

The Language Barrier

By Davidra Bazemore

Our language skills are very important. It may not matter as much when you are in social circles, among friends that have grown to accept you; but it is critical when you're in a professional environment. Having a solid grasp of the language tells people a lot about you. Listeners can immediately get a sense your level of education, background, family and social life. Your language skills are a *passage* in life for you.

Proper use of the language can have as much a personal impact on you too. Using positive terms to describe your goals and ambitions have an affect on your sub-conscious mind. For example, when someone asks you what you want to be when you grow up, how do you respond? Do you say, "I want to be a doctor?" Well everyone would like to be a doctor and have a lot of money and respect. Maybe a better response is, "I am going to be a doctor." The positive term displays confidence and determination.

Little adjustments in the use of language terms can mean the difference between doing it, and just wanting to do it. This is not something that is easy to do only when you are in the right situations. This takes practice, almost like learning a new language.

Think about something that you would like to achieve, and say it to yourself in two different ways. First say, "I'll try to ..." and notice how you feel. Next say "I will do ..." and see how you feel. Which one made you feel better? It gives you a sense of determination; a feeling that it will be done.

Another word that has a big impact is "can't." It makes us feel weak and helpless, and damages our self-esteem. Instead of saying you can't, why not say something like "I choose ..." or "I choose not to ..." Using words like this allows you to take back your power and to be in control of your life.

Words may appear small and insignificant, yet they can have a deep and lasting effect on us. Practicing your language skills can help give you the power to live whatever life you desire.

Here's an idea. Make a list of words you commonly use and then write next to them some alternative words you can use. Begin using these alternative words. You will make a better impression and feel exceptional about yourself.