



# Shh! Listen to the Words Coming Out of Your Mouth

10 Common Phrases and  
Words That Destroy Your Life

Rebecca Sebek  
2011 [MisticCafe.com](http://MisticCafe.com)

# Copyright Material

Copyright 2011 by Rebecca Sebek, MysticCafe.com

Thank you for respecting my work and for adhering to Copyright law.

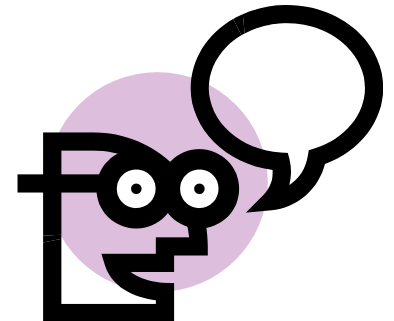
All rights reserved. No part of this book may be shared or reproduced by any mechanical, photographic or electronic process unless approval is first sought from the author. Nor may it be stored in a retrieval system, transmitted or otherwise copied for public or private use – other than “fair use” as brief quotations embodied in articles and reviews – without prior written permission of the author.

# Watch What You Say



Watch your thoughts; they become words.  
Watch your words; they become actions.  
Watch your actions; they become habits.  
Watch your habits; they become character.  
Watch your character; it becomes your destiny.  
-Frank Outlaw

[http://www.addictionalchemistry.com/addiction\\_recovery\\_quotes.html](http://www.addictionalchemistry.com/addiction_recovery_quotes.html)



# Contents

Introduction	5
Chapter 1 10 words and phrases that destroy your life	6
Chapter 2 The people in your life meant well	10
Chapter 3 Observe what you and others say	11
Chapter 4 Words are affirmations	12
Chapter 5 Think before you speak	13
Chapter 6 Cancel clear!	14
Chapter 7 Tips to conquering your monkey-mind	15
Afterword	17

# Introduction

Is your life filled with fun, happiness, laughter, and love? Or, is it filled with chaos, negative people and situations, and unhappiness? Unfortunately, most peoples' lives are filled with the latter. They often wonder 'how and why' their lives are out of control. Here's a secret: mind your words. Did you know that the words and phrases you speak actually contribute to the creation of your reality? If you constantly attract unsavory people and situations, ask yourself "why? Is it bad luck? Is it your destiny? Or, could it be the words you speak? This may be a tough pill to swallow, but your words and the feelings you put behind them are co-creating your reality.

Pay attention to the people in your life. What comes out of their mouths? Do they speak positive and uplifting words? Or, do they speak critical and self-defeating words? Most people are 'chronic' complainers and don't realize they're attracting more and more negativity into their lives every day with their words. Observing what you say will help you to *shift* your life for the better.

If you're ready to stop speaking words of defeat over your life then *Shh! Listen to the Words Coming Out of Your Mouth: 10 Words and Phrases That Are Destroying Your Life* is a guide for you. It's not too late to change the direction of your life. It's up to you if you want to go through life happy and fulfilled or unhappy and unfulfilled.

*Rebecca*

# Chapter 1 10 Common Words and Phrases That Destroy Your Life

Every day, many people speak unhappy, negative, and self-defeating words. Don't be one of those people! You have no idea how powerful your words, more importantly, the feelings you put behind your words. If you're wondering why you have obstacle after obstacle in your life, listen to what you say every day. Believe it or not, words are a powerful. They go out into the universe and come back to you like a boomerang. Unfortunately, you may not like what comes back to you. The good news is you can 'mind your words' and toss out words and phrases that are 'stinking' up your life.

## **10 Common Words and Phrases That Destroy Your Life**

### **1. Life sucks!**

How many times have you said this phrase? Chances are you've said it many times. Guess what? If you say this over and over again, life will surely suck for you. Retire 'Life Sucks!' and watch your life transform in no time.

### **2. What's the point?**

What is the point? The point is when you repeat this phrase over and over, you'll be thrown into situations that make you ask "What's the point? Stop saying this common phrase and figure out 'What the point is for you and your life?"

# Chapter 1 10 Common Words and Phrases That Destroy Your Life

## 10 Common Words and Phrases That Destroy Your Life

### 3. I can't.

Of course you can, if you put your mind to it! Saying “I can't” holds you in a ‘victim’ pattern. Instead of being a ‘victim of your circumstances, be a ‘victor of your circumstances.’

### 4. Why is life so hard?

Why is life so hard? Why do you think life is hard? Who told you that? More than likely, you heard this from your parents. Didn't they ever tell you not to believe everything you heard or read? This phrase applies. If you keep saying this nasty phrase over and over again, then yes, life will be hard.

