

The Emotional Impact of Words on a Person

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Abstract

Human behavior is based on emotions, they activate and organize the perception, thinking and aspirations of a person. Emotions are a powerful lever that helps to open the veil over the incomprehensible, broaden one's horizons, acquire new skills, abilities, and knowledge. Emotions form the core of a person's motivational structure. They influence our thoughts and actions in everyday life. Words are in continuous connection with our intellectual and emotional life. The subject-logical meaning of each word is surrounded by a special expressive atmosphere, which fluctuates depending on the context.

Keywords: emotions, emotional side of the word, emotional coloring, emotive words, expressiveness.

Introduction

Regardless of our emotional state, patience and endurance, we always react to words in one way or another - whether we argue, praise, talk about love. Therefore, the expression "You can rise or kill with a word" is absolutely true, because each word has a certain energy that strengthens us or, on the contrary, destroys us, affects our mood, well-being and appearance.

The main part

What should you say or stay silent about in order not to destroy the beautiful and happy person in you and not be an "emotional killer" for others?

In a bad mood, we do not like ourselves and others - furrowed eyebrows, sharper wrinkles, lowered corners of the mouth, blurred eyes. The mood is often worsened by phrases or words thrown by someone at random.

The conclusion is simple: in order to always look great, you need to remove from the lexicon words that carry negative energy, because sooner or later the emotional charge that you "rewarded" someone (including yourself) will return. To begin with, we remove the words as "must", "blame", "bad", "difficult", "never" from the dictionary. These words have a negative charge and have a depressing effect on the subconscious.

The phrase "*I (you) will never succeed*" leads to failures. So you program yourself or others to do it. A constant "*Wow!*" how much do you get? As you said - nothing!

Saying "*I (you) are fat*" and the like means that you or whoever the statement is aimed at will eventually gain extra pounds. The same goes for "*I'm losing weight*," "*Wrinkles make me look old*," etc. Installations are accepted, the subconscious mind begins to work against you.

Replace these messages with "*I'm losing healthy weight*", "*My beauty is increasing*", and this thought pattern will start to have a positive effect on you. Avoid the word "*no*" and the particle "*no*". They will begin a program to destroy and limit your opportunities.

The words "love", "hope", "faith", "kindness" have a strong influence on people. They give us a little sense of euphoria, subconsciously express their attitude: *I am the best, they love me, and I love the whole world*. It has a beneficial effect on health and appearance. Therefore, say such words more often to your relatives, loved ones, friends, and your reflection in the mirror.

The words "beautiful", "gentle", "joyful", "bright", "strong" have special power. The answer to the rhythm, sound and emotional structure of the word "Hello" always turns out to be positive - "be healthy".

By saying the words "I love" and "thank you", you have a positive effect on the cellular structure of the body - yours or the person you are in contact with.

Say "thank you" often. If they say "thank you" to us, it means that we are wonderful, and it changes the way we feel about the person who hears it.

The words "success" and "victory" have a strong positive charge. As soon as we hear them, our body starts producing happiness hormones.

I love myself. Beauty is not an objective category. Rather, it is self-love, accepting ourselves as we are. Unfortunately, not everyone can convince themselves of their beauty, only looking in the mirror suggests this idea. But it is possible:

1. Stop criticizing yourself. As you know, words are material. If you repeat: "I'm ugly, no one will love me", you will get a corresponding result in your face. Therefore, do not under any circumstances speak badly about yourself.

2. Compliment your appearance. *My face is fine today*. Even if you have a low opinion of yourself, your advantages may be in an unusual turn of the head, an atypical shape of the ears or the shape of the eyes. Look for attractive aspects in your appearance. Tell yourself that you are interesting in your uniqueness.

3. Don't compare yourself to others. The fact that another person has something you don't have can be a source of both admiration and envy. If you are surprised, be more beautiful: remember your face after an event that surprised you.

4. A very useful thing is affirmation. It is considered a verbal formula that helps us believe in ourselves and get rid of problems. For example, "I am beautiful. I am thin. I can do anything." Affirmations should be short and sweet.

In 1927, American anthropologists made a remarkable research. In one of the colleges, students of the graduating class were divided into two groups. One of the groups was told that they were gathered as a result of special research. The teenagers believed it: they passed a genius test and were told that the best teachers in America would work with them. As a result, at the end of the year, the group achieved unprecedented results. Students were able to master the school program and 10 university subjects in half a year. It's hard to believe, but the genius test and the genius teachers were false. The most ordinary teachers worked with the children. And there was no special program. A few positive words at the beginning of the experiment turned ordinary children into prodigies [1].

Is it possible to rule an entire society with just one word? Why do skilled orators eventually become political leaders? When an orator involves many people in the process, the word becomes a real weapon. After all, Napoleon Bonaparte said, "A person who does not know how to speak does not win in business." Napoleon's secret was simple: he kept silent for half a minute during the speech, focusing on his subordinates. Those who witnessed his speeches said that when he spoke, he seemed to rise before the eyes of the people. His first words hit the mark. There is no doubt that he will be able to organize his speech during that silence. But those very words reached the hearts of the soldiers and created a great impression [2].

Conclusion

In conclusion, we can say that words have tremendous power and can affect our emotional state, behavior and health. Therefore, it is important to be attentive to what we say to other people. Our interactions with others can have both a positive and a negative impact on their lives.

Learn to communicate effectively with people, especially in difficult situations.

For example, when you need to report something unpleasant or when you need to convince someone of something important.

In order to become the best at communicating with people, it is useful to develop your communication skills and practice them in practice. This may include improving your listening skills, asking the right questions, and giving constructive feedback. In general, good communication is one of the key factors for success in personal and professional life. Therefore, it is worth paying due attention to this issue and constantly work on your skills.

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