
The author describes linguistic violence, an act of verbal hatred, as a form of physical violence. Studies show concrete, scientific evidence of how violent language—hurtful words, facial grimaces, or gestures—targets its victims in a very clear and physical way. The victims of verbal hate crimes become depressed and physically weary in a manner that can be measurable and physical in outcome. Another studied showed negative conversations between married couples can lead to disgust, hatred, or other negative feeling resulting in bodily or physiological responses. Acts of awareness of our communicative behaviors can be employed in everyday conversations to prevent, reduce, or eliminate linguistic violence. More simply, we should be more mindful of others. Having an attitude focused on issues, respecting and understanding towards others feeling, and communicating our wants and needs without aggression can cultivate a very amiable atmosphere. This article molded together with another article by Bill Daily can foster a guide on how managers or even business people as a whole can us to guide themselves in appropriate verbal conversations without expressing hatred opinions towards others.