### 5. No!

Depending on how you say “No,” it can destroy your life. It's alright to say “No” when you don't want to do something; however, if you say “No” all of the time, life will pass you by.

# Chapter 1 10 Common Words and Phrases That Are Destroying Your Life

## 10 Common Words and Phrases That Destroy Your Life

### 6. Yes!

How many times have you said “Yes” when you wanted to say “No?” There’s nothing wrong with “Yes” to things you enjoy; however, if you say “Yes” just to please others, you’ll become resentful. Only say “Yes” when you truly mean it.

### 7. Why me?

This is another ‘victim’ based phrase. No one is really doing anything to you. You have the right to make choices in your life; choose wisely. Regardless of what you experienced in your childhood, you’re an adult and makeover your life.

### 8. What did I do to deserve this?

The only thing you did was allow self-defeating words and phrases to settle into your subconscious mind. What you deserve is the best that life has to offer.

# Chapter 1 10 Common Words and Phrases That Destroy Your Life

## 10 Common Words and Phrases That Destroy Your Life

### 9. There's never enough.

Chances are this is another phrase that carried over from your childhood. If there's not enough, why are grocery stores stocked with food and other supplies? Why is there a Wal-Mart in practically every town and around the world? How are Oprah, Bill Gates, and other billionaires able to be billionaires? If there wasn't enough, there would only be One Billionaire in the world.

### 10. You have to work hard in order to get ahead in life.

Is it true that you have to work hard in order to get ahead in life? If you do what you love it really isn't work, is it? Get rid of this belief and embrace the easiness of life.

These are the 'top 10 phrases and words' that destroy your life. Stop! Listen to the words you speak every day. In fact, you may want to keep a journal every time you speak one of these self-defeating words and phrases. You may be surprised how many times you speak negatively about and over your life. The sooner you become aware of what and how you speak shapes your life the better. Believe it or not, life's not so bad.

# Chapter 2 The People in Your Life Meant Well

You probably heard the “top 10 words and phrases that destroy your life” from your parents, grandparents, teachers, aunts and uncles, siblings, church leaders, the media, and others. The question is: how true are these sayings? Well, they become your ‘truth’ and *reality* because you keep repeating them over and over again. Live and learn.

It’s important to forgive the people in your life for leading you astray. Remember, parents usually raise their children based on how they were raised. If no one showed them other parenting methods or how their words create their reality, it’s no wonder they passed this ‘stinking thinking’ onto you and your siblings. It’s a vicious cycle until someone breaks it. The good news is that you can be the one to break the cycle.

“Our life is what our thoughts make it.”

~Marcus Aurelius~

“Change your thoughts, change your life.”

~James Allen~

“Nurture your mind with great thoughts  
for you will never go higher than you think.”

~Benjamin Disraeli~

# Chapter 3 Observe What You and Others Say

## **Exercise**

For 30 days, observe the words and phrases you and the people in your life speak.

## **Supplies**

Journals or notebooks

Pen or pencil

## **Assignment**

Label one journal/notebook with your name and another one with “The People in My Life.”

>> Observe and write down the words and phrases you say every day.

>> Observe and write down the words and phrases the people in your life say.

After you complete 30 days, go back and read your journals/notebooks. Hi-light words and phrases that invoke strong emotions from you to become more aware of these ‘trigger’ words and phrases. Think about how the words and phrase make you feel. Think about how they’re creating your ‘reality’ and how it could be different if you spoke words that were more uplifting versus defeating.

# Chapter 4 Words Are Affirmations

What is an affirmation? According to Dictionary.com, an *affirmation* has the following definitions:

1. the act or an instance of affirming; state of being affirmed.
2. the assertion that something exists or is true.
3. something that is affirmed; a statement or proposition that is declared to be true.
4. confirmation or ratification of the truth or validity of a prior judgment, decision, etc.
5. Law . a solemn declar.

<http://dictionary.reference.com/browse/affirmation>

You've probably been told over and over again to use affirmations; however, they only work if you put feeling behind them. They only work if you truly believe in them. Think about it. When you speak the "top 10 words and phrases that destroy your life," you probably believe them, right? This is why your life isn't the way you want it to be. Negative words and phrases will impact your life just like positive words. Remember, a belief is a thought you've been thinking and thinking over again. When you start thinking positive thoughts and speaking positive words and phrases, your life will shift. Be easy about this step. Choose thoughts that resonate with you. For example, you may be a talented artist. Think over and over again, "I love my artistic ability." This positive thought *aka* belief will lead to another and another. Before you know it, you won't be speaking negative words and phrases anymore.

