

2 Words You Must Avoid

by Jason Gracia

There are words that help conversations with others, and then there are the words that cause trouble. The smart thing is to avoid the bad words, and to use the good ones.

NEVER SAY NEVER

The first word that you should avoid when dealing with others is 'never'. This word is all right when used in certain contexts, but it can cause defensiveness, resentment, and anger when used in others.

'You never treat me well. You never help around the house. You never try hard. You are never in a good mood.'

As soon as you put never in front of statements like these, the other person locks up. They don't want to listen to anything else you have to say because you have already upset them. When you say 'you never', you are making a very sweeping and deep statement. You are generalizing about someone's entire life. This is most likely not your intention, but things aren't that clear to those receiving the message.

YOU ALWAYS...

The next word is 'always'. Again, it is harmless in some instances, and damaging in others. It carries the same consequences as 'never' did above.

'You are always crabby. You always do that. You always give up. You are always lazy.'

When you are trying to get a point across to someone, using these words will make that impossible. As soon as you make one of these sweeping statements, the other person folds up their arms and their minds.

Remember that 'always' and 'never' can cause harm when used the wrong way. 'You never let me down. You always make me happy.' Give these types a try, and you'll find the right way to use these powerful words.