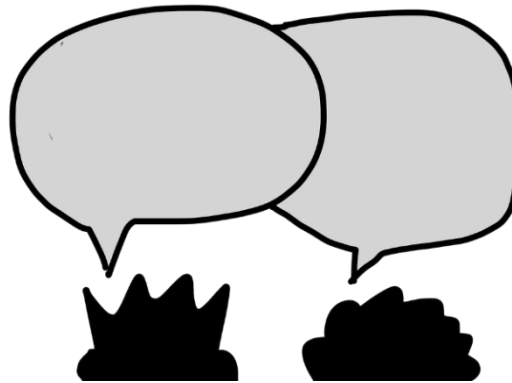


“Sticks and stones may break my bones, but words will never hurt me.” What are your views?



“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 potent 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 _ _ (pg 117; scolded) by his boss might refuse to produce his best work or even start stealing office stationery supplies. His actions might make s _____ to him because of the wound that festers in his heart. Furthermore, even seemingly t _ _ _ _ _ (pg 50; insignificant) words may upset us, and indelibly ruin our moods and dispositions. Take for example a man whose w _____ makes constant references to his balding head. _____ he might not verbally rebuke her in retaliation, he might bear a silent grudge or develop a moody t _ _ p _ _ _ _ _ (pg 5; personality; temper) which would ultimately be d _____ (pg 7; 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 _____ (pg 120; unavoidably) take a hit. For instance, if a parent

repeatedly humiliates his child by calling him worthless or stupid, his child might eventually **b**_____ what he is told. The idea of his inferiority would be 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**_____ (pg 117; very thin and weak) bodies. Their stories are proof of how terribly words can affect us, and badly damage our self-esteem.

Nevertheless, as much as words can hurt, we should not forget the pain and damage that physical abuse can **i** **f** _____. Physical violence may result in injuries so **g**_____ (pg 30; serious) that victims end up with fractures and broken limbs. The more unlucky ones may also end up wheelchair-bound, or even lose their **l** _____. **G**_____ how traumatising physical abuse can be, it is not surprising that many who survive their **o**_____ (nightmare; hell) find themselves struggling with mental health issues such as anxiety or _____-traumatic stress disorder (PTSD). Evidently, both physical and verbal abuse are cruel and damaging. Neither form of violence should be **c**_____ (pg 25; consequences), or **t** ____ **v** _____ (pg 50; 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**_____ (pg 9; 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

Content Paragraph 1

hurls, victims, at, or, chided (pg 117), sense, trivial (pg 50), wife, While/Although, temperament (pg 5), detrimental/deleterious (pg 7), visible

Content Paragraph 2

down, inevitably (pg 120), believe, of, up, anorexia, emaciated (pg 117)

Content Paragraph 3

inflict, grave (pg 30), lives, Given, ordeals, post, condoned (pg 25), trivialised (pg 50)

Conclusion

ramifications (pg 9), forget