



WOUNDING WORDS: A PERSPECTIVE CHANGE

What if, behind the wounding words, what is really being said is how much hurt someone is feeling?

What if sometimes the words that hurt, wound and confuse are actually a vehicle to getting unbearable feelings out; a way to discharge everything that is being held in the body?

What if you are the only person on earth who can bear this torrential release of feelings? What if there is no other person who the speaker of these words can take this risk with, for fear of being rejected?

Imagine for a moment that the words simply don't matter. Connect with the possibility that this is simply an outpouring of intolerable feelings; how would that change a wounding conversation for you?

If wounding words can be understood as simply the way that feelings flood out of the body, we might sometimes be better able to respond from a place of empathy with the feelings, rather than defence against the words.

Remember, it's not personal. The words are not about you, they are about past people and feelings that are being spoken in the here and now. To protect yourself and your young person, try these mantras:

"I hear you, and I'm still here."

"I hear you, and I still love you."

"This will pass, and we will be OK."

"You can be angry, and still love me."

"I can be hurt, and still love you."