

**Leigh Anne Saxe**

## **Feeling Better Through Words**

Have you ever listened, really listened to what you are saying? Do you ever think back to conversations you have had? How do you feel? Our words are powerful indicators of how we are feeling moment to moment. Since what we are saying are the thoughts we are thinking, are your thoughts serving or hindering you?

As soon as we become aware that how we are thinking directly affects how we are feeling, we have the creative control to change. We can gently listen to ourselves with a kind ear and tune in to how our words make us feel. Is it time to change our conversations? Can we choose better-feeling words and make a difference in how we feel? Yes. Absolutely.

First, by simply listening to ourselves, our words and the tone we use, we can determine how we are feeling. Then we can remove often disempowering words such as “should”, “not”, “never”, and “no” to start with. How do you feel after a day or two? We can consciously shift and choose to focus on words such as “yes”, “like” and “appreciate”. As we change our words we are changing our thoughts and it matters. Everything we think and talk about is an affirmation. This means we are making “firm” what we are speaking about. Wouldn't it be great to affirm the good feeling stuff? Instead of affirming how tired we are in the morning, affirm how nice it is to see the sun. A small change in focus can significantly change the course of our day.

Louise Hay has written a wonderful book on affirmations called, “I Can Do It – How to Use Affirmations To Change Your Life.” With an enclosed CD you can listen to this as you are in the car or to begin and end your day. So as you go about your day today, stop and listen. You will hear how other people's conversations and words are affecting them. You will also hear what you are focused on. Switch it from a negative to positive focus through your words and feel the difference! Be kind to yourself as you hear yourself speak. Many of us have been trained into our thoughts and they have been with us a long time. Know that you are in the process of change and enjoy the small steps you can take to feel better. Practice practice practice. Soon you will be speaking a new positive language!