



Pause With Purpose

...to refresh

...to grow

Published monthly by
Free to Be
Life Coaching
and
John Rottschaefer PhD
Certified Life Coach
Volume 68 - Oct 2011

They're Only Words

"Sticks and stones may break my bones, but words will never hurt me." Oh, really?!!

Many of us were taught this verse when we were children. It was our parents' attempt to protect us from unkind words spoken by siblings and peers. Yet, most of us can recall being hurt by such words, both as children and as adults.

Rather than being harmless or irrelevant, words indeed carry power, whether in written or spoken form. Sadly, we often treat words casually. We speak them without thought, listen to them without hearing, and discount them once we have expressed them. Other times, we use them with intent and precision to wound others and claim superiority.

Since words are an important part of each of our lives, let's note a few basic truths about them.

1. When we talk, we tell others about ourselves. It doesn't matter who or what we are talking about. Through our speech, we reveal our own thoughts, our opinions, our values, our attitudes, our biases, our interests, our needs - all the personal things that lead us to say what we say, when we say it, about any given topic.

2. Words are tools designed for building relationships. They can draw us together and form connections between us. Through words, we share ourselves, explore each other, build understanding, and develop intimacy.

Like any good tool, words can be used for their intended purpose, or they can be used for an opposite purpose. When we stop talking to each other or use words only to fight, intimacy diminishes and our relationship suffers. If this continues over an extended period of time, the relationship can even die.

3. Words can either build up (when they are spoken in love), or they can destroy (when spoken to wound or win.) Consider the following examples. By our words, we can:

<u>either</u>	<u>or</u>
- share love and intimacy	build walls to separate
- invite others to draw near	push others away
- support and encourage	create doubt and discourage

<u>either</u>	<u>or</u>
- build self-confidence	create fear
- empower	manipulate and dominate
- question	accuse
- confront in love	attack in anger
- strengthen and heal	wound and weaken
- establish truth	deceive, mislead
- apologize	blame and hide
- comfort	criticize
- build up and bless	name-call and curse
- speak well of and honor	slander and gossip about

The choice is ours. We have been blessed with an incredibly powerful tool, and we would do well to respect it as such. So, let's pay attention to how we use our words. Let's use them with wisdom and self control for their intended purpose. Our efforts will certainly be rewarded.



Pause with Purpose

Volume 68 - Oct 2011

CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to be your best, personally and relationally, at home and at work.

Mailing Address -
John Rottschafer, PhD CLC
Free to Be Life Coaching
12317 Verlin Dr
Gowen, MI 49326

phone - (616) 450-4615
e-mail -

john@freetobelife coaching.com
www.freetobelife coaching.com



If you do not wish to receive this letter, please share this request at the contacts above and your name will be removed from the mailing list.

Copyright 2011 by John Rottschafer Ph.D.
and Free to Be Life Coaching.
Reprint permitted with source information included.

Spirituality and Words

It's interesting how often words are minimized by those who explore the spiritual realm. In place of words, they emphasize feelings, intuitions, "out-of-body" experiences, and ghostly appearances.

Within the Christian belief system, however, words are very important.
- We emphasize the teaching of spiritual truths through both spoken and written words, passing on the power of the Gospel message to adults and children alike.

- We recognize the writings in the Bible as being inspired by our God, and thus refer to it as the "Word of God".

- We believe that God created all things, speaking them into existence by the power of His word.

- Jesus Christ himself is referred to in Scripture (John 1:1) as "the Word", understood by early Greeks and Jews as the personal presence of God.

It is important to remember that words are tools designed to build relationships. This includes the most important relationship - the one between us and our God. Thankfully, "The Word" makes this relationship possible by cleaning up the mess of our failures and sharing His reward with us.

How wonderful it is that we have words to express our praise and thanks for this incredible gift!



"Good words are worth much, and cost little."
- George Herbert

"By swallowing evil words unsaid, no one has ever harmed his stomach."
- Winston Churchill