

TAMING THE TONGUE

NIBRAS WADUD KHAN

Do you swear? Is it rare, or regular? Are you a small-time swear-shooter, or are you already a professional profanity-producer? Whatever the frequency, swearing isn't cool; in fact, it makes you quite the!#&\$%!

If you want to curb your cursing tendencies, as you should, start by changing your attitude towards swearing. It's bad! Most people begin swearing in their teens, either due to peer-pressure, as a form of rebellion, or simply wanting to sound older. It can help to vent anger and frustration, but research suggests, swearing can easily become addictive. However, since the dangers are often unknown, the situation goes by mostly unaddressed.

Swearing has strong, negative social impacts on oneself and one's environment. It tarnishes your image in front of others, shows a lack of self-control, and can easily lead to more violent actions. Do not curse at others. That's derogatory, disrespectful and plain bullying. Do not even swear as a joke, because it can escalate quickly into something more serious. Now, a few tongue-slips here and there won't make you a hardened criminal, but nevertheless, it's better to exercise caution and work on improving that self-control.

Swearing is a bad habit, and like most bad habits, is easy to pick up. So many of us do it occasionally without even realizing it, but like all bad habits, it can be dropped. Start by practicing patience. Find out what triggers your mouth to run amuck; is it the traffic, is it when Nicki



Minaj comes on the radio, or is it when another GoT character dies? Identify your trigger and avoid it like how I avoid Nicki Minaj. Keep yourself in check; maybe try watching Friends for a change.

One of the more popular methods of phasing out bad behaviour is to practice negative reinforcement. So, if you catch yourself cursing, give yourself a sharp pinch, or maybe snap a rubber-band on your wrists. When undertaking this challenge, it's advisable to gather the support of family and friends. Try and find someone with the same issue, and work together, monitoring each other along the way. If you have someone holding you accountable for the swearing, giving you gentle (?) reminders when you slip, you'll make swifter progress. An example of this can be setting up a swear jar in which family members or friends will

keep a 'fine' from you every time you swear. The money can then be used for a noble purpose such as charity, etc.

DO NOT LISTEN TO RAP GOD!

You won't stop the cursing unless you stop your exposure to curses, i.e. no more Slim Shady and no more Gangsta Rap. Avoid explicit music that deal profusely in profanities, and fend off the temptation to watch the Bangladeshi spectator sport that is 'rastae genjam'.

Most teens swear with their friends/home-boys, to fit in better, to the point where they answer their phones with an obscenity. If this is the

case, try chewing gum and talking little with said friends. Also, know that, when answering the phone, instead of a curse, it's much better to hear a "Hello from the other side."

Oftentimes, we swear when we're trying to prove a point: curses are the conversational equivalent of Internet's Caps Lock. Approach arguments by imagining you're talking to your grandma. You wouldn't dare unleash your truck-driver tongue with her; instead, you'll speak softly and sweetly, and your calm demeanour should help get your point across much better. If your mouth is privy to a particular cuss, replace that choice swear with a harmless alternative. A few notable substitutes are: balderdash, shabalaba, math, hogwash, fragging, cabbage and so much more; let your creativity run wild here.

Lastly, read a book. People usually swear to replace other words they want to use, but don't know yet. Expand your vocabulary, learn more adjectives, and teach your tongue superfluous superlatives, so that you will no longer need to swear. Your witty sarcasm and big words will suffice in blowing people away. (See: Russell Brand)

Nibras hopes to be a surgeon, because it is the only profession where he's allowed to cut people up legally. He enjoys blood and gore, so DM him gruesome photos @niibzzz




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