

Ditch These 11 Phrases

A summary by Tom G. of a much longer article.

1. “I have to do that.”

What to say instead: “I get to do that.”

2. “I can’t do that.”

What to say instead: “I can try to do that.”

3. “I should do that.”

What to say instead: “I will do that.” (Or “won’t do,” depending on your mindset).

4. “Why is this happening to me?”

What to say instead: “What am I learning from this?”

5. “I never should have.”

What to say instead: “Because I did that, I now know [X].”

6. “I failed.”

What to say instead: “This attempt didn’t work.”

7 . “If only I had done [X].”

What to say instead: Nothing!

This is dead-end thinking. You’re not learning from the past, you’re just lamenting and making excuses.

8. “This is too complicated.”

What to say instead: “I don’t understand this right now.”

9. "It's not fair."

What to say instead: "I can deal with it anyway!"

10. "It's never going to change."

What to say instead: "I can change the way I approach this."

11. "Never" (or "always")

What to say instead: Avoid absolutes altogether!