Accurate Speech

Accurate speech should be understood as different from correct speech. Correct speech has to do with the construction of the sentence; accuracy of speech has to do with whether the sentence conveys the moment accurately.

One form of speech is always inaccurate: Blame language when referencing psychological (non-physical) events. "You hurt my feelings." [How did I hurt your feelings-did I step on them—Did I hit them-where are your feeling hiding?] In discussing the physical world this form of speech is accurate. [When you kicked me in the leg it hurt me and it caused a bruise.] This is blaming language that [referencing physical issues] is accurate speech.

What does blame language referencing psychological events actually mean? (Ie.) "You are making me mad" actually means "You have said something that I do not like and being the coward I really am I am blaming you for the way I feel, rather than accepting that I have created the feeling, and I am hoping you will see and agree with me that you have hurt me and will henceforth not do what you did again because you are really a nice person."

When people blame others, they are actually giving away their power and when we give away our power we feel mentally down, unhappy, weak, disappointed and fearful.

Of course, we tell ourselves that it is really the other person who is creating the situation I am finding myself in so that helps me feel a little better.

When we frame speech inaccurately to avoid ownership of the event it also prevents us from understanding the reality of the moment, we are in and it contributes to a non-learning situation where the person never learns how they are actually creating their feelings.