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Words are impactful

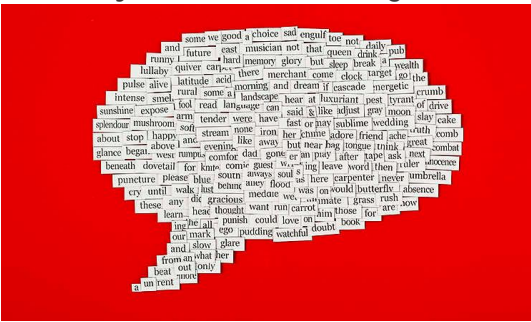
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Why you should be mindful of what you speak

As has been said in popular psychology and reconfirmed by eminent psychologists, each of us attaches meaning and significance to words that we employ when relating with others or those that others use when conversing with us.

The word 'demand' tends to raise ire in people when used on them.

Recently a friend, during our conversation, said that I seem to demand his time, particularly when he is busy.



I was hurt and walked away feeling unhappy.

When I reflected on what he had said, I realised that I had received his words; not as interrupting him when he is busy, or that I could wait and find out if he was able to listen to me, but as my being insensitive, perhaps even inconsiderate.

It is very important, I realise, that we be mindful of the words we use when in conversation with another, and attempt to always use words and language that neither sounds nor is offensive.

I have learnt that 'I must be mindful of the words I use, for if they are not soft, it is very likely that one day I will have to eat them and digesting them may not be easy.'

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