



DIRTY WORDS IN COACHING

Why	Automatic past based response; not distinguished.
Lucky	Fortunate, favored by circumstances; not responsible
Honest	Feelings from fear and self-defense; not distinguished.
Truth	Whose truth?
Homework	People either try to do it perfectly to please the coach, wait till the last minute, or avoid it altogether.
Don't/ Stop	Automatic response from people. "You're not the boss of me."
Help	Implies they are weak and need you. Resentment is imminent.
Try	Making an effort to achieve. There is no commitment, and there is always a fallback position. "Well, I tried!"
Hope	External, based on outside circumstances, forces and people.
Stress/Pressure	Internal conversation, based on outside circumstances, forces and people.
The Answer	Implies that there is one "right: answer.