



8 Words that Kill Your Confidence (and what happens when you remove them from your vocab) By Rebecca Wiener, CCH

Change your words, increase your confidence!

Did you know that you can change your stress level and your life simply by adjusting your language? By making a few small changes to your vocabulary and the words that you choose to use, you can actually turn your day around. You can make simple changes and have huge impact! If you learn how to turn one day around, then you have learned how to turn around a week, a month, a year, and a lifetime.

You will learn why positive language matters, what positive language is, and how to turn negative statements into positive to help you and the people around you to live your lives with less stress and more confidence!

You may be wondering what is positive language anyway and why does it matter?

Here's how it works...

We have a conscious mind and a subconscious mind. Your conscious mind sees the things going on around you, makes observations such as, it's a nice temperature in here, she's wearing a purple sweater, oh my shoe is untied, that kind of thing. All of these observations help you to make decisions and you make many, many, decisions every single day.

Your subconscious mind is a silent observer and runs your body automatically behind the scenes; it works with your instincts to protect you from physical or emotional pain.

Your subconscious mind is like a big filing cabinet. Inside this filing cabinet is where everything we see, hear, and feel is stored—without judgment as a truth—and this includes everything that we say out loud and everything we say and think to ourselves.

Additionally, we are constantly giving messages or suggestions to our subconscious. These suggestions come from the media, from us, and from others. They can be negative and they can be positive.

We are constantly giving suggestions as well. Everything that we say is a subconscious suggestion to those around us, our friends, our family, or associates. Whether or not we set out to do this, it occurs.

For example, if you feel a little rushed and get a little confused, you might say “Wow, I'm so stressed!” This is a signal to your body to remember the last time you said or thought that and how you felt. So then if you felt your heart racing, your palms were sweaty, and your shoulders were tight the last time, your mind has a reference. This reference helps your body know exactly what to do. It could start your

heart to pound faster and faster, and your palms will get sweaty, and you may feel some tension in your shoulders.

Or if you get a little shaken up before an event or maybe you don't feel so great, you may think "I'm nervous" your body will have that same reaction. "Hold on, I know what to do", and you may get butterflies in your stomach. Every time you use these references they get stronger.

You may think well that doesn't matter, I was just talking. I wasn't serious. I was thinking out loud. But it does matter! It matters because your mind and body do not understand sarcasm, they don't understand when you are joking, or when you say things out of frustration, or are just pretending.

Studies have shown that actors merely pretending that they are in stressful situations have physical responses such as increased heart rate, shallow breathing, and increased blood pressure. The same studies indicate that when the actors are asked to pretend that they are taking a pleasant walk on the beach their heart rate slows to a normal rate, their breathing is stronger, and their blood pressure goes back to normal rates.

So when you say things like I'm so stressed, "I can't take this anymore" or "I could sleep standing up", your body is reacting whether you mean it or not.

Did you know that what you think about is what your mind seeks for you? It is true! When you think about stress, money issues, feeling sleepy, feeling nervous, or any feeling, it is your mind's job to help your body create that feeling. Your mind seeks and creates for you physically wherever your focus rests. So you can see why it is so important to think and speak with positivity and to attach the positive emotions and physical responses as often as you can.

Even if you have already created negative references, you can retrain your brain. It is quite simple to change the things that you think and say into a positive.

Here are some ideas for you to practice:

Instead of saying: "I'm so overwhelmed."

Try: "I have a lot to do. I can handle this workload. I have handled it before, I'll do it again." >>Instantly this sends a message of "It is ok. Everything is fine." Which can take your body from tense to relaxed in moments or even completely keep tension away.

Instead of saying: "I'm going to mess things up again!"

Try: "When I take one step at a time I can manage any situation. I manage many situations in my life. When I think about all of the successes in my life, I know that I am strong.

Instead of saying: "I'll never get a good job."

Try: I know something will come my way when the time is right. I can accept each interview and do my very best. When the right match comes along, I'll be prepared.

Can you feel the difference in your mind and in your body with these positive sentences instead of the negative?

There are 8 words that generally have a negative feeling as well. These are the 8 words that can kill your confidence. They are: could, would, should, only, just, must, ought, and can't.

You probably use these words on a daily basis. These words are often used in conversations that we have with ourselves and with others about our choices, deficiencies, and even to soften our responses or defend ourselves.

I encourage you to try to remove these words from your vocabulary because these words are usually followed by but, if, or however, and it sends you right to negative self-talk and low self confidence.

These comments send the wrong message to the person we are talking to and it sends the wrong message to ourselves. Read the following sentences and see the message that our subconscious mind hears in the brackets.

Have you ever heard yourself saying?

I **would** love to go out and have some fun with you, but I'm always broke. [We are always going to be short on cash, get used to it, it is a way of life, don't even think about trying to have fun, you haven't worked hard enough, you don't manage your money well, you don't deserve it.]

