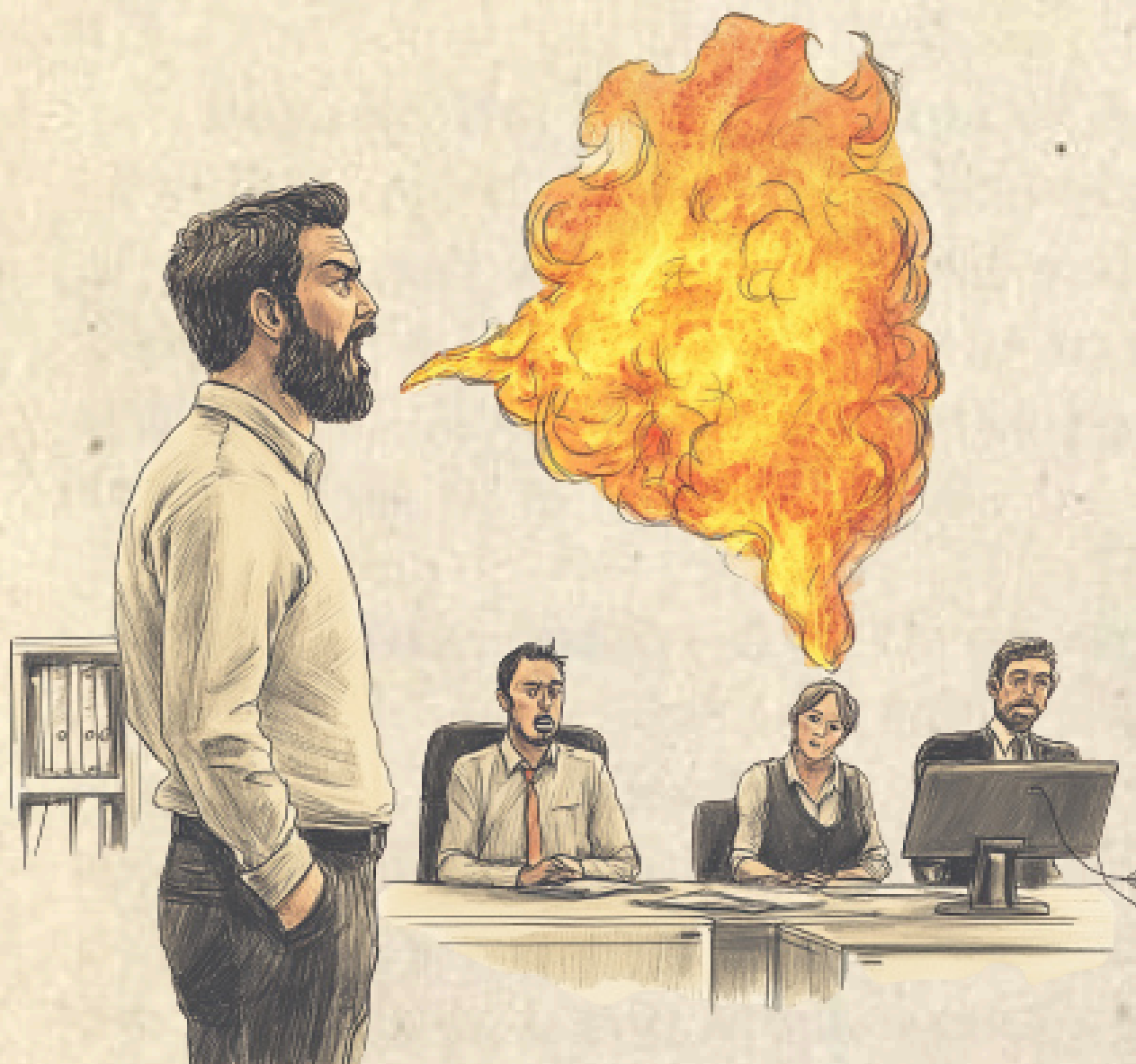


9 Common Sayings

**That completely damages
your reputation**



1. "Trust me..."

This can sound defensive, making people question your reliability. It can feel like you're asking for trust instead of earning it.

Instead, say:

"Here's why I believe this is the right approach."

2. "I hate to bother you, but..."

It signals that you feel like a burden, which can reduce confidence in your ask.

It makes your request sound less important than it might be.

Instead, say:

"Do you have a moment? I'd appreciate your help with this."

3. "You wouldn't understand"

It can make the other person feel excluded or dismissed.

It comes across as if you are questioning their capability.

Instead, say:

"Let me explain it in a different way."

4. "It's out of my hands"

This suggests a lack of accountability making you seem detached from the outcome.

Instead, say:

"Here's what I can do from my side."

5. "You always..." or "You never..."

These generalisations can make others feel attacked. They rarely ever lead to constructive conversation or resolution.

Instead, say:

"I noticed that this has been happening recently."

6. "Calm Down"

This phrase often has the opposite effect, making people feel invalidated. It implies that their feelings aren't justified.

Instead, say:

"I understand this is frustrating.
Let's work through it together."

7. "If I were you.."

This can come across as
assuming you know better.
It might feel like you're
dismissing their perspective.

Instead, say:

"Here's what has worked for me
before, if that helps."

8. "I thought you knew"

This can make someone feel blamed for not being aware. It suggests that you expected them to know something they didn't.

Instead, say:

"Let me fill you in on the details I have."

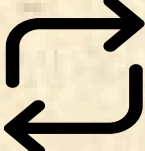
9. "Sorry, but that's just how I am"

It implies that you're unwilling to change or adapt. It can come across as an excuse for your behaviour.

Instead, say:

"I understand how that might come across, and I'll work on it."

Liked This Content?

 Repost this to make more people aware.

Follow @Josh Sanders for more!