

“Sticks and stones may break my bones, but words will never hurt me.” What are your views?



“Sticks and stones may break my bones, but words will _____ hurt me.” This popular saying suggests that o____ physical acts of violence can cause us hurt, but verbal attacks will not. In my opinion, this is not true. While a punch, kick, or slap in the face may hurt us physically, words, too, have the p_____ to hurt us p__c____g_____. Words are a p_____ (very powerful) form of communication which, if abused, can greatly affect the receiver’s well-being.

To begin, unkind words may cause us unspeakable emotional distress. When someone h_____ hurtful remarks in our direction, we may feel indignant, angry, or disrespected. In the same instinctive manner that v_____ of physical assault retaliate, those who have been hurt verbally would also wish to ‘get back ___’ their tormentors, be it consciously ____ otherwise. For example, an employee who is always unfairly c__d__ (Book 1, page 24; scolded) by his boss might refuse to produce his best work or even start stealing office supplies. His actions, though wrong, might make s_____ to him because of the wound that festers in his heart. Furthermore, even seemingly t_____ (insignificant) words may upset us, and i_d_____ (Book 2, page 24; permanently) ruin our day. Take for example a man whose w_____ makes constant references to his balding head. _____ he might not verbally rebuke her in retaliation, he might develop a moody t__p_____ (personality; temper) or begin to doubt her acceptance of him, which would ultimately be d_____ (Book 2, pg 62; damaging) to their marriage. Hence, it is untrue that words will not hurt us. While words leave no v_____ injury, they can certainly hurt us deep inside.

Secondly, unkind words are also weapons that can destroy our self-confidence and affect our performance in life. If we are constantly put _____ by others, our self-esteem would i_____ (Book 2, pg 54; unavoidably) take a hit. For instance, if both

parents repeatedly humiliate their child by calling him worthless or stupid, their child might eventually **b**_____ what he is told. The idea of his inferiority would be **i _ c _ _ _ _ _** (Book 3, page 30; ingrained) in him, and when he grows up, he might be sceptical ___ his own abilities and voluntarily pass ___ opportunities to shine. Similarly, if a girl is always teased about her size, she might feel insecure in her own body, developing anxiety or even eating disorders such as **a _ _ _ _ _**. This explains why each year, thousands of perfectly healthy women starve themselves, and end up with painfully **e**_____ (very thin and weak) bodies. Their stories are proof of how terribly words can affect us, and badly damage our self-esteem.

Some argue that the damage **i _ f _ _ _ _ _** by words can hardly be compared to the effects of physical abuse. In fact, they find those who complain of verbal abuse 'overly sensitive' or 'mollycoddled'. Unfortunately, this is far from the truth. While physical violence can indeed result in **g**_____ (serious) injuries—like fractures and broken limbs, **r _ l _ _ _ l _ _ _** (Book 2, pg 82; unstoppable; inexorable) verbal abuse can also lead to irreparable harm. Consider the tragic number of people who have taken their **l _ _ _ _** simply due to hateful online comments. The fact is that verbal abuse causes deep and overwhelming hurt, and is no less traumatising than physical abuse. Evidently, both forms of abuse are cruel, and neither should be **c**_____ (overlooked; pardoned) or **t _ _ v _ _ _ _ _** (made less important).

In conclusion, words, like physical acts of violence, can certainly hurt. Some of us underestimate the power of words and cast irresponsible or scathing remarks without considering the possible **r**_____ (Book 2, pg 75; consequences). However, for the sake of others as well as ourselves, it is important that we always strive to speak kindly, and never **f**_____ how deeply words may hurt.



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**“Sticks and stones may break my bones,
but words will never hurt me.”**

Answers

Introduction

never, only, power/potential, psychologically, **potent**

Content Paragraph 1

hurls, victims, at, or, **chided**, sense, **trivial**, **indelibly**, wife, While/Although, **temperament**, **detrimental/deleterious**, visible

Content Paragraph 2

down, **inevitably**, believe, **inculcated**, of, up, anorexia, **emaciated**

Content Paragraph 3

inflicted, **grave**, **relentless**, **lives**, **condoned**, **trivialised**

Conclusion

ramifications, forget