

# Powerful Phrasing for Resilience!



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Powerful phrasing for resilience is about the Law of Attraction, focusing on spoken language. We have heard about LOA (Law of Attraction) & visualizing positive outcomes to manifest who and what we want. Most importantly, we need the action/practice component for ultimate productivity powerful positive language to become a happy habit! I've been revisiting this aspect of positive thinking and LOA, and am encouraging you to take this challenge and change your low energy phrases to high-energy phrases with your own words.

## Here are some examples:

- "That's not bad" becomes *"That's quite good."*
- "No problem" becomes *"You're very welcome, sure, I'll be happy to!"*
- "That's bad" becomes *"That's not good."*
- "Don't worry" becomes *"You'll be fine."*
- "Put some effort into it" becomes *"Let's put some energy into it."*
- "It's too hard" becomes *"It's not easy."*
- "I'm sick" becomes *"I don't feel well."*
- "I forgot" becomes *"I didn't remember."*
- "I've been working hard" becomes *"I've been working well."*
- "Don't cry" becomes *"That's OK.."*

This switch is most easily facilitated with a buddy- someone whom you're often with and agrees to do this for a while with a smile! Do you have some additional phrases to switch-up? Please share them with your buddy this week.

## Negative language conveys a poor image to those around us.

Sometimes it causes conflict and confrontation where none is necessary or desired. The first place to start using positive language is with written material. Once you have developed the knack of writing positively, it will be easier to change your spoken language to present a more positive tone.

## Your subconscious picks up on the negative word, no matter what context you use.

### Negative phrasing and language often have the following characteristics:

- tells the recipient what cannot be done.
- has a subtle tone of blame.
- includes words like can't, won't, unable to, that tell the recipient what the sending agency cannot do
- does not stress positive actions that would be appropriate, or positive consequences.

### Positive phrasing and language have the following qualities:

- tells the recipient what can be done
- suggests alternatives and choices available to the recipient
- sounds helpful and encouraging rather than bureaucratic
- stresses positive actions and positive consequences that can be anticipated.

### **Common Negative Language/Phrasing**

If you want to move to more positive communication, the first task is to identify and eliminate common negative phrasing. The following are quite common, and should be avoided whenever possible.

#### **1. Expressions that suggest carelessness:**

- a) You neglected to specify...
- b) You failed to include...
- c) You overlooked enclosing...

#### **2. Phrases that suggest the person is lying:**

- a) You claim that...
- b) You say that...
- c) You state that...

#### **3. Expressions that imply that the recipient is not too bright:**

- a) We cannot see how you...
- b) We fail to understand...
- c) We are at a loss to know...

#### **4. Demanding phrases that imply coercion/pressure:**

- a) You should...
- b) You ought to...
- c) You must...
- d) We must ask you to...
- e) We must insist...

#### **5. Phrases that might be interpreted as sarcastic or patronizing:**

- a) No doubt...
- b) We will thank you to...
- c) You understand, of course...
- d) Please respond soon...

### **Practice!!**

It works to have someone you are around with often so that you can give each other a "signal" when a negative phrase or word is used. All the best with this!! As with every new habit – it takes at least 21 days of "getting it right" before it's a "habit".

Need help and someone to be accountable to with this and related self-esteem and confidence issues? You may [contact me](#) for a complimentary consult.

You can get to your success destinations more smoothly and quicker with my Peak Performance Success and Career coaching assistance and also benefit from my certification to teach anger management which includes stress management and effective communication skills. You may contact me for a complimentary phone consult: [516 623 4353](tel:5166234353) - <http://www.balanceandpower.com/coaching.php>

