



This week's focus is:

Word Choice



True or False:

The following sentence will make it easy for the patient to relax:

“Would you like to try a relaxation exercise?”

“**Try**” implies failure and also that you do not fully trust the patient to complete this task.

Alternative options could be:

“Would you like me to guide you in a relaxation exercise?”

“We offer a relaxation exercise that works really well for our patients. Would you like to **see (experience)** how well it works for you?”

“We offer a relaxation exercise that works really well for our patients. How does that **sound** to you?”

You can use “try” though when you want the opposite to occur, such as “Try to keep your eyes open” when you actually want the patient to close them.

You can also do a little test if you still have doubts about the use of “try” — you can ask some patients to “try” something and invite others just to do something and notice the difference.

This week focus intensely on your use of “try.”

For more detailed information on encouragement, see **Segment 1.10** of the Online Course and **Chapter 16** of *Patient Sedation Without Medication*.

Correct answer to the above quiz: False

