

The Power of Words

Spoken words have the ability to effect in positive or negative ways. What you say and how you say it can impact your lives, as well as the lives of those around you.

Have your words ever got you into trouble? Have you ever said something you regretted? Perhaps you responded under anger and made hurtful, cutting remarks, only to regret them later.

Words can have such great power; once spoken, inappropriate words cannot be retrieved. Words can hurt or heal, build up or tear down. Like a small spark that can wipe out huge forests, words can be quite destructive!

The natural human impulse is to talk back and react instead of thinking before you speak. Before you speak, pause for a few seconds, take a breath and think about what you will say and how you will say it. Be aware of your tone of voice. Also, think about the intent and message you want to convey through your words. **Thinking before you speak** not only makes a difference in the reaction you'll receive, but it will also produce positive effects and enhance relationships. Practice and encourage building up your **"think before you speak"** atmosphere. It really works!

Use your words to benefit others by encouraging the sharing of perspectives to gain a better understanding. Respecting differences can be highly inclusive. So, properly chosen words can convey your demonstration of respect for each other's differences.

Make the choice to use words that impact others in a positive way. Your words do matter. They are powerful.

For free confidential assistance and referrals with legal, financial, employment or mental health issues, EASE counselors are available if you need to talk (800) 882-1341.



"Strength is the courage...to reach out!"