

The word means  
keeping your integrity  
whenever

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The 4 Agreements Being impeccable with your word means keeping your integrity whenever you speak. You must try to be true in what you say without compromising. You should only say what you mean and not use words that speak against yourself or that gossip about others.

Use your words wisely and use the power of those words in the direction of truth and love. Your words tend to go around your head and even come out of your mouth before others have finished speaking and there are many ways to be impeccable with your words. One way that I personally think can help me be impeccable with my word is taking time to listen to myself and the person I am talking to. I will try not to be eager to spill out my thoughts before others are finished, this is hard to do because sometimes I might feel angry about something and I just want to spill it out but, I must think about what I am saying because it might hurt the person I am talking to and eventually hurt me in the future. Take your time and flush out the thoughts that are not supposed to be out of your mouth. Cleaning up the judgments in our mind can seem like quite the task and it may take a while to empty our mind of those judgments but, it can be done.

To apply this one simple agreement to be impeccable with your words will require plenty of time and practice to master. Don't think that you will master it easily. Just know that every year that you become more impeccable with your word you will have more love and happiness in your life and relationships. Taking something personally means absorbing information as a part of yourself rather than as something that may really be about the other person. Taking things personally is a sign of low self-esteem. Whenever anyone takes things personally, they might be very sensitive to the words or

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actions of other people or they just elucidate things in a negative way.

Whenever someone takes things personally they are giving certain individuals power over them than they should ever be allowed to have. You are actually allowing someone to question what you feel and believe.

There are many ways to prevent yourself to not take things personally. One way that I think should prevent me from stopping taking things personally is by stop worrying so much about what people think of you. There is only one reason that can cause someone to take something personally is if that person is really important to them. You shouldn't worry if anyone likes you or will accept you. You have a personality and only you have that personality, you are unique so, accept yourself and don't worry about what others think of you. You can't control what others think of you.

If you accept yourself, and act in the way that you think is right then you'll attract people who will accept you for who you are. You won't have to worry about what they're thinking of you, because you know they love you. The second way that I think can help me stop taking things personally is by having more confidence about myself. The more confident I am about myself, the less I will worry about what others say about me. If I have low confidence then it is likely for me to worry at any negative comments people throw at me because there's a part in everyone who takes things personally that is afraid of what people are saying is true. If I have high confidence and someone says something negative about me then I know that what they're saying isn't true because it's just a small thing that will not hold me back in anyway. It is something that I can fix.

Therefore, I willnot worry about anything anyone say about me.