Title: Negative Words Vocabulary

Exercise Code: SLINTEGRA014

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| Modules: | Group size: | Duration: |
| 1. Social Learning  2. Professional Ethics  4. Professional Integrity  5. Conflict Solving Strategies  6. Problem Solving Strategies  7. Mediation  8. Situational Awareness | Individual  Small group  Large group | 60 min |

# Purpose:

list and name the negative words we are using in daily life in conversations with others; to become aware about how language/chosen words are important for connection and good communication with others

# Description:

To become aware how we are using language in less supportive way; to have and create an vocabulary; there are many individuals who have no insight of influence with their words’ expression (descriptors).

Let participants work in pairs. Give them text out of daily media which uses (mostly) negative way of reporting (for each pair find another short text). Let them go through text and:

**First**: find all negative words. Give each pair also a List of Negative Words (handouts).

**Second**: rewrite the text to use more positive words, but still keep the main message of the original text.

**Third**: share with others in the group. Each pair presents the original text and their “own” reporting. .

**Fourth**: open discussion about importance of the language, usage of negative/positive way of expression, etc.

# Material:

paper, pencil, color cardboard

# Methods:

Learning by doing; skills training, self-awarenes

# Advice for Trainer: /

# Source/Literature:

Bercko Sonja. 2011. Psychosocial Rehabilitation Brochure. Integra Institute

# Handouts: yes

**HANDOUT: Negative Words Vocabulary**

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| **Negative Vocabulary Word List** |  |

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| **A**  abysmal adverse alarming angry annoy anxious apathy appalling atrocious awful  **B**  bad banal barbed belligerent bemoan beneath boring broken  **C**  callous can't clumsy coarse cold cold-hearted collapse confused contradictory contrary corrosive corrupt crazy creepy criminal cruel cry cutting  **D**  dead decaying damage damaging dastardly deplorable depressed deprived deformed | **D Cont.**  deny despicable detrimental dirty disease disgusting disheveled dishonest dishonorable dismal distress don't dreadful dreary  **E**  enraged eroding evil  **F**  fail faulty fear feeble fight filthy foul frighten frightful  **G**  gawky ghastly grave greed grim grimace gross grotesque gruesome guilty  **H**  haggard hard hard-hearted harmful hate hideous homely horrendous horrible hostile hurt hurtful | **I**  icky ignore ignorant ill immature imperfect impossible inane inelegant infernal injure injurious insane insidious insipid  **J**  jealous junky  **L**  lose lousy lumpy  **M**  malicious mean menacing messy misshapen missing misunderstood moan moldy monstrous  **N**  naive nasty naughty negate negative never no nobody nondescript nonsense not noxious  **O**  objectionable odious offensive old oppressive | **P**  pain perturb pessimistic petty plain poisonous poor prejudice  **Q**  questionable quirky quit  **R**  reject renege repellant reptilian repulsive repugnant revenge revolting rocky rotten rude ruthless  **S**  sad savage scare scary scream severe shoddy shocking sick sickening sinister slimy smelly sobbing sorry spiteful sticky stinky stormy stressful stuck stupid substandard suspect suspicious | **T**  tense terrible terrifying threatening  **U**  ugly undermine unfair unfavorable unhappy unhealthy unjust unlucky unpleasant upset unsatisfactory unsightly untoward unwanted unwelcome unwholesome unwieldy unwise upset  **V**  vice vicious vile villainous vindictive  **W**  wary weary wicked woeful worthless wound  **Y**  yell yucky  **Z**  zero |