

## THE EMOTIONAL IMPACT OF WORDS ON A PERSON

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**Annotation.** *This scientific article discusses the relevance of treating patients with kind words, that is, the ways of the positive impact of words on patients in medical and treatment institutions. Specific examples are given of the positive impact on the recovery of some patients, thanks to a good word. How kind words are effectively used when communicating with patients. How do good words affect individual parts of the body and what positive changes occur in the patient. Also given are examples of experiments on the positive effect of good words not only on patients, but even on plants, or more precisely, on their seeds. Accordingly, successful techniques and methods are described that help achieve the goal.*

**Key words:** *patients, difficulties, self-hypnosis, kind words, liver, stomach, consciousness, central nervous system, digestive tract, respiratory system, vision, smell, mind, feeling, emotion.*

Regardless of our emotional state, patience and endurance, we always react to words in one way or another - whether we argue, praise, talk about love. Therefore, the expression "A word can resurrect or kill" is absolutely true, because each word has a certain energy that strengthens us or, conversely, destroys us, affects our mood, well-being and appearance.

What should you talk about or remain silent about so as not to destroy the beautiful and happy person in yourself and not be an "emotional killer" for others? In a bad mood, we do not like ourselves and others - frowning eyebrows, sharper wrinkles, drooping corners of the mouth, cloudy eyes. The mood is often spoiled by phrases or words thrown by someone at random. The conclusion is simple: in order to always look great, you need to remove words that carry negative energy from your vocabulary, because sooner or later the emotional charge that you "awarded" someone (including yourself) will return. To begin with, we remove from the dictionary "need", "blame", "bad", "difficult", "never".

These words have a negative charge and have a depressing effect on the subconscious. The phrase "I (you) will never succeed" leads to failure. So, you program yourself or others to do this. Constant "Wow!" how much do you earn? As they say - nothing! The statement "I (you) are fat" and the like means that you or the person to whom this statement is directed will gain extra pounds over time. The same goes for "I'm losing weight," "wrinkles make me look old," etc. The attitudes are accepted, and the subconscious begins to work against you. Replace these messages with "I am losing a healthy weight," "My beauty is improving," and this mindset will begin to have a positive impact on you. Avoid the word "no" and the particle "no". They will begin a program to destroy and limit your capabilities.

The words "love", "hope", "faith", "kindness" have a strong influence on people. They give us a slight feeling of euphoria, subconsciously express their attitude: I am the best, they love me, and I love the whole world. Has a beneficial effect on health and appearance. Therefore, say such words more often to your family, loved ones, friends and your reflection in the mirror.

The words "beautiful", "gentle", "joyful", "bright", "strong" have special power. The response to the rhythm, sound and emotional structure of the word "Hello" is always positive - "be healthy."

By saying the words "love" and "thank you," you positively influence the cellular structure of the body-yours or the person you come into contact with. Say "thank you" more often. If someone says "thank you," it means that we are wonderful, and it changes our attitude towards the person who hears it.

The words "success" and "victory" carry a strong positive charge. As soon as we hear them, our body begins to produce happiness hormones. I love me. Beauty is not an objective category. Rather, it is self-love, accepting ourselves as we are. Unfortunately, not everyone can convince themselves of their beauty; only a look in the mirror suggests this idea. But this is possible:

1. Stop criticizing yourself. As you know, words are material. If you repeat: "I'm ugly, no one will love me," you will get the corresponding result in your face. Therefore, do not speak badly about yourself under any circumstances.

2. Compliment your appearance. Today my face is fine. Even if you don't think highly of yourself, your advantages may lie in an unusual turn of your head, an atypical ear shape or eye shape. Look for attractive aspects

in your appearance. Tell yourself that you are interesting because you are unique.

3. Don't compare yourself to others. The fact that another person has something that you don't can be a source of both admiration and envy. If you are surprised, be more beautiful: remember your face after an event that surprised you.

4. A very useful thing is affirmation. It is considered a verbal formula that helps us believe in ourselves and get rid of problems. For example: "I am beautiful. I am thin. I can do anything." Affirmations should be short and sweet.

In 1927, American anthropologists conducted a remarkable study. In one college, graduating students were divided into two groups. One group was told that they were collected as a result of special research. The teenagers believed: they took a genius test and were told that the best teachers in America would work with them. As a result, the group achieved unprecedented results at the end of the year. Students were able to master the school curriculum and 10 university subjects in six months. It's hard to believe, but the genius test and genius teachers were false. The most ordinary teachers worked with the children. And there was no special program. A few positive words at the beginning of the experiment turned ordinary children into child prodigies.

Is it possible to control an entire society with one word? Why do skilled orators eventually become political leaders? When a speaker involves many people in the process, the word becomes a real weapon. After all, Napoleon Bonaparte said: "A man who cannot speak does not win in business." Napoleon's secret was simple: during his speech he was silent for half a minute, focusing his attention on his subordinates. Those who witnessed his speeches said that when he spoke, he seemed to tower before people's eyes. His first words hit the mark. There is no doubt that he will be able to organize his speech during this silence. But it was these words that penetrated the hearts of the soldiers and made a great impression.

And F. Castro could gather people in one square. Lenin knew how to achieve his goals, despite his short stature, with the help of words. Winston Churchill whispered, Lincoln shouted, and Adolf Hitler spoke nervously. But these people were able to lead millions of worlds.

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