

# WATCH YOUR WORDS. THESE 6 SIMPLE WORD SWITCHES WILL IMPROVE YOUR RELATIONSHIP

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*Why should I pay attention to my words?*

*Our words add or take away from an environment we're trying to create.*

**WE SAY "BUT", WE SHOULD SAY "AND"**

*Using the word "but" negates whatever came before it & it doesn't allow things to coexist.*

**WE SAY "WHY", WE SHOULD SAY "WHAT"**

*When we use the word "why" it's limiting & looks at a negative space instead of a positive space.*

**WE SAY "YOU NEVER", WE SHOULD SAY "I WOULD APPRECIATE..."**

*These words are absolutes & they're harsh & it doesn't build the relationship.*

**WE SAY "STOP CRYING", WE SHOULD SAY "HOW CAN I HELP?"**

*We're shutting down the fact that they're feeling something & that crying is wrong. We want a relationship with our kids & we want them to come back to us.*

**WE SAY "NO IT'S NOT", WE SHOULD SAY "I SEE IT DIFFERENTLY"**

*We immediately shut down & don't want to share ever again.*

**WE SAY "I TOLD YOU SO", WE SHOULD SAY "I AM SORRY, WHAT HAPPENED?"**

*Now our kids are never afraid to come to us with a mistake or mishap.*

# reflections:

Do I use my words without thinking?

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Are my words building or destroying my relationships?

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What do I want my relationships to look like or feel like?

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What is one phrase I will switch today?

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Notes: