

NADINE PIAT'S

WORD POISON

WORDS AND PHRASES THAT KILLS RELATIONSHIP!

EXPOSED!!



WORD POISON

WORDS & PHRASES THAT KILLS RELATIONSHIP

NADINE PIAT



Nadine Piat and *Healthy You Healthy Love*, owns the content and copyright to Word Poison eBook, videos and content. NO PART of this eBook and supporting products may be reproduced or transmitted in any form, by any means, electronic or mechanical, including photocopying or recording or by any information storage or retrieval system, without permission in writing from the author, except where brief passages are quoted for the purposes of review.

Nadine is a certified Professional Personal Coach and Behavioral Change Coach and she shares her knowledge, learning's, tips and advice as guidance and as entertainment only. We encourage you to make informed decisions in your life and to seek professional support as necessary.

1st Edition Published 2013 by Nadine Piat, Australia

Website: <http://healthyyouhealthylove.com>

Contact: support@healthyyouhealthylove.com

Program: <http://neverlosehim.com>

Address: PO Box 3704
South Brisbane QLD 4101
Brisbane, Australia

COMMUNICATION BLOCKERS

There are certain things women do that have a detrimental affect on the flow of communication with men. When women share their relationship frustrations, the most common gripe is they wish men would communicate better with them. If communication is one of the most important aspects to love, if not the most important, then some of these tips are sure to assist you greatly in your desire for heart connection.

Some of the following points are also universal, meaning they apply to both genders. You may be partaking in one, two or all of these things, and you may not even realise that you're doing it.

WORDS YOU SHOULD AVOID USING:

1. **NEVER and ALWAYS.**

These are two words that instantly sets up a negative tone. It can put your mate on a defensive and these words can hinder the communication process. These two words sound unfair and are generalizations. The truth is most people don't 'always' or 'never' do something. They may do something you don't like often, this does not mean it's always. Instead of saying...

☞ *"You **always** leave your garden tools in the yard..." you can say "Hey babe, it would really be great if you could put away the garden tools, I tripped on one the other day". Most men would only be too happy to make you happy. It's just a matter on how you say it.*

☞ Or you might say "you never help me with the dishes", when he actually does from time to time, he's not helping you enough. Instead try, "sweetie, I know we're both tired at the end of the day, and it would feel really good for you to help me with the dishes more regularly, how about it?"

☞ If you say one of these words, then just correct yourself after the fact. He'll love that you did that. You can say, actually, honey, that's not true what I said... you don't always do that, though it would be great to get some more assistance or I really would appreciate it you would do x,y.z".

2. Devaluing phrases.

Like - “What were you thinking?!” “I should have known you’d pull something like that!” “Is that it??” “Ugh, that’s just pathetic!”, “hmmm, that was predictable”.

Ouch! This is not the kind of language or communication you say to someone much less your mate. When your partner comes home and shares an unpleasant incident at work, he’s looking for your compassion and support, and not some sarcastic comments that would leave him feeling inadequate.

3. Dissing His Opinions.

Ladies, respect his judgment. Do not get into the habit of disregarding his opinions and decisions. Respect his space, his thoughts, his abilities. Give him a chance to fix his mistakes instead of breathing down his neck.

Make your partner feel that you are his haven from the stressful world outside. You don’t want to add to the stress by being harsh and critical.

Also, If you ask him for his opinion and you don’t like what you’re hearing, you don’t have to agree, you can discuss your perspective respectfully and also thank him for his thoughts.

4. BUT...

You and your partner are finally talking, trying to resolve your differences. Everything is going well and you say good positive things, but....

See how you paused and anticipated and sensed that the next words aren’t so positive anymore? It is the same thing when your partner hears the ‘but’ word from you. It counteracted the words you tried to communicate earlier. “But” negates all the good that you previously stated. Instead of using the word BUT, try AND..

