

POWER OF ATTITUDE & LANGUAGE

Having an attitude of hope is the feeling that what we wish for or want is possible. It's the belief that we can make a better future. Everyday we choose our attitudes to embrace the day. We cannot change the past and we cannot change others. But we can change how we react to the world with our attitudes, thoughts, and behaviours. Life is 10% what happens to us and 90% how we react to it.

Negative thoughts and distortions can impact our feelings of hope and self-efficacy. What we tell ourselves and what we say to others has great impact on our ability to affect change in our lives. Language has the power to limit our potential, demean, pathologize, and stigmatize. It can also uplift, empower, and strengthen. Becoming aware of how our words support or reject different attitudes and perspectives, can help us change our thinking to support our highest ideals, values, and goals. How do your attitudes and language reflect perceptions of illness & wellness, poverty consciousness & abundance, failure & success, isolation & interconnection?

Let's look at some language that can hurt or help:

Language that limits, demeans, pathologizes and stigmatizes:	Language that uplifts us; that recognizes our limitless potential, shared humanity, and strengths:
I'm inadequate, I'm unimportant	I'm valued, I'm worthy of
I'm a loser, failure, stupid	I'm feeling disappointed, sad, alone and it's ok
I'm not good at computers, math, sports, etc.	I can get better at computers, etc.
I'm not creative, I can't draw	I can learn to enjoy expressing myself through art.
I don't do stairs, hike, swim, sky dive	I could do this if I start small and build up my abilities.
I have an addictive personality	I've struggled with making healthy changes just like everyone else
He/she is so moody; they are bipolar	He/she has ups and downs, just like everyone else or perhaps he/she is going through a hard time
Why do bad things always happen to me?	There's actually much more going right in my life than there is going wrong.
My doctor said I will never get well so I won't.	Nothing is impossible and I can control many aspects of my health.
I'm not outgoing.	My fear of embarrassing myself in social situations doesn't have to prevent me from talking to people.
Add more examples...	