

## SHOULD, CAN'T, NEED TRY, BUT, WHY

Words have power. Here a few very powerful words to avoid.

**SHOULD:** We “should” ourselves a lot. Others make “should” statements to us. Should is a judgment. When we “should” ourselves we set ourselves up for not feeling very good. I see a finger wagging in front of my nose. Let’s eliminate “shoulding” ourselves, others, or allowing others to “should” us. If someone “should’s” you, suggest they reframe their words - that you would prefer not being “should” on.

**CAN'T:** The word “can’t” is disempowering. It removes all our power. The thing we can’t say or do now is disempowering us. Instead, how about the words, “I choose?”

**NEED:** We think we “need” this or “need” that. Need is a sign of desperation and fear. How about instead stating we would like this or that or it might be nice to have this. Need is limiting. Without the item or thing we think we need we are not whole or complete. However, there are intrinsic inner needs. What are yours? Be clear on that.

**TRY:** This is a huge one. “I will try to do this or that.” What “try” does is allow us to fail. “Well, I tried!” Try means you are really NOT doing it. Instead, how about, “I can do that,” “I will work on that,” or statements that show positive action steps. Or as Yoda in Star Wars said, “Do or do not... there is no try.”

**BUT:** This is a great one. “OK, but....” What “but” does is discount. If there is one word to discontinue using it is “but.” Imagine, I love you, but .....!! Let’s replace “but” with “and.”

**WHY:** Why leaves us in a state of powerlessness – not having the answer to our question which we ask over and over. Why me? Why did this or that happen? Instead, replace it with “What”. What can I do about this? What can I do to change this or that? What can I do to prevent this from happening again. What is being in question and listening for the answer. <https://www.youtube.com/watch?v=nlOtMn15UJQ> (why to not say “why.”)