I didn’t mean it that way + You’re making a mountain out of a molehill + You’re being oversensitive + You know what I mean? + I’m not sexist, but... + Don’t make me worry. + Just drop it too much into this + out of proportion + Just a little bit sexist + language police + I + You’re making a molehill + You’re being know what I mean + I’m make a big deal out of it + why worry? + Just drop it too much into this + You’re blowing this way let it go + Everybody’s Nobody likes the didn’t mean it that way mountain out of a oversensitive + You not sexist, but... + Don’t + It’s such a small thing, + You’re reading way too much into this + You’re blowing this way out of proportion + Just let it go + Everybody’s a little bit sexist + Nobody likes the language police + I didn’t mean it that way + You’re making a mountain out of a molehill + You’re being oversensitive + You mean + I’m not Don’t make a big it’s such a small + Just drop it + way too much into blowing this way + Just let it go + little bit sexist + language police + that way + You’re mountain out of a being oversensitive I mean + I’m not Don’t make a big it’s such a small + Just drop it + way too much into blowing this way + Just let it go + little bit sexist + language police + that way + You’re mountain out of a being oversensitive I mean + I’m not... + Don’t make it + it’s such a worry? + Just drop reading way too You’re blowing this proportion + Just

**Impact of this Phrase**
This phrase is used to describe someone as weak or deficient and supports stereotypical beliefs that women are powerless, inept, and inferior to men.

**Alternatives to this Phrase**
If we are not conscious of the impact that our words carry, we may inadvertently use the power of our voice to oppress and degrade others. Here are some alternative phrases/words that can be used to transform how we understand and relate with each other through our daily interactions:

- Believe in yourself
- Try harder
- Don’t stop, go farther
- Don’t give up
- Push yourself
- You can do it

Whether or not we understand the power of our words, we still use them...

**so what kind of impact do you want to make?**

For more information, visit our website:
https://www.macalester.edu/morethanwords