

The Power of Language

Change your words – Transform your life

Wouldn't it be wonderful to know exactly what happens to affect your feelings of happiness or despair, and how this could be changed?

Our choice of words often has the ability to change our *responses* to people and events e.g. we have something called '*internal dialogue or self talk*' operating in our heads, which is based on past experiences and if this dialogue is not pleasant we will react negatively and experience changes in our *physiology*. We also use vocabulary externally to connect with each others, as well as the use of voices tone and body language.

Being an identical twin has been an interesting experience because we have often experienced the same sensations differently in our bodies by virtue of different labels we put on our experiences. For instance years ago my sister and I attended a workshop on 'money and prosperity'.

We were asked 'what money meant to us' and my sister replied 'love' and I said 'freedom'. I was amazed at her reply and asked why she chose that word. She remembered as very young children (maybe 5) an incidence where our father came home with new coats for us and he lifted her up and stood her on the table and put the coat on her and *hugged her*.

This behaviour was unusual for our father and as a result of this single emotional act she equated *money = love*. I only remembered the occasion when she told me her story: my experience was different, as my mother had put the other coat on me. My belief was that *money = freedom*. This would give me a sense of purpose, uniqueness and choice, which was closely associated with my father's beliefs (discovered as I grew older).

The meaning you attach to an experience becomes your reality, regardless of whether it is accurate or not. The experience of using words to communicate with self and others has a major impact on our lives.

According to Compton's Encyclopedia, the total number of words in the English language is around 750,000. How many do we habitually use? On average something between 500 and 2000, which represents only half of 1% of the language.

In Roget's Thesaurus, we found over 3,000 words describing various emotions. From that group there were twice as many negative words as positive. We habitually use the same words to explain our feelings...it is like being addicted to a particular view of the world, and wondering why we do not get different results. The words become our experience.

Energy in the body is most certainly connected to our *choice of language* and to increase this energy we would need to *change* the words which carry *intensely negative* feelings associated with them i.e. frustrated, overwhelmed, worried, depression and change them to *irritable, weighed down, a little concerned, unhappy*, which sounds less dramatic.

We can do the same with describing *positive* experiences. We can *increase* the intensity of the experience and *match the words* thereby *increasing* the impact. It is helpful to have a list of positive blockbuster words that we can use frequently to change our state.

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The Power of Language (cont.)

Fabulous	energetic	mega motivated	charismatic
Dynamic	excellent	brilliant	passionate
Effervesce	sexy	fantastic	inspiring
Outstanding	tremendous	willing	creative
Wide	awesome	masterful	abundant
Dynamic	inspirational	miraculous	independent
Goddess	flamboyant	vibrant	impressive
Hilarious	intelligent	wonderful	wicked
Artistic	talented	galactic	hilarious
Successful	wealth	intuitive	original

(These were brainstormed by a group of my students!)

What if we chose to experience a particular word for the day? If I am choosing 'outstanding' as my word for the day, what questions could I ask myself?:

- How would an outstanding person behave?
- What would they wear? What would they choose to eat?
- Who would they choose to converse with, and what topics would they discuss?
- What would be the outcome for their day?

Such a simple focus and yet so powerful!

Between men and women there are differences in the use of language. In my experience men often use *generalizations*, whereas women use more *personalized* language. In doing this it often appears that men are *talking at you* and *not with you*.

In my work as a coach, lecturer or counsellor I am conscious of my choice of words and also the language used by the clients. Also when marking assignments, I might find a student has *omitted* information and instead of saying...*you haven't answered the question fully*... I would usually write something like...*that is an amazing concept or (idea) and I would love to hear more about it!* It is about valuing others.

Give it away and enrich others... *it's like creating magic and scattering stardust in the world.*

Judi Shearer