



## Episode 179: How to Use Power Language to Keep Your Boundaries Strong

Every day of our lives, we can find ourselves in situations where we feel forced to do something we'd rather not do. When this happens, we can feel demoralized as it seems we have no choice. This hurts us in the long run; it often leads to burning out, subpar performance, and it just feels bad. But as we like to say, we always have a choice. There's never a time when you have your freedom taken away from you.

In this You're Not A Frog Quick Dip, Rachel talks about the benefits of power language and how it can strengthen your zone of power. When your autonomy seems lost, the boundaries you've set between work, social life, and personal life may become blurred. To combat this, Rachel shares seven words powerful enough to help you regain control of what feels like a hopeless situation.

### Podcast links

[\*Drive\*](#) by Daniel H. Pink

Learn 8 ways to set boundaries without stress with our [Just Say No Toolkit](#)

More episodes of You Are Not a Frog:

- [Episode 74: Managing Your Time in a System Which Sucks with Dr Ed Pooley](#)
- [Episode 153: Think Differently About Your To-Do List](#)
- [Episode 161: The Problem with Boundaries](#)
- Reach out to Rachel at [hello@youarenotafrog.com](mailto:hello@youarenotafrog.com)
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### Quote to remember:

*'So, recognize that you have a choice to stay in your zone of power, which means the only choices you've got are things that you can control. You do not have a choice over the stuff that's outside your zone of power.'*

## What You Will Learn

Feeling like you lost your ability to decide can make you feel hopeless. However, using a few short empowering and emboldening words, you can reframe your situation from one where you lack control to one where you're at the helm.

Three of these words will give you the sense that you are using your power to choose instead of feeling powerless. The other two words will emphasize why you are making this decision.

The last set of words will sound like a reminder of the bad things that can happen if you continue this course. However, they actually help you acknowledge the significance of your choice. This choice is important to you and your well-being — regardless of the consequences.

"I choose to", "so that", and "even if". These seven short words can help you avoid being hurt by the things outside your control. By using these words when you feel powerless, you can take control of any situation.

## Activity: Take Control with Power Language

**Q1. Think of a dilemma that you are facing right now. Describe your situation and why you are struggling with it.**

**If you're not dealing with a dilemma right now, recall a time when power language could have been useful.**



**Q2. Let's start with the first set of words, "I choose to". Given the situation you are in, what do you feel like you have to do? Write down what that is in the column to the right.**

**Afterwards, transform this statement into something you choose to do and write it in the left column.**

What I Think I Have to Do	What I Choose to Do

**Q3. Let's move to the next set of words. What is/are the reason/s why you chose to do what you wrote in your previous answer? When writing your answer, be sure to start it with the words "So that".**

**Q4. Now for the last set of words, "even if". Given your decision, what could be the consequences of you choosing to do this? Write down five potential consequences.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**Q5. Write a paragraph combining all of your answers.**

**Start by describing your dilemma. The sentence after that should state what you chose to do. The next sentence should explain why you decided to do it. The last sentence should be a declaration that you will do it despite the consequences you mentioned in Question 4.**

**Remember to use the seven short words you learned in this Quick Dip when writing this down.**

### **CPD time claimed:**

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