# Chapter 5 Think before You Speak

Have you ever heard the phrase “Think before you speak?” My father used to say this to me, but I never paid attention. I’m now paying attention. He was right. Thinking before you speak can save you in more ways than one. First, you won’t ‘put your foot in your mouth’ and say something you’ll regret. Second, you’ll choose your words carefully before you speak them. Remember, what you say goes out into the universe and reflects back to you in your life. You’ll draw people and situations you may not want in your life.

"I am no longer cursed by poverty because I took possession of my own mind, and that mind has yielded me every material thing I want, and much more than I need. But this power of mind is a universal one, available to the humblest person as it is to the greatest."

~Andrew Carnegie~ Law of Attraction quotes

"You are a creator; you create with your every thought. You often create by default, for you are getting what you are giving your attention to *wanted or unwanted* but you know by how it feels if what you are getting (creating) is what you are wanting or if it is not what you are wanting. (Where is your attention focused?)"

~Abraham Hicks~

# Chapter 6 Cancel Clear!

Many life coaches tell their clients to say 'Cancel Clear' whenever they have a not-so-nice or negative thought. This could be useful to you because it will make you aware that you're thinking or about to speak from a 'negative' place. Saying 'Cancel Clear' can help you to be more aware of your thoughts and words you speak. Before you know it, you won't have to say this phrase because you'll be 'co-creating' your life on purpose not by default.

"By choosing your thoughts, and by selecting which emotional currents you will release and which you will reinforce, you determine the quality of your Light. You determine the effects that you will have upon others, and the nature of the experiences of your life."

~Gary Zukav~

"We are what we think.

All that we are arises with our thoughts.

With our thoughts we make our world."

~Buddha~

"Your mind is a powerful magnet that will attract to you the things you identify yourself with. If you have sad thoughts, you will attract tragedies. If you are a good man, you will attract the company of good people."

~Alfredo Karras~ Law of Attraction quotes

# Chapter 7 Tips to Conquering Monkey-Mind

You've probably heard of the phrase 'monkey-mind' because it's used by many people such as counselors and life coaches. The monkey-mind is usually tuned into the 'All Negativity' station 24/7. Yikes! This can be exhausting and drain the life-force from your body. Follow the tips below to silence the monkey-mind:

## **Tips to conquering the monkey-mind**

- 1.** Whenever you think or say something that could have an adverse affect on your life, ask yourself, "Is this true?" Asking questions gives your mind something to do. It will want to find an answer for you.
- 2.** Decrease the amount of time you spend watching and listening to the news. There is good news in the world; unfortunately, news programs focus on the negativity.
- 3.** Limit the amount of time you spend with people who are chronic complainers. This could be tough if your family members and friends are they culprits. Send them lots of love and don't participate in their 'poor me' episodes.
- 4.** Meditate every day for at least 15 minutes. You're probably groaning about this, but meditation can help put your monkey-mind to at ease. Plus, you'll feel better and have more energy.

# Chapter 7 Tips to Conquering Monkey-Mind

You've probably heard of the phrase 'monkey-mind' because it's used by many people such as counselors and life coaches. The monkey-mind is usually tuned into the 'All Negativity' station 24/7. Yikes! This can be exhausting and drain the life from your body.

## **Tips to conquering the monkey-mind**

- 5.** Exercise at least four-times per week. You're probably groaning about this as well, but exercise is a great stress reliever. You'll lose weight, tone and firm your body, and feel great. Your monkey-mind won't have time to run the show because you'll be too busy counting reps and focusing on your breath.
- 6.** Take a class or workshop that you've been putting off. If there's a class you've wanted to take, there's no better time to enroll than the present. Take a pottery, theater, pottery, yoga, reiki, business, or other class that will benefit your mind, body, and soul.
- 7.** Realize you're doing the best you can. Give yourself a break because regardless of what others think, no one is perfect. Know that you're doing well and live your life to the fullest. Do what you want and forget about what others think. The most important opinion is yours!

# Afterward

Believe it or not, what you say and how you say impacts your life on a daily basis. Have you ever stopped to listen to what family members, friends, co-workers, bosses, etc. say? What kinds of words and phrases come out of their mouths? Are they positive or negative? Most peoples' minds are tuned to the 'all negative station' 24/7. This isn't healthy.

*Shh! Listen to the Words Coming Out of Your Mouth: 10 Words and Phrases That Are Destroying Your Life* is meant to provide a general guideline on how you can *shift* the way you speak. This *common sense* approach to minding your words is easy to follow and implement into your life. If you're struggling in life, listen to the words you speak every day. In this guide you'll learn:

- 10 words and phrases that destroy your life
- Where your negative verbiage comes from
- How words affect your reality
- To observe the people in your life
- How verbal habits wreak havoc on your life
- How to conquer your monkey-mind once and for all