



#33 Owning What I Say

Name _____ Date _____

School _____

Often our language shapes the way we think about issues in our lives. In the sentences below you will find distortions of language (underlined>) that cloud our thinking and interfere with our ownership of thoughts and actions. Fill in the blanks with words that demonstrate your choices and the ownership they reflect.

Example: I've got to (have to) make the baseball team this spring.

Change to: I want to because "want" shows that I am making a choice to go for it but I realize that other people have a part in the outcome.

1. I can't pass US History class.

Change to: *I won't or I choose not to because "can't" says that it's impossible for me to do it and getting a passing grade is possible with hard work, a strategy for success and some support.*

2. I must have respect from people when I give it to them

Change to: _____

Because: _____

3. They (you, we, one) are always holding me down.

Change to: _____

Because: _____

4. This is soooo boring!

Change to: _____

Because: _____

5. Every time you say you'll call me you forget.

Change to: _____

Because: _____

6. I'll try to get my volunteer work started this week.

Change to: _____

Because: _____

7. She made me so mad with all her B.S.

Change to: _____

Because: _____