

## Language Connection

This tool offers a way to intentionally collect language clues and increase awareness of how language reveals yourself and others. Use it to find opportunities to listen for clues to connect language to the heart brain, gut brain, and head brain so that you are able to communicate more deeply with others. Choose a meeting or event to collect these words and phrases; then compare notes and discuss, adding others' observations to your list. This tool is also useful for noticing your own language by asking someone to collect your words and phrases.

Heart-Brain Words and Phrases		
Connecting	Disconnecting	Phrases
Love	Hate	Connecting examples: "I love this"; "My family comes first" Disconnecting examples: "I hate this"; "I'm feeling isolated"
Family	Isolation	
Friend	Foe	
Good	Bad	
Sorry	Unapologetic	
Us or we	I, my, and me	
Gut-Brain Words and Phrases		
Soothing	Alarming	Phrases
Calm	Chaotic	Soothing examples: "This is a safe place to speak"; "What are you feeling right now?" Alarming examples: "It makes me anxious"; "I'm afraid"
Comfortable	Threatened	
Fulfilled	Disgusted	
Safe	Dangerous or scary	
Satisfied	Hungry or thirsty	
Well-being	Painful	
Right	Wrong	

## Head-Brain Words and Phrases

Confirming	Judging	Phrases
Logical	Illogical	Confirming examples: "That makes sense"; "Sounds like a solid idea" Judging examples: "That doesn't make sense"; "I think that's wrong!"
Recall or memory	Doubting	
Thoughtful	Questioning	
Predicting	Denying	
Understanding	Challenging	
Certainty	Uncertainty	
Fact	Opinion	