**“YOU’RE PATHETIC!”**

I heard that word first used when I was a little girl. I must have done something wrong because I heard my mother fusing and then she called my name. “You’re pathetic” was the phrase that I heard.

I did not know what the word meant at the time, but I knew from the expression on her face, that it must have meant something bad. The expression, the tone of her voice and the guilt that I was feeling was my punishment for the mistake that was done, at that time.

Days later, I was playing with a baby doll, that I had and I said to it, **“you’re pathetic**”. Another adult heard me say it and came over to me and told me that my doll was not pathetic at all. She said that perhaps the mistake that my doll made was a pathetic error, but that the doll was a beautiful young girl and her mistakes just helped her learn what not to do in life.

From that point on, I was able to take any derogatory criticism and use it as a tool that could help guide me to know what, not to do in situations.

While others took derogatory criticism personally, I realized that as a person, I am like that doll; a beautiful young lady, who will make mistakes, but can learn from them in a peaceful manner.

I am grateful, for those kind words. They changed the way I saw myself, at that time. It just goes to show, that any kind comment or gesture, which we offer to a person, can be a catalyst to help guide them into their future.

This event helped to encourage me and was an aid to take away the guilt that approaches us when we slip-up. Words can smooth our spirit or disrupt our lives. We should choose words and thoughts that will help to lift us and others up.

Words are powerful and they carry a lot of weight in our lives. A word or thought can raise our spirits, or let us down.

Let us choose our words wisely and also strive towards giving ourselves a good amount of generosity and goodness with the sounds that flow from our tongue.

We have gotten this far with words from our past, but as we keep growing, we can learn to gift ourselves with words of peace, as we complement our strengths.