



anything.”

For Honaker, she said she can see how swearing could help people deal with their emotions, but for the most part, she doesn't attribute the reasoning for swearing to anger.

“I think [swearing] could [help relieve anger], but then that's also just because [it's] the norm again, and they might just do [curse],” Honaker said. “It's just another word in their vocabulary; they might not even see it as that meaning of a word.”

Honaker also said that she can see how saying a curse word could add to the stress a person is already under.

“Because the word is so negative...it could add more stress, and it could make your situation more stressful because you're using that strong of a word,” Honaker said.

Rather than using a swear word to express her feelings, Honaker said in stressful situations, she tries

to calm down and look at the situation with a new perspective.

“I just kind of step back, I just slow down my breathing if I'm really upset, and I just kind of think about why I'm mad, and then I sometimes ask God to calm me down,” Honaker said. “[I] just like, look at the situation in a different perspective and see it as how I could get some blessing through it. Or I'll just [say] ‘shoot’ or whatever; I'll use a different word.”

Seeing the benefit in using curse words, Faas said that if swearing helps someone to calm down and express their feelings, then they should say them to help themselves talk their emotions through.

“I think that [swearing] does [help deal with stress] as a way to express your opinions basically, because I feel like when I do it, and I just talk out my feelings... then I just feel better about myself,” Faas said. “If you just talk it out you can