💡 I am so grateful for our relationship and I think that we’re really good at working stuff out, and it would feel good to work out a better way to organize the kids school pick ups.

☞ Honey, you are such a hard worker and a great provider, **and** I love that we have money to do fun stuff together, and maybe we should lay low for a little bit and save some money for new fridge?

☞ I really love the new hair cut, **and** maybe you could go darker next time.

☞ Yes, in part I do agree with what you're saying, **and** at the same time I was thinking that there may be another way of looking at it.

5. I hate it when... or I hate you when

"Hate" is maybe just a 4-letter word but the meaning and the power it implies is devastating. Just by using the word hate whether you really mean it or not destroys a portion of not only his heart but yours too. You can alternatively use: "I do not like what has happened...", "I am quite upset with the incident..."

Remember to draw the attention **to the deed**, not the person. Also, what's worth noting is that contempt is really unhealthy for a loving relationship. Be angry, be sad be confused... although hate, and contempt is a tough place to love from. You cannot love and be heart connected when you're in this place.

6. You're stupid/dumb

Sometimes phrases like these just slip. Criticising your partner's intellect is never a good idea. It is de-motivating and hearing it coming from you would be very disheartening. Bite your tongue. Consider that he has a way of doing things differently than you do. It's the same for calling yourself stupid or silly, these words should not be said to another or yourself.

There's an adage - If you have nothing nice to say, don't say anything at all.

7. You're lazy...

Again, one of those devaluing phrases that does nothing except make our man feel demoralized and would in fact go in the opposite direction where you want him to.

In relationships, a negative trait plus a negative trait never results to a positive. When you label someone as being something, such as lazy, sometimes this actually creates more lazy like behavior.

8. It's not my problem!

Then whose is it?

In a lot of ways, relationship is a form of partnership. Withdrawing your support by shrinking away when things get tough for him does not speak much of you co-owning the partnership.

9. It's your fault

The blame-game and finger pointing does not work. Even if it is to a degree his fault, it is always hurtful. Evaluate matters carefully as the events that led to the deed might not be what you think.

Ask, investigate before you come up with a verdict. Dialogue would be much more productive and it would highlight your mature way of doing things. Talk about what happened, how it happened, how your feeling. A person is more likely to admit to their “mistakes” when spoken to respectfully.

10. Shut up

Saying Shut up is mostly belittling. It is also an attack on how you value (or the lack of it) his opinion. Guys do not take it that well and nor do you. You will end up emasculating him especially if you say it in public with his friends or family within hearing distance.

I remember a past boyfriend would say to me in an endearing way “**be shushee**” - instead of saying, “Nadine can you please shut up (or be quiet)”. He’d say “honey, be shushee”. He’d would typically use this when we was trying to listen to something, like the news or something on tv. It was funny and it made me laugh as he’d say it with a smile on his face.

11. Hey, dickhead...! And other name calling

Your man IS a man, you should treat him like one. I know saying something like, “Steve, your such a dickhead”, may not be intended to be a put down, particularly when saying it in a playful way, such as when your partner may be goofing around. It depends on how it’s said, why it’s said and how often. The general rule is to best avoid these type of words.

It's like a man calling you a bitch or slut in a fun and playful way (or not playful). I'm not a person who warms to being called a bitch, even by my girlfriends, albeit it's supposed to be endearing. Call me uptight, call me proper, and call me a woman who has clear values and supporting boundaries around this kind of language. I've heard girls answer the phone by saying, "hey slut, what's up". I do not and will never find the word slut endearing.

The point is, name calling is rarely nice, even when it's supposed to be funny. If you want to be spoken to with kindness and in a clean and "respectful" fashion by your man, then you've also got to clean up your language. Agree to not call each other names and fight 'clean'.

12. You are fat.

Now if the roles were reversed you would probably mope or start a cold war that would last for months if someone called you fat, wouldn't you? You would even deny him affection, and yes, even sex just because he mentioned that you looked a little plumper, or your bottom didn't look too good in a new pair of pants.

