

Unmute Your Soul Toolkit

#7 Words Matter

Try these exercises on communication.

After grabbing a pen and your journal, do this short exercise: Think about the words you hear and say each day. These are words that make you feel a sense of unease or tenseness within your body when you hear them. Write them down. There are some questions below to help you. This is a powerful exercise that will shift blocks within you and help you align with yourself, so the key here is not to rush it.

- Which words make you feel bad or helpless?
- Which words do you say that make other people uncomfortable?
- Which words give away your power?
- Which words do you use to hurt yourself (these may be spoken silently)?
- List any words you say that hurt other people.

These words may bring you back to a place or a time that hold uncomfortable memories for you, so it's important to acknowledge and release them. Allow your stream of consciousness to take over and write down what comes into your mind without judging anything. Just keep the pen flowing. Look at what you have written down and see if there's one word you would choose to give up saying. In doing so, you will reclaim your power and alignment.

Unmute Your Soul Toolkit

Ask yourself a few more questions:

- How are the words in my head affecting my energy this week?
- How can I be more aware of how my own words and actions affect others' energy?

As words really do matter, here is a checklist with a few tips for conversing with someone.

- Notice if your body is open or closed.
- Speak truthfully.
- Communicate assertively with effective communication.
- Know what you want and speak about it respectfully and positively. No one is a mind reader.
- Use "I" statements instead of "you."
- Own your feelings.
- Avoid slanderous or malicious speech.
- Refrain from using harsh or abrasive words.
- Abstain from gossip or mindless, idle chatter.
- Create boundaries and set your limits.
- Communicate with compassion.
- Listen deeply and hear the soul of the person.
- Recognize fear as a factor on both sides.
- Don't give in to the temptation to just fight back and return an angry voice by raising your own.
- Don't project your anger. Instead, speak from your feelings.
- Don't make the other side appear wrong.
- Be ready to forgive and ask for forgiveness.
- Ask yourself what really needs to be said in this moment?

Unmute Your Soul Toolkit

- Recognize that the other side may have values and opinions that are different from yours or are foreign to you.
- Say something worth saying.
- Use your words for something powerful.
- Choose to see the highest and best in the other person.
- Dare to speak and say something worthwhile. Open your mouth and speak up.
- Speak!