

Short Course #28
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Watch(ing) Your
Language!!
...Is Observing Your
Internal and External
communication...

How we think not only shapes how we process information, but can limit or expand our growth... Words can also be concepts and not simply an intelligible mixture of consonants and vowels. We communicate *internally* and *externally* with words.

Consider:

1. *Remember* instead of
Don't Forget

2. *Custody*
resolution instead of
Custody Battle

3. *Health* instead of
Pathology

4. *Continue* instead of

Begin

***5. Healing instead of
Surviving***

***6. Empowering
instead of Enabling***

***7. Therapy instead of
Social Control***

***8. Choices/choosing
instead of***

Decisions/deciding

9. *Annoyed, frustrated, angry, etc instead of Hate*

10. *Responsibility/Responsible instead of Fault*

11. *US instead of THEM*

12. ...instead of...

Communication is tough whether interpersonal or intra-personal we need to have an expanded repertoire of thoughts to assist in the personal or professional endeavors.