

W₄ H₄ A₁ T₁

D₂ I₁ D₂

Y₄ O₁ U₁

J₈ U₁ S₁ T₁

S₁ A₁ Y₄

T₁ O₁

M₃ E₁

**YOU DID HEAR WHAT JUST CAME
OUT OF YOUR MOUTH, RIGHT?**



Why do words matter?

How does the brain process words?

Communicating what we really mean

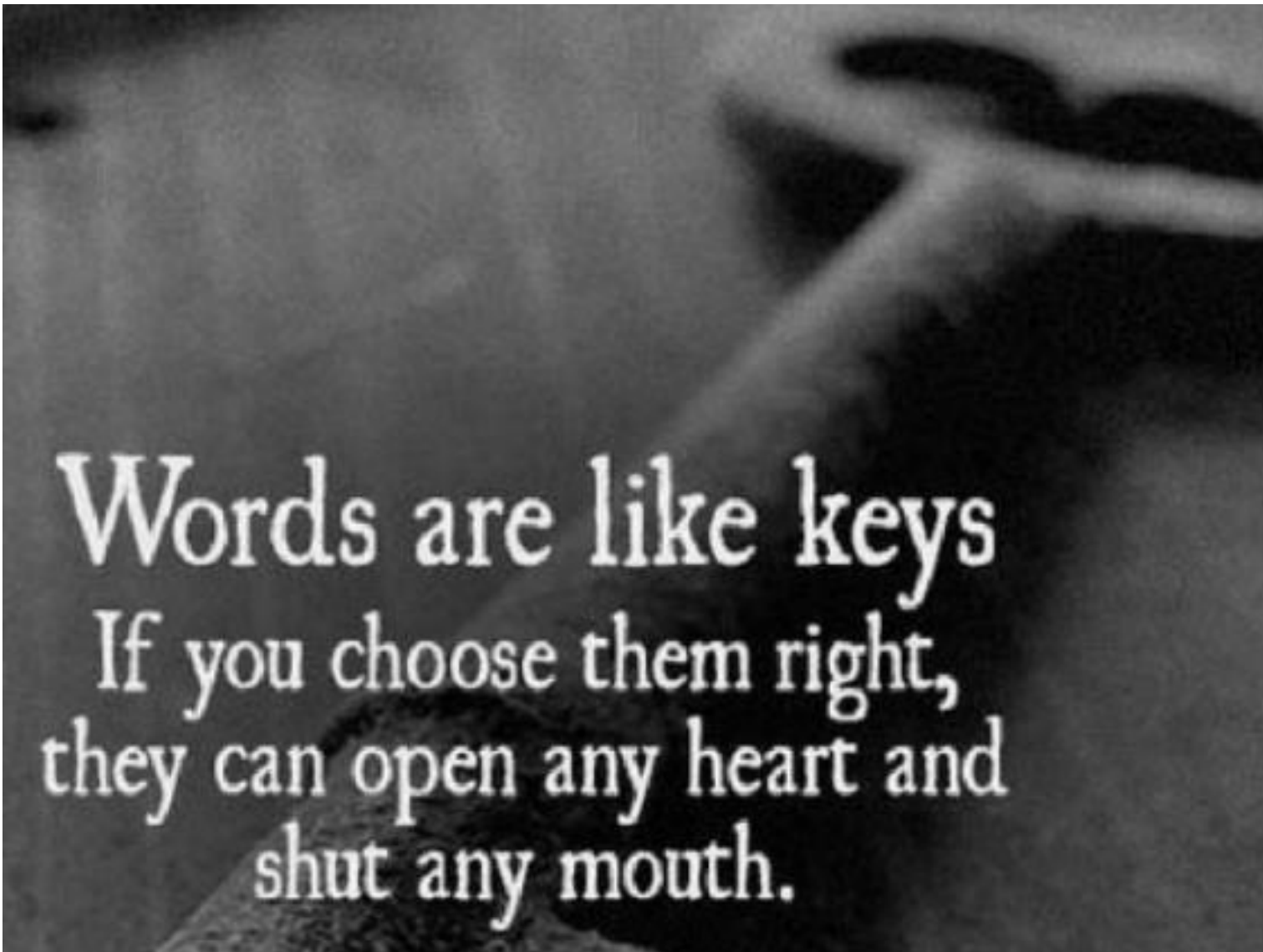
Communication now

Words Influence

Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill.


— *Gautama Buddha* —

Words Transform

A black and white photograph of a hand holding a pen, with a quote overlaid. The background is a close-up of the hand and pen, slightly out of focus. The text is in a white, serif font.

Words are like keys
If you choose them right,
they can open any heart and
shut any mouth.

Words Endure

A rectangular frame with a dark brown border contains a piece of aged, yellowish paper with some brown stains. The text is centered on the paper in a black, sans-serif font.

Be careful with
your words,
once they are said,
they can be only
forgiven,
not forgotten.

Words Can Lift Up



Words Can Tear Down

**You can say
something hurtful
in ten seconds, but
ten years later,
the wounds are
still there.**

Reflection



Think about things that have been said to you that have 'stuck', for better or worse.

S T I C K S

A N D

S T O N E S



Broken



Bruised



Crushed



Oh that pesky brain!



Oh that pesky brain!

A glowing blue brain with white neural connections and a white orbital ring.

