

Transformational Vocabulary

by John Varun Maguire

This paper is based on the work of Tony Robbins. For further information read his book, *Awakening the Giant Within*.

If you are using the finger mode system of PKP, this work applies to:

Personal Ecology 6 ^{1/2}b.

We label our experience of reality through our choice of words. What we **represent** reality to be is what becomes real to us. The **label** we put on our experience, thus becomes our experience.

Say for instance, you have been in a difficult romantic relationship for a number of years, **burdened** with problems. Finally the person "falls in love" with someone else and writes you a "Dear John" letter. At first you feel **betrayed** and **devastated**. You mope around, stay at home and feel depressed.

Then you tell your best friend what happened and they say, *"That's fantastic! What a **relief**. I was wondering if you would ever get free from that jerk. You are too good for someone who does not **appreciate** all you have to offer. You must have **learned** a lot about how not to go about being in a relationship. Let's throw a party and **celebrate**."*

You realize your friend is right. All of a sudden you begin to feel **freed up**. You are **relieved** of a burden and **excited** about meeting someone else who can fully appreciate you. You become more active socially, join some groups and take some classes to add to your mental stimulation. You even experience **gratitude** for what you have learned in this experience and are **glad** the person found someone else. For the first time in years, life again becomes **light** and **fun**.

Change the words you use to interpret a situation and you change how you feel about it. This in turn will affect the way you act in response to the situation. By choosing our vocabulary consciously, we can transform our experience of reality.

There are approximately 500,000 words in the English language. This is more than any other language, with German being second. Most of us habitually use less than 500 words, and our total vocabulary consists of around 2,000 (less than 1/2 of 1% of the words that are available). English has more action-oriented words than any other language, which explains our faster paced lifestyle compared to countries where other languages are spoken. There are around 1,000 English words which evoke pleasurable emotions, while approximately 2,000 words elicit pain. Do you wonder why we are a pain oriented society?

Ninety percent of the population experiences twelve emotions habitually. By expanding your vocabulary, you give yourself more power and choice to experience life the way you want to. Choose words which are empowering and put you in a position of perceiving rather than judging. Instead of thinking, *"You jerk, how could you be so stupid."* Think, *"That's interesting, I wonder how they perceive things that they would act that way."*

We tend to adopt the vocabulary and emotional patterns of the people we are around. Association with high quality people is the ultimate way of shaping your destiny.

So notice the labels you put on your experience and choose consciously words which will give you energy and bring you health, harmony and balance.

Transformational Vocabulary Exercise Sheet:

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1. Write down twelve emotions you commonly experience:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Put an x by the emotions you would like to experience less of and a + by the emotions you would like to have more of.

2. Write down three words you commonly use that intensify your negative emotions (words like 'angry', 'outraged', 'frustrated'). They may or may not appear on the above list.

_____	_____	_____
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3. Choose three words you can use to reduce your negative experience and open you up to discover new possibilities (eg., if 'devastated' is on the above list, 'confused' may be used instead).

_____	_____	_____
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4. Make a commitment to someone else to observe a 10-day word diet using the words in step three and eliminating the words in step 2. Ask them to question how you feel if they hear you use a negatively charged word.

_____	_____	_____
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5. List three words you commonly use that are somewhat positive and come up with three words that amplify your positive feelings (eg., if someone asks how are things going and you normally say "O.K.", you could replace that with "incredible" or "fantastic").

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6. Again, make a commitment to someone else to observe a 10-day word diet using words that amplify your positive feelings. Tell your friend if they ask how you are doing you will respond with your intensified positive feeling vocabulary.

You can have your clients do affirmations using the new vocabulary employing temporal tapping and eye rotations to link these words with situations in which they would like to experience these feelings more intensely. Also use frontal/occipital holding and visualization, having them see themselves responding with the new emotional responses.