

CHOOSING POWERFUL LANGUAGE

Passive Language	Proactive Language
I should...	I want to...
I need to...	I choose to...
I'm wrong.	I'm clearer now.
I have to...	I desire to...
I can't...	I don't want to...
I always...	I sometimes / often...
I never...	I seldom...
I'll try...	I will...
I'm not...	I am...
Well, maybe...	Certainly...
I doubt it...	I expect the best...
I'm afraid of...	I'm confident...
I don't believe...	I'm a believer...
I don't know...	That doesn't work for me.
I guess...	I'm sure that...
But...	And...

Victim Language	Powerful Language
There's no hope.	I have faith.
You always	When I...
I'm screwed.	I'm powerful.
You make me...	I feel/felt angry/sad/afraid when...
Others make me...	I'm responsible
I can't...	I choose not to...
It's not my fault...	I am totally responsible...
It's a problem...	It's an opportunity...
I'm never satisfied.	I'm complete.
It's impossible...	Anything is possible...
Life's a struggle.	Life's an adventure.
I hope...	I know...
If only...	Next Time...
What will I do?	I can handle it.
It's terrible.	I embrace the challenge.