37 languages studied

7 common emotion words:

joy

fear

sadness

anger

disgust

shame

guilt

Oh that pesky brain!

A glowing blue brain with neural connections and light trails, set against a dark blue background. The brain is rendered in a semi-transparent, wireframe-like style with bright blue and white highlights. Several glowing blue lines and arcs surround the brain, suggesting neural activity or thought processes.

When you are alone inside your own mind, you are behind enemy lines.

Reflection



Think about things you said to yourself the last time you were 'behind enemy lines'.

Would you say those things to anyone else?

S A Y I N G

I T

R I G H T



Observe the words and phrases you use
every day.

Do they really reflect who you are?



Use self-talk in constructive ways.

Be sure to
taste your
words
before you
spit them
out.



I don't mean to offend you, but...

Behold the **U**nderlying **T**ruth



Why?

When?

With Whom?

Be sure to
taste your
words
before you
spit them
out.

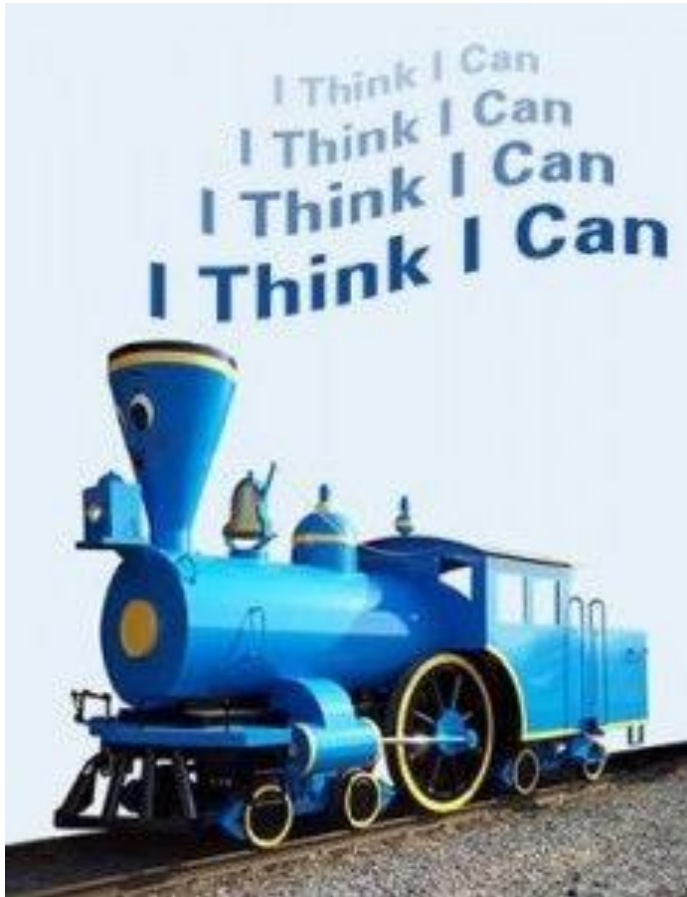
Think about:

- why you are going to say it
- what you are going to say and how
- what the probable and possible outcomes will be
- whether it's worth it



Is your body language sending the message you want it to?

The Brain and Repetition



Be kind
whenever
possible.

*It is always
possible.*

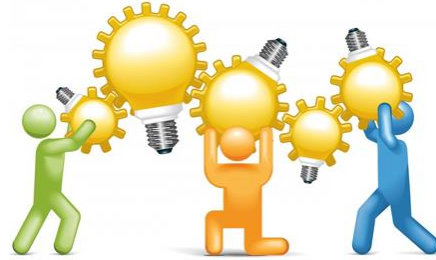
— Dalai Lama

2020

“You are more
powerful than
you know; you
are beautiful just
as you are.”

- Melissa Etheridge

Activity



Replace the following phrases with more positive ones:

It's rude not to offer a guest a drink

You can't eat dessert until you finish your dinner

Don't ride in the front of a taxi

I'm so frustrated that we can't be singing together



Find methods to keep yourself from speaking out in anger. Deep breathing or counting to ten can help.



Say I'm sorry like you mean it.

Use the backspace and delete keys generously
and the send key carefully.

Reflection



Think of an experience of when an apology was (or was not) meaningful

The Power of Gratitude

JUST SAY THANK YOU.

Luigi Antonini

C O M M U N I C A T I O N

N O W

Discussion



What do you think are some of the benefits and pitfalls of social media communication?

S O C I A L

M E D I A

E T T I Q U E T T E

Social media is likely a poor choice if:

- you are communicating something that requires body language, tone of voice or inflection to get your message across, social media is likely a poor choice.
- you are looking for back and forth communication.
- you are unclear about something and need to ask a lot of questions
- you are writing in a state of anger or frustration; better to write it down and reread later to see if you really want to post



‘Vaguebooking’ comes up at the top of almost every pet peeve poll! These vague posts are meant to raise attention and concern, but they mostly miss the mark.

Chronic complaining. As tiresome on the net as off it!

Meaningless calls to action – ‘post your favorite musical instrument if care about the environment.’

Oversharing. Need I say more?



Polarizing religious or political statements. There is a possibility for respectful dialog about important issues, but interactive dialog is not a strength of social media. Nor is anonymity.

Tagging people in photos without asking permission, **ESPECIALLY** children.

Discussion



What are some of your pet peeves about social media?

Q U E S T I O N S