

Counselor's Corner

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The Importance of Words

Last Wednesday in FLEX, I talked about the importance of considering our words before we speak them. We've all experienced hurt, shame, and anger as a result of someone else's words. If we want to avoid doing the same to others, we should try to show compassion and encouragement through our words and to realize how the words we speak, send, and post to social media can negatively affect others and negatively reflect upon us. Here's a great rule to remember:

Avoid words of ...

Complaint

Criticism

Judgement

Negativity

Gossip

Sarcasm

I encouraged our students to go against the current culture of negativity and instead choose to be voices for kindness, love, encouragement, and positivity.