WORDS - MAKER OR BREAKER

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We, humans, are the highest form of living things because we have the ability to talk and understand. We use words to communicate, to express our feelings and share our ideas. We write emails, send sms, and talk over the phone - and words are used. Words play a vital role in communication. No information will be properly disseminated if words are not used. But how do we use them? Do we use them with cautious? Do we use the right words? Do we have a good choice of word? Do we take responsibility in every word that comes out from our mouth?

Words can either make or break us. Words make us when we use them to express how grateful, happy and appreciative we are. When we use them to encourage and help people. When they lift up one's spirit. When they give information. When they educate us. When we learn from them. When they motivate us to do more and better. When they boost our confidence and self-esteem.

Words can break us and even kill us. They can be very harmful. Words break us when they ruin our well-being. When they lose our faith in ourselves. When the stress and depress us. When they eat our energy when they crash us. When they affect us the way we look at ourselves. When we can't see good things about ourselves anymore.

Our choice of words is affected by our emotions. But regardless of what mood we have, we should be careful with our words. They can be taken so seriously that may cause a good or bad effect. Words can mean so harsh or so great. We will never know how far our words can affect others' lives unless something happened seriously. We are humans, and as humans, we are capable also to have different emotions depending on the
situations. Let's watch our words whenever we are happy, sad and especially when we are angry because that's the most crucial time that our words become so harmful.

When we talk, as much as possible let us use words with the aim to make not to break!

References:

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