



# CHANGE YOUR WORDS - CHANGE YOUR LIFE

by *Diana Vehuni*

The words we use when we speak to ourselves and others are like spells we cast every time we say them. Here is a list of some common negative expressions we often use and how we can replace them with positive language.

## Instead of thinking or saying...

- 1 I hate it when...
- 2 I can't... (because I believe that I don't know how)
- 3 I can't... (I don't want to)
- 4 I'm terrible at...
- 5 I can't believe...
- 6 I can't afford it...
- 7 I can't take it anymore... or I'm sick and tired of...
- 8 I did it again!
- 9 I have to, I should...
- 10 I'm a failure.
  
- 11 The problem is...
- 12 It's going to be hard.
- 13 It's not fair.
- 14 I should/shouldn't have..., I wish I did/didn't...
- 15 I'll try...
- 16 Nobody cares...
  
- 17 It can't get any worse than this.
- 18 It's a waste of time.
- 19 I'm feeling sick.
- 20 It was/is a disaster.

## Think or say... Or ask a questions to go beyond the surface reaction

- 1 I feel disappointed, upset, concerned, and I choose to honor how I feel.
- 2 I'm learning how to...
- 3 This doesn't feel good/right. I choose to... instead.
- 4 I'm learning and getting better at...
- 5 I feel upset, frustrated, angry, etc., and I choose to honor how I feel.
- 6 Spending on this now will not be for my best.
- 7 I'm ready to change something.
- 8 What do I need to learn here so I don't need to repeat this pattern?
- 9 I choose to... because I believe it's important to me.
- 10 As long as I'm learning, I can't fail. What can I learn here that will make the biggest difference in my life?
- 11 What is the opportunity here?
- 12 It may be challenging and I'm ready for it.
- 13 I'm not a victim, I'm choosing to see this in an empowering way.
- 14 I learned a valuable lesson.
- 15 I know why I do it and I know I'll be successful.
- 16 I don't feel heard and validated. I honor how I feel and I'm willing to ask for support.
- 17 I'm willing to see this situation differently. I'll be ok, no matter what.
- 18 Why is this important to me?
- 19 My health needs attention and I lovingly support my body as it heals.
- 20 I'm really disappointed and worried about this situation. I honor how I feel and when I'm ready I will learn and grow from it.