

Developing a character strengths

LANGUAGE

to manage burnout and compassion fatigue

(Because we see in our daily work as interpreters that language shapes the way we think and research supports that too)

Sun and moon: male or female?

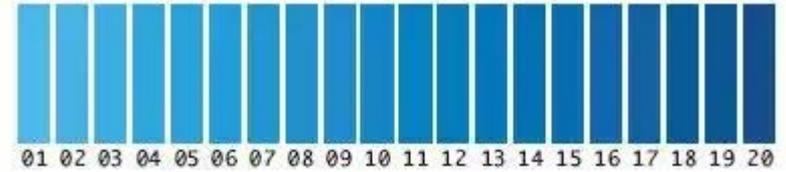


*Germanic grammatical genders; the sun is **feminine** and the moon **masculine**. DIE SONNE, DER MOND*



Celeste, Goluboy, Light Blue?

CELESTE Y BLANCA

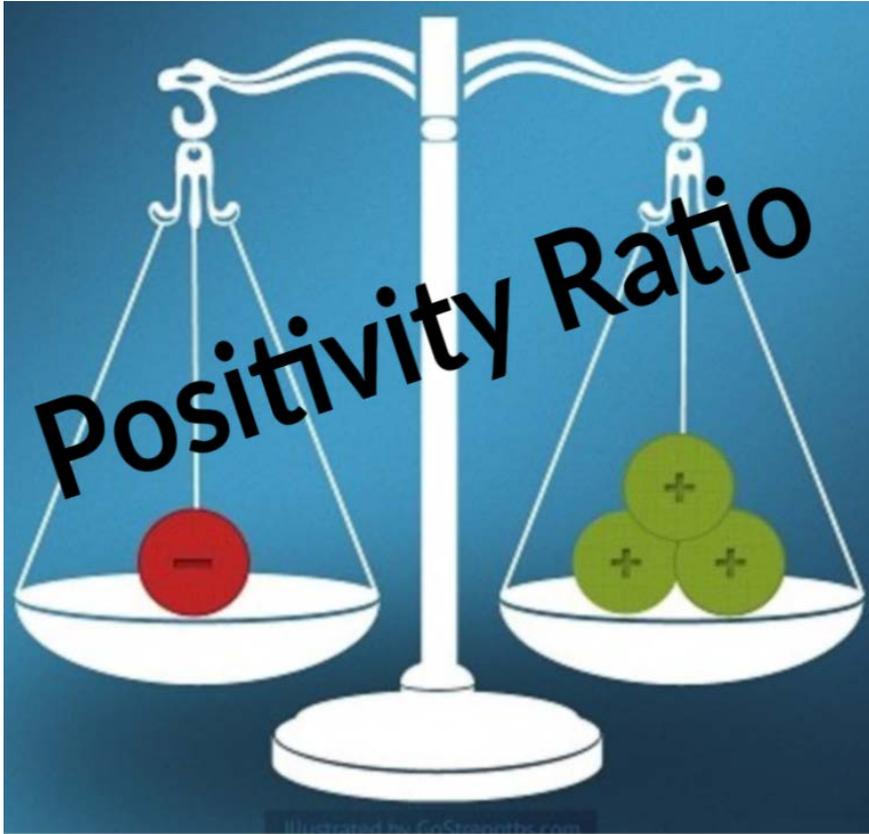


The language you speak can affect how you see the world

English speakers were no better at distinguishing between dark and light blues than they were at telling apart two blues of a similar shade.

Russian speakers, by comparison, were 10% faster at distinguishing between light (*goluboy*) blues and dark (*siniy*) blues than at discriminating between blues within the same shade category.