Same thing with men, ladies. They have their insecurities and confidence issues. Besides, is there a real good reason why you would say he's fat...?

13. Get out...piss off!

There is always a danger of this one being used for good. Meaning if you say it too many times, he/she just might grab their stuff and never come back. In the heat of the moment everyone has the ability to say things they wish they didn't. Heart felt communication goes out the window and war is on. Even if it's angry words said and forgiven. Telling someone to get out is rarely forgotten.

I remember someone I used to know was engaged to a man who I had known for years, and when they had an argument he would tell her to "get the fuck out of my house". They lived together and this was what he'd say when he felt insecure and angry. It was his way to gain control. This would happen about once every two weeks or so...

I couldn't believe that someone who was supposed to love her would speak to her in that way and that she still wanted to marry him and marry him she did. Now... I have no doubt that she dished out her fair share of unsavory and colorful vocabulary and there was a reason they were together and a reason

she put up with it. Regardless, that kind of language is not healthy, ever, no matter who says it.

14. Divorce or break-up

The D-word. This one should be avoided at all costs. Just like the answer above, once this has been said it is out there to be used or remembered for a later date.

Waving the divorce or break-up card is not conducive to a developing relationship and should not be said in spite or used as a weapon to gain the upper hand. This is emotional blackmail as its worst.

Also, some people bring it up to see how committed their spouse/partner is towards them. Do you need to “talk divorce” or “talk separating” to find this out? As soon as you talk about divorcing or the like, a part of you has already given up, you’ve set the seed of an impending D-Day or End-DAY. Even if you didn’t mean it, you said it, it’s done and the marriage/relationship can lose its fortitude.

Of course if your relationship is at a crossroads then the future of your relationship will no doubt be discussed - be mindful how you talk about it, be clear about *why* you’re discussing the potential of breaking up and never ever use it as ammunition or a control tactic. Love-clean, not dirty!

15. “My/your mother warned me you’d do this...”

This simply tells him that there are more than just the two of you in the relationship. Your boyfriend/spouse can feel like that you have a whole army ready to pounce on him. Most of all, it tells him that you are taking sides, or as dramatic as this sounds, you’ve been plotting against him. And what’s even worse is if you were to say that HIS mother mothered warned you and about him. Definitely don’t say that! That’s a no go zone.

16. I think we should talk...

Last but not least is the *no go* punishment and torture phrase. This is one of the most terrible thing to say to someone - ‘We need to talk’, or ‘I think we should sit down and chat tonight’, or ‘I think it’s time we have a chat’...

Do NOT say this to your partner. You may be annoyed, you may have reason to be upset or certainly have issues to address. Just talk to him/her about it when the time is right.

If you tell your guy in the morning that you need to talk that evening, then he will either; avoid you, delay coming home when he said he will, he may cancel plans to see you, get his back up before you have had a chance to talk. That's not a healthy relationship. Don't power play or torture him. Treat him with kindness! EVEN when you've got a bee in your bonnet! It okay to agree that you both need to sit down and talk about things, that's different to demanding - 'We need to talk'!

As I was writing this content about words and phrases people use that can block a loving connection, I remembered the childhood nursery rhyme...

'Sticks and stones may break my bones, but names will never hurt me'. In so many ways this is true and in so many ways it's nonsense. There is nothing anyone can say that should be able to affect you and make you feel less or feel hurt. Unfortunately this is not entirely true. There are certainly things that you once said, cannot be taken back and they can affect us in various ways.

It's important that no one takes words too personally, and at the same time it's important to realize that the words you use are a representation of not only yourself, also of how you value relating, growing, learning and connecting.

When things go awry as they sometimes do, hold your tongue and get to the root cause of what is really making you mad instead of lashing out at your partner. You can still address all that comes your way and do it well... speak with love, heart and clarity. Make love not war and live in peace and harmony.