



# LANGUAGE MATTERS



The words you use in your head change how things feel.

If your language is harsh, your experience becomes harsher.



## REFRAMING COMMON PRESSURE WORDS

✗ Instead of...	✓ Try...	👉 Why:
 <p><b>Time Management</b> → <b>Life-Study Balance</b> "You need to manage your time better"</p>	<p>"Let's look at your <b>life-study balance</b>"</p>	<ul style="list-style-type: none"> <li>• "Time management" = pressure / control</li> <li>• "Balance" = flexibility / self-awareness</li> </ul>
 <p><b>Productivity</b> → <b>Energy &amp; Focus</b> "Be more productive"</p>	<p>"When does your <b>energy</b> or <b>focus</b> feel best?"</p>	<ul style="list-style-type: none"> <li>• Productivity = output-focused</li> <li>• Energy = human + realistic</li> </ul>
 <p><b>Discipline</b> → <b>Consistency / Gentle Structure</b> "You need more discipline"</p>	<p>"What small routine could help you <b>stay consistent</b>?"</p>	<ul style="list-style-type: none"> <li>• Discipline can feel harsh / critical</li> <li>• Consistency feels achievable</li> </ul>
 <p><b>Goals – Next Steps</b> "What are your goals?"</p>	<p>"What's your <b>next small step</b>?"</p>	<ul style="list-style-type: none"> <li>• Goals can feel big + distant</li> <li>• Next steps feel doable</li> </ul>

✗ Instead of...	✓ Try...	👉 Why:
 <p><b>Revision Schedule</b> → <b>Flexible Plan</b> "Stick to your revision schedule"</p>	<p>"Create a <b>flexible plan</b> you can <b>adjust</b>"</p>	<ul style="list-style-type: none"> <li>• Rigid schedules → guilt when not followed</li> <li>• Flexibility → reduces avoidance</li> </ul>
 <p><b>Lazy</b> → <b>Overwhelmed / Unsure Where to Start</b> "I'm being lazy"</p>	<p>"I feel <b>overwhelmed</b>" / "I don't know where to start"</p>	<ul style="list-style-type: none"> <li>• Lazy = shame</li> <li>• Accurate language = problem-solving</li> </ul>
 <p><b>Focus</b> → <b>Starting / Showing Up</b> "I can't focus"</p>	<p>"I'm finding it hard <b>to start</b>"</p>	<ul style="list-style-type: none"> <li>• Focus feels like a fixed ability</li> <li>• Starting is a behaviour (changeable)</li> </ul>
 <p><b>Success / Failure</b> → <b>Learning / Progress</b> "I need to succeed" / "I've failed"</p>	<p>"What did I <b>learn</b>?" / "What <b>progress</b> have I made?"</p>	<ul style="list-style-type: none"> <li>• Reduces all-or-nothing thinking</li> <li>• Builds motivation and self-compassion</li> </ul>

Small shifts in the words you use create big shifts in how you feel and what you do.