The Negativity Bias



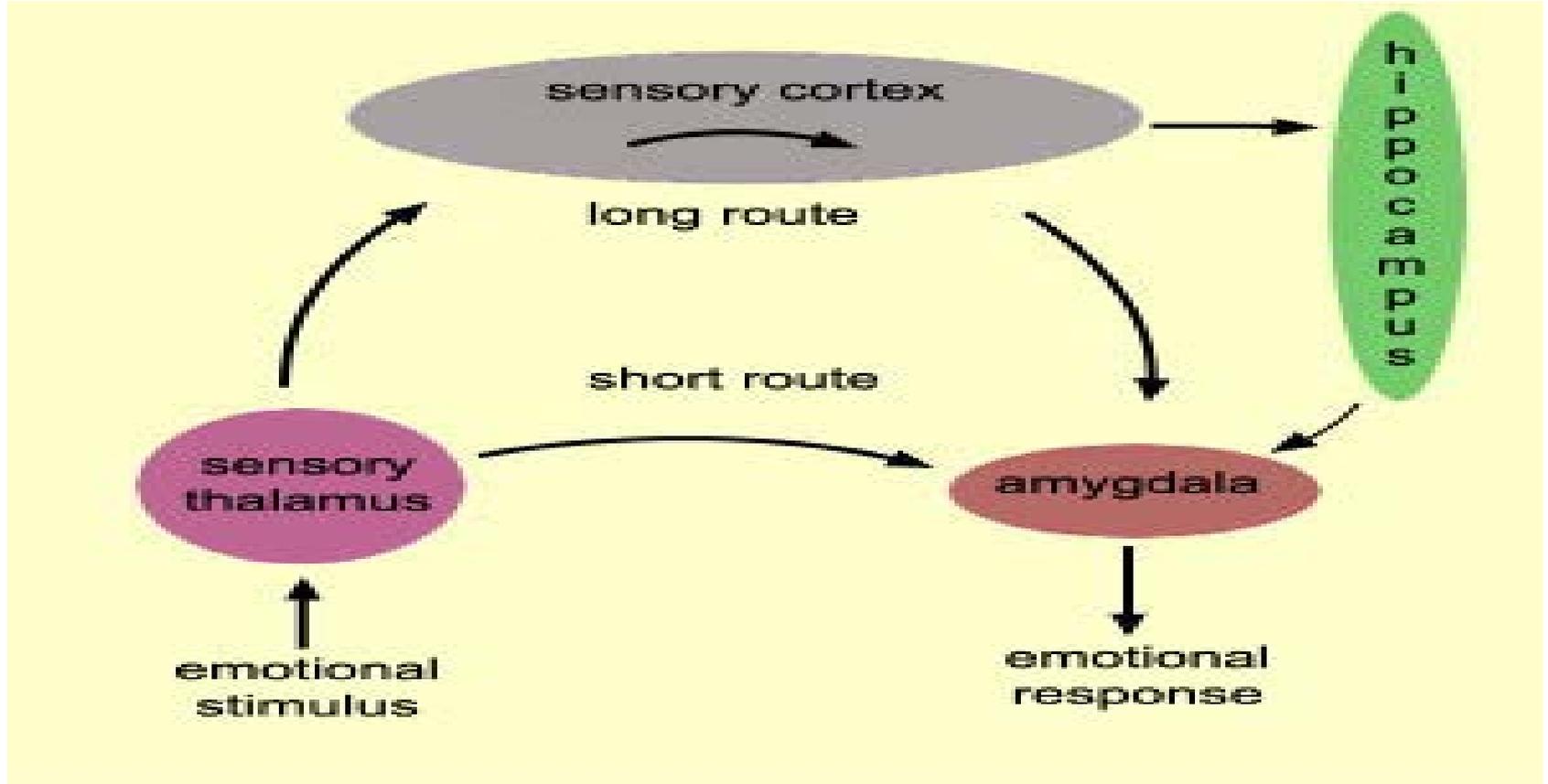
Negative emotions have an impact close to 3x stronger than positive emotions.

Published by psychologists [Marcial Losada](#) and [Barbara Fredrickson](#), in a 2005 paper in *American Psychologist*.

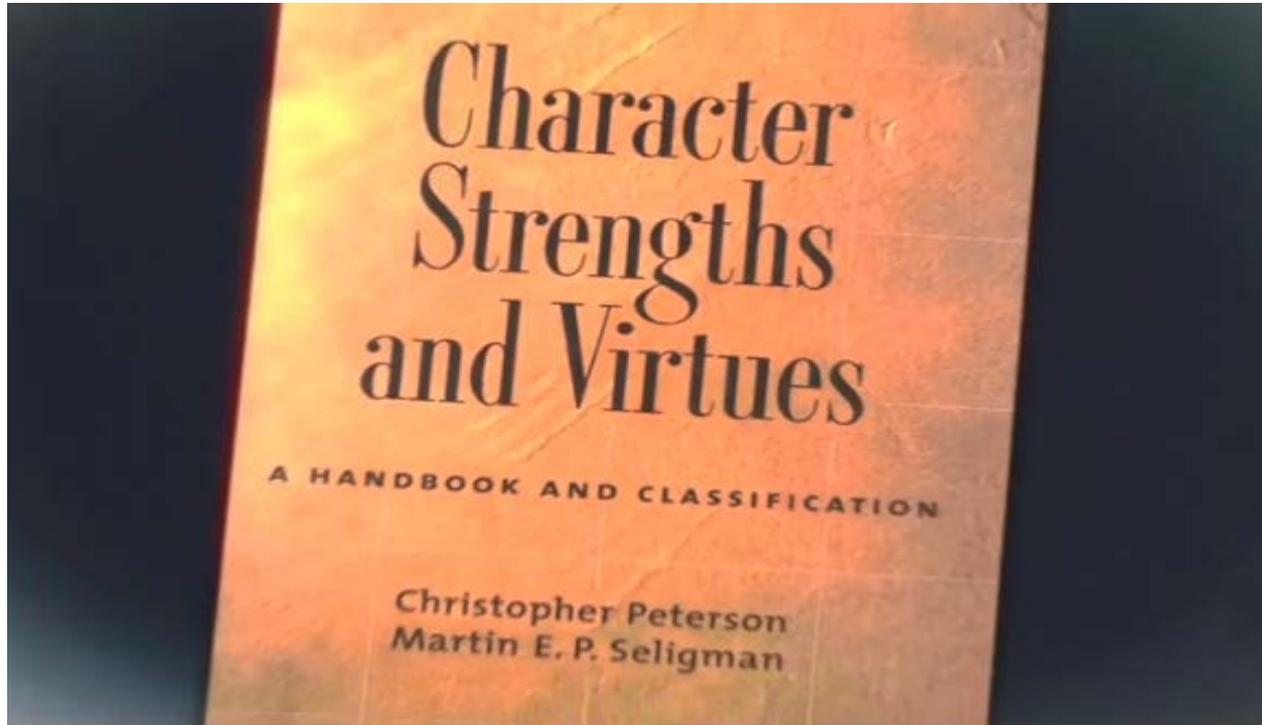
Our fear response is more influenced by the ancient species we struggled to escape than any modern challenges



Two Pathways of Fear



Character Strengths and Virtues, 2000



Six virtues shared in most cultures across three millennia

WISDOM

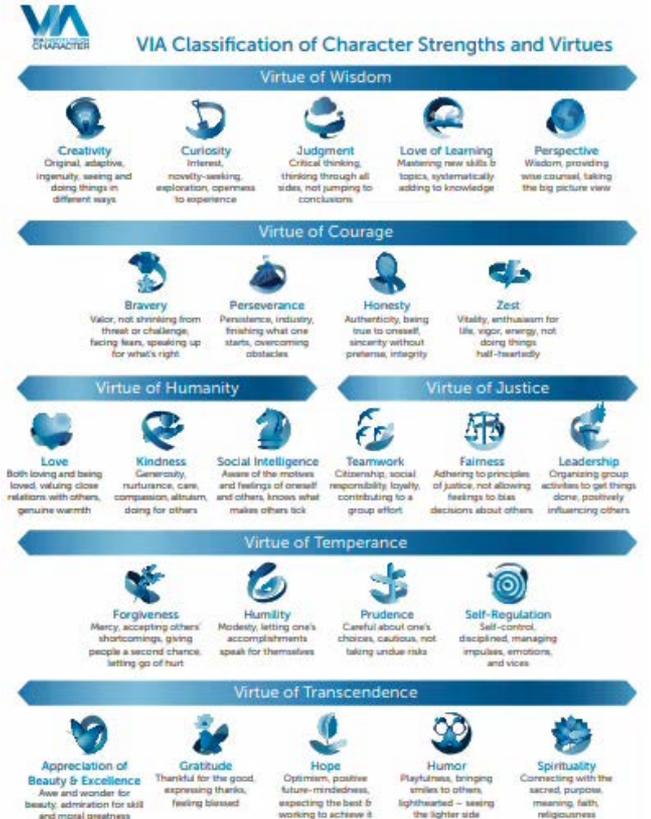
JUSTICE

COURAGE

TEMPERANCE

HUMANITY

TRANSCENDENCE



VIA Classification of Character Strengths and Virtues

1. A Strength contributes to fulfillment and to the “good life”
2. A Strength is morally valued in its own right
3. Displaying a Strength does not diminish others
4. Almost every parent wants his or her child to have the Strength
5. There are rituals and institutions within a society that support the Strength
6. Each of the Strengths is universal, valued by almost every religion, politics, and culture – now and in the past.

watch your thoughts: they become words

watch your words: they become actions

watch your actions: they become habits

watch your habits: they become your character

watch your character: it becomes your destiny

-frank outlaw-