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Busting Phrases

Dear Reader,

Happy New Year! This year in addition to preparing a "To Do" list of New Year's resolutions, I challenge you to join me in preparing a "To Don't" list or a "Not-To-Do" list. By doing so, you can avoid past choices, habits and behaviors that have caused you and others stress, pain and suffering.

As you build your list, realize that by recognizing and recording what is not working in your life, you are making the first step toward changing it.

Here I offer over sixty phrases that you may want to include on your "To Don't" list. All are Ego Busters – phrases that when used in a work environment squash morale and creativity, reduce productivity and increase stress.

We tried that before.
Our place is different.
It costs too much.
That's not my job.
We're too busy to do that.
We don't have the time.
We don't have enough help.
It's too radical a change.
The staff will never buy it.
It's against company policy.
It will up our overhead.
We don't have the authority.
Let's get back to reality.
That's not our problem.
I don't like the idea.
You're right, but. . .
You're two years ahead of your time.
We're not ready for that.
It isn't in the budget.
Can't teach an old dog new tricks.
Good thought, but impractical.
Let's give it more thought.
We'll be the laughing stock of the industry.
Not that again!
Where did you dig that one up?
We did all right without it.
That won't work.

It's never been tried before.
Let's put that one on the back burner for now.
Let's form a committee.
I don't see the connection.
That's not going to get it.
Don't bother.
We'll cross that bridge when we get there.
Don't worry about it.
Get real.
That's a stupid idea.
Are you out of your mind?
It won't work.
The executive committee will never go for it.
Let's all sleep on it.
It can't be done.
It's too much trouble to change.
It won't pay for itself.
It's impossible.
I know a person who tried it.
We've always done it this way.
Top management won't buy it.
We'd lose money in the long run.
Don't rock the boat.
Get real!
It's my way or the highway.
Let's look into it later.
Quit dreaming.

Susanne Gaddis, PhD, known as the Communications Doctor, is an acknowledged communications expert who has been speaking and teaching the art of effective and positive communication since 1989. Gaddis' workshops, seminars, and keynote presentations are packed with tips and techniques that can be immediately applied for successful results. Gaddis also provides quality training and executive coaching for organizations, corporations, and associations across the United States. For more information, call 919-933-3237 or visit www.CommunicationsDoctor.com.

That's too much ivory tower.
It's too much work.
You're out of your mind!
I can't trust you anymore.
Not around here you don't.
It's not going to happen.
End of discussion.
Whatever!
Duh?
Huh?

Been there, done that.
Go Away.
Please don't waste my time.
You're wasting your time.
You brought this on yourself.

For a FREE "Ego Buster" mini poster, visit
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