

7 SHOULD phrase and 7 phrases SHOULD NOT say

Let's join us in listing 7 SOLD words and 7 phrases NOT SHOULD say in the article below!

1. Microsoft announced 10 pairs of the most easily mistaken English words
2. 12 phrases absolutely should not be said at the company
3. The reason should immediately remove "But" and "I must" from your life

Do you realize that the words you use in everyday communication are likely to affect your mood and life?

Are you aware of the language you are using? Not only in words but also in thoughts?

Language is a surprisingly powerful tool for regulating our moods and even those around us . It can really make a difference between a happy day and a stressful day. Let's take a look at some examples that explain this below!



Like any other problem, the first step is KNOWLEDGE, most people have to be aware of their own language. Most of us rarely notice what we are saying to others. So start from paying more attention to the voices that echo in your head or emanating from your mouth. Do you really understand exactly what you're saying, or is it just a way of expressing that word?

I, the author of the article, took the time to learn about the field of linguistics (*linguistic quantum*) and found that there are some terms we often use without knowing how bad they are. Do you know that when thinking negatively, will they accumulate over time and concretize into negative and subsequent actions that turn into situations or problems in life? If you can resolve these sad thoughts from the beginning, you may be able to protect yourself from a lot of pain in the future.



Here are **7 phrases you SHOULD NOT say, along with 7 SHOULD phrases start using now** . Invite you to consult!

7 phrases SHOULD NOT say

1. 'I can't .'

" *Impossible* " is a phrase that creates a wall between you and your goal, making you almost fail to begin. There was a person who once told me that **nothing was "impossible"** . Ideally, consider things carefully and give yourself the opportunity to touch your success by staying away from these words.

2. 'I'll try .'

Have you ever " *tried* " to stand up? Try to stand up now. Have you stood up yet? Not yet, because you can't " *try* " anything. By saying " *I will try* " means we are not ready to make a commitment. Like the character Yoda in the movie Star Wars once said: "Can *only do or not do, not try* ".



3. 'I wish I wasn't .'

This is a typical type of complaint. Nobody is interested in hearing others groan. Moreover, doing so doesn't solve the problem either. If you don't like something, do something to change your situation. If not, you should also face it with a big smile.

4. 'I should have .'

The word "*deserving*" itself is negative. It represents a loss and will not lead to anything positive in life. This is a form of criticism and it is better to remove this phrase from your usual words. Instead of tormenting yourself with the "*should-do*" things, focus on the issues that you can change.

5. 'I need .'

How many times have you complained yourself that you "*need*" something? On the contrary, do you really need it often to such an extent? The word "*need*" describes dependence in an unhealthy way.

The next time you find yourself saying that, think carefully about whether you really need it? If the answer is no, leave it alone, try to minimize the negative effects on yourself.



6. Saying hello in sentences like "not bad" or "this is good"

These greetings are often found in daily life. Many people abuse them without even thinking about what they are saying. Such a response is a **negative attitude**. Instead, why don't you say something more positive or at least be honest? (*There is nothing bad by saying "good" when you don't think so*).

7. 'Never'

The phrase "*never*" will immediately create a limit in your life and when it comes to it, rarely does the thing you mention actually happen. This prevents you from finding solutions and creating unnecessary limits. Determine now that you will not say the word "*never*" again.

See also: 11 differences between sincere friends and fake friends you should know

7 phrases SHOULD say

1. "Yes" or "yes"

Successful businessman **Richard Branson** once said that deciding to say "*yes*" or "*yes*" more often is one of his secrets of success.

So next time you find yourself prepared to say "*no*", try turning into "*yes*". Let your mind be expanded in the world of possibilities you have never known and see how exciting your life is.



2. 'I am very lucky / grateful .'

Many people have shown that gratitude can ease feelings of depression and sadness. Before going to bed, think about 3 things of the day that make you feel grateful to your life or feel yourself lucky. This action helps you fall deep into sleep with negative thoughts and not restless because of anxiety or fear.

3. 'I will'

The best way to replace the phrase "*I will try*" is to say "*I will do it*". Think about how much energy has been generated when you say that, compared to when you say the phrase "*I'll try*". Just saying that has shown that you are truly committed to something and your goal suddenly becomes much more feasible right? Don't worry too much about whether you really achieved that goal, simply this helps you prepare for success, not failure.

4. 'If .?'

You can also use this phrase to replace the phrase "*never*" or "*impossible*". Doing so you do not limit yourself, but also pave the way for possible possibilities. This motivates you to find a way to solve the problem.

Next time you fall into a deadlock situation, ask yourself "*If .?*" And you will see how a natural solution is turned out.



5. Positive greetings with sentences like "I'm fine"

Instead of saying " *not bad* " or " *this is good* " when someone asks about you, simply say " *I'm fine, thank you* ". If you feel unwell or unhappy, be honest but say in a positive way " *I'm not very good today but tomorrow will be fine* ".

6. Use positive instructions like "Remember ."

If someone tells you " *Don't think about the pink elephant* ", do you think of it right away? So we are actually thinking about what we want to avoid thinking the most. Therefore, using instructions like " *Don't forget to pay today's bill* " is actually extremely dangerous, because all that our brain records is " *Forget paying bills.* ". Conversely, if the above instruction is said in a more positive way, the result will be much better. If you want to remember something, simply tell yourself about it, don't tell yourself what you don't want to remember.

7. "This is good"

Next time you encounter a difficult situation, try looking back at the problem in order to compare it to worse situations. You will find this is a great way to make the problem you encounter become simpler. When we put things into a certain situation, we can see them in a comprehensive way and will see that things are not as bad as we thought.

See more: When you get rich, can you shop for me 14 items of this "heavenly" price?

Having fun!

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