



## ACTIVE RATIONAL TRANSFORMATION

### **Module 8.**

### **The way you speak is the way you feel**

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By being conscious of what you say, you gain control over your emotions and your way of being.

By saying „I hate it“, you activate hate in you, even if in a very small degree. You keep the feeling of hate active.

With saying „I have to“ you put yourself under pressure by speaking in compulsive terms.

With the words always and never you are talking in an absolute message. You exaggerate, which keeps you away from being real and you occupy your own space for tolerance.

Look at the words that belong to the irrational language and find which words you use in your daily life. I encourage you to reduce them as much as you can and to use a rational language instead.

That will make you calmer, behave with self-integrity, talk mature and feel much more peaceful. You will be better understood, you make yourself less questionable, and thus less vulnerable.

#### **The Irrational Language**

When thinking compulsively and being demanding on yourself and others, you use these words:

**Should, must, have to, need to.**

#### **The Rational Language**

These are your alternative options:

**I want, it would be nice if, I'd prefer, I'd like to.**

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We can not be right if we use the words below. They make us intolerant and depending on the message, they are as well disrespectful:

**Always, never, all, none.**

These are your alternative options:  
**Sometimes, some, usually don't.**

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The „can't standing“ statements mean that you will „break down“. That's exaggerated and makes you think of yourself as weak:

**I can't stand, take, handle, It's too much.**

These are your alternative options:

**It's hard, difficult, tough. I don't like it.**

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Complaining statements make you more unhappy, without changing something. They may even excite you, but in a destructive way:

**Awful, terrible, horrible annoying, Catastrophic, shocking.**

These are your alternative options:

**Frustrating, unfortunate, inconvenient, disappointing, Surprised.**

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Blaming statements remove yourself from any kind of responsibility. You need to talk bad about yourself or others to feel equal again:

**I'm a jerk, he is an idiot, she is bad, they are worthless, losers.**

These are your alternative options:

**I don't think it was a good choice I took,  
He could have done better.  
I don't appreciate her way of thinking.  
I don't support their decisions.  
We don't have the same goals of life.**