



REACH UP

Resource • Empower • Advocate • Connect • Human rights • Upskill • Peer support

Macarthur Southern Highlands

An initiative of



Believe and Become

Poison or Power Words Discussion Cards

Ideas for use:

- Use the cards on this page to sort each discussion card into whether it reflects Poison or Power Words. **Power Words** help to solve problems, express our feelings and build connections. **Poison Words** tend to hurt, lead to shut down, or make problems bigger.
- Reflect on what might each person involved be thinking and feeling in each situation.
- Try using different body language and tone of voice – does it change the meaning at all?
- Discuss which power words could be used to replace poison words.

POISON
WORDS

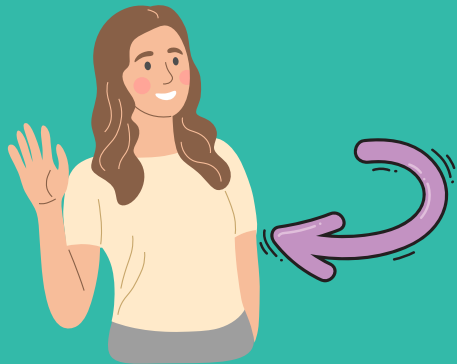


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POWER
Words



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I'm feeling left out.
Could I have a turn
next?



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I'm really frustrated.
I need a minute.



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That hurt my feelings.



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I'm not okay with that.



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Please stop.



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I'm feeling angry right
now.



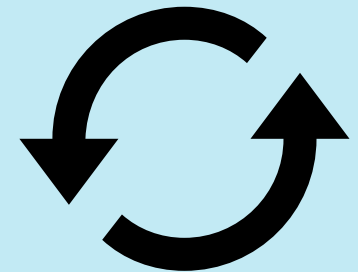
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I need space.



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Can we try again?



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I'm disappointed.



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I need help.



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You're so annoying.



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Shut up.



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You're the worst.



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I hate you.



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You're so stupid.



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Nobody likes you.



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You always ruin everything.



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Just go away.



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You're so embarrassing.



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This is all your fault.



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I feel left out when that happens.



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I need a minute before I talk about it.



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I want to understand what you meant.



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I didn't mean to hurt you. Can we talk about it?



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I'm really upset and I don't know how to explain.



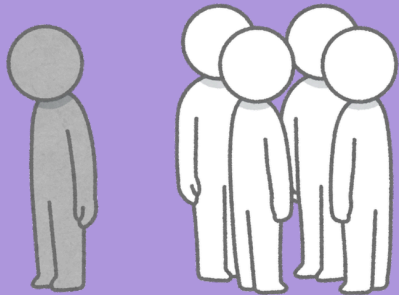
I felt ignored when you didn't listen to me.



I wish you weren't here.



You're so useless.



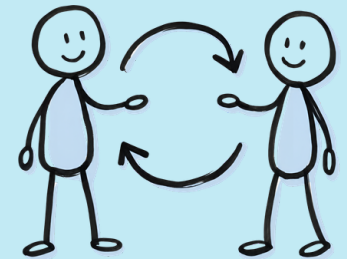
You never let me play.



Can I please play too?



Fine, I didn't want to play anyway.



Why don't we take it in turns?





You're so mean.



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I need help solving this.



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You're wrong.



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I have a different idea.



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Can you show me how?



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I'm sorry I upset you.



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Can we do it together?



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That's such a dumb idea.



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