreted a word and to make sense of that they altered another word or two around it.

### Example

In the Chinese Whispers film – 'see how the message changes when it's passed along'. Somehow the word 'message' became 'dress' and instead of 'along' it became 'long'. After that the word 'dress' became 'address' and 'long' became 'home', which soon turned into 'interest' and 'alone', then finally 'some men stress when they're on their own'.

People do this in life often, not only with communication but assumptions. They 'GENERALISE', 'DISTORT' and 'DELETE' some words. We as humans, make something mean, what it means to us (individually) but it's not necessarily true/real to another.

**Remember:** What is true to us, is not necessarily another person's reality. It's all according to our own neural pathways (filters), through our experiences, learned behaviour, beliefs, values, memories and so much more.

### Exercise

What comes to mind when you hear this?

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Perhaps something that happens at home, with friends, or on sport field with your team.

Where you've heard something that you think to yourself, that isn't how it happened, or that isn't what was said?

**Take-away from this lesson:** Now you understand more about filters.

PEOPLE PUT THEIR OWN  
MEANING TO EVERYTHING

What have you taken from this lesson? Write down a few words that come to mind.

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### Note to self:

Listen to others fully and well to get all the information. You can choose to be a conscious listener; it's a sign of interest, respect and empathy.