

## 28 PHRASES NOT TO USE AT WORK



**Summary:** *Keep your image at the office as one of professionalism and respect by staying away from using these unnecessary phrases.*

Have you ever thought about some of the phrases and one-liners you use in the office or in other professional settings? While some may not seem like such a bad phrase, if you think about them, you can begin to understand why colleagues may lose a little respect for you for saying it. Most of these phrases should be no-brainers if you want to **avoid harassment** or **discrimination complaints**. Others are just **not needed complaints** that no one wants to hear. Some phrases imply you are cheating and lying and that just means you are bound to get in trouble if you are needing to use them.

1. I'm exhausted.
2. Anything with swear words
3. I am the REAL DEAL!
4. I'm just going to ignore it.
5. I know, right?
6. Just trust me.
7. Don't tell the boss.
8. Can you believe them?
9. I feel really stressed.
10. They make me so mad.
11. I know what I'm talking about.
12. Just go along with it.
13. I'm so hungover.
14. No one needs to know.
15. Wow, they are hot!
16. Just back off.
17. OMG! Did you hear what happened?
18. Let's just get it over with.
19. I think I got away with it.
20. Anything with a stereotype.
21. I need a smoke.
22. I am so bored.
23. Let's bet on it.
24. We were so out of control!
25. Anything sexual.
26. That meeting sucked.
27. I'm not sure what to do here.
28. I can't go home, I have way too much to do.

Do you have any phrases that you have heard colleagues use that surprised you and made you question their authority? Tell us in the comments below the article.

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