



## 406

### Sticks and stones...

...may break my bones but words will never hurt me. Sadly, not true. Words can be very hurtful, and equally so can lack of words because inarticulacy creates stress and sometime violence. In the video I suggest some practices to keep your vocabulary increasing:

- do crosswords;
- get a dictionary app that produces words on a screen saver or on your phone;
- most of all, read good books.

Then we have the dangerous words. Should, just, but and the maximisers are unhelpful but the ones that really create pain in your life are the buttons, triggers, barbs and bombs. Make a table like the one below (except probably with a lot more rows!) and complete it for yourself, and for your loved ones. It may be a life saver in conflict.

button	trigger	barb	bomb