Have you heard this one?

I **ought** to go back to school, however, I've never been good at school. [I can't make good grades, I'm not smart enough, I'm not good enough]

I **should** do go to the party, but I don't have anything to wear. [My clothes are not good enough, my laundry isn't done, im lazy, I'm not attractive enough, I'm not good enough.]

I **would** go on vacation if I could afford it. [I don't have enough money, I don't deserve it. I'm not good enough.]

We're **just** friends. [Our friendship isn't as important as other relationships.]

I **only** made sandwiches for dinner. [I'm a horrible friend, mother, wife, partner, sister. If I were more organized or had more time I would have made something better. I'm disorganized. I'm not good enough.]

I **only** scored 95% on my exam. [I am lazy, I could have done better, I'm not smart enough, I'm not good enough.]

My income is **only** \$25000 dollars. [I'm not smart enough to deserve more money, I'm not savvy enough, I'm not confident enough, I'm not good enough.]

I **only** charge this amount for my services. [My services aren't worth very much, I'm not talented enough, I'm not good enough.]

I **just** need a little bit of your time. [I don't deserve to take up much of your time, I'm not good enough.]

I'm **just** a stay at home mom. [I don't have a job outside the home like most do, I'm not strong enough, I'm not doing enough, I'm not good enough.]

I'm **just** a technician. [Being a technician isn't important, I'm not important, I'm not good enough to be important. I'm not good enough.]

Can you hear a pattern of self-doubt maybe even a little self-loathing?

When you hear those sentences, you get the feeling that the person saying them isn't happy with where they are, they aren't proud of their life, they are lacking confidence.

The case may be that they like where they are in life, but are afraid they are being judged by others and when they say these sentences it tells everyone "It's ok to judge me, I'm less important than you are, I deserve it, I'm not good enough."

Is that a feeling you would want your friends or children to convey? Is it a feeling you want to convey about yourself what about to yourself? No, of course it is not.

Here is what those sentences sound like with a positive twist. Listen to the difference in the level of confidence displayed:

I can go out and have some fun with you, let's go somewhere budget friendly, [I have some financial goals. It is ok to want things for myself.]

I will go back to school when I feel like I can give it the attention it deserves. [I am capable. I can be responsible.]

A party sounds great. What's the dress code? [I'm open, I am good enough. I can make it work.]

I deserve a vacation. [I can take a vacation without overspending and breaking my budget.]

Can you hear the openness and confidence in those statements?

Here are the ones without The words only and just...I love making this change because I think these are the most painful to our self-confidence.

We are friends.

I made sandwiches for dinner.

I scored 95% on my exam.

My income is \$25000 amount of dollars.

I charge this amount for my services.

I need a little bit of your time.

I'm a stay at home mom.

I'm a technician.

Removing only or just from these kinds of statements creates instant confidence and reinforces the belief that you are good enough, that what you said is enough. You deserve to send good messages to those around you and to yourself. All you need is a little bit of practice and you can create a great habit

There are other ways to say these things with the best outcome for your mind and body

Instead of using those 8 words, use statements that clearly and honestly define your true intent...

Statements that begin with I feel, I think, I am, and I can, I will,

Think of a response that you use regularly—whether it is an excuse or defense. What is the message? What is its intent? How can you make it positive?

Can you think of a statement/comment that you frequently hear from your spouse, friend, child, or associate that you know is negative? How can you make it positive? What will happen when you encourage positivity to them? Why not encourage them?

Using positive language increases your confidence. When your confidence is high, you can focus clearly on what is in front of you, the goals that you have set, and the steps that you have to take to achieve them. Positivity has an enormous value in your life.

By using positive language and removing those 8 words, I'm not suggesting that you overbook or over commit yourself, but instead think about your true desires and goals. Then choose language that assists you in achieving them, rather than holding you back or diminishing your value.

You can take a step toward positivity right now, by being mindful of the words that you use.

When you incorporate these small changes into your life, you will notice an immediate shift. Even by starting to pay attention and think about the words that you use, you will notice a shift. You will prioritize better, you will remember to take care of yourself and take time for yourself, and the outcome will be you—only confident in yourself.

Maybe there is someone at your work or home or a friend who seems to be much more negative than positive or maybe it's you. Encourage your friend and encourage yourself by making these tiny changes. You've learned that you can change your life by making these small changes. You can help others by encouraging their positivity as well.

Removing the negative words and using positive language does get easier. Remember, practice makes better!

Now take a really nice deep breath and listen to this final thought:

You have all of the power that you will ever need right inside of yourself. Change starts from one thought...all it takes is ONE thought. That one thought will lead to a feeling, which will lead to a decision, which will lead to an action, which will lead to a RESULT in your life. This is your POWER. Use it wisely.

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