



The Words You're Saying
That Are **Sabotaging** Your Health,
Wealth, and Relationships.



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It is extremely important to master this skill of being aware of our own vocabulary. Over the next two weeks, pay specific attention to the words you use when talking to others and when talking to yourself in your own head. Another way to practice this skill is to observe the vocabulary that others use when they speak or write.

YOUR HOMEWORK:

Write down the undermining language you realize that you use frequently. Keep track of how often you use each word over the next two weeks. Perfection is not required. Look at the impact of using this specific language in your life. The impact could be different if the vocabulary is used outwardly or internally.



Here is a reminder of the grouping of words:



MINIMIZING LANGUAGE:

Words such as **just, simply** and **merely** can be ways that we lower the impact of our past actions onto ourselves or others. How can you rephrase your words to take full ownership of your actions?



STOP ACTION VERBS:

In the same way that **trying** implies failure, words such as **started, wanted, planned, love to** and **meant to** can be ways we trick ourselves and others into believing that we succeeded when in fact we have failed at the specific task. It could also imply that the task was never begun at all or a way to prepare yourself to fail.



ABSOLUTES:

These are a great way to exaggerate your ideas. They most often lead to heated debates or arguments over the validity of their use. Some examples of absolutes would be **all, always, every, no, none, never** and **only**. In my opinion, absolutes are always never a good idea to use. See what I did there? These words are most prevalent when we argue with each other.

Here is a reminder of the grouping of words:

BUT:



Another word that will erase any good intentions is **but**. This is another common word that most of us have felt the wrath of. The word but will destroy any compliment or good intention. It is a word that I have made a point to very rarely use. I suggest when you speak or write to do one of two things. You can replace the word but with and, or just create two separate sentences completely.

EQUIVOCATION:



One way to avoid committing to what one is saying or speaking with deliberate vagueness is by using equivocal words. These are words and phrases such as **sort of, might have, think, maybe, possibly, about, like** and **kind of**. Pay attention to how these phrases show up for you and the topics of conversation.

Understand that this list is not all-inclusive. You may find other words you use that also undermine you. Reach out and share what you discovered about this process.

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