

## Module 6 Exercise

### How do Words and Images shape and affect us?

(Exercise:10 minutes)

*Invite participants to take one minute to:*

1. *Recall one experience in which a symbol or a word served to heal or hurt you..*
2. *Write down at least one way you felt.*

*Then ask participants to take one minute to review the list of statements (below) about language, drawn from social linguistic research. **Please mark the statements that match your experiences.***

#### Language and images or symbols

- create power dynamics.
- express truth.
- hurt people.
- heal people.
- shape our understandings  of the world and ourselves.
- influence people at an early age.
- are learned by rote in religious  rituals before we understand their meanings.<sup>1</sup>

*Take two minutes to hear very brief comments from a few people about the following questions.*

1. *What rang true for you in this chart?*
2. *In what ways is language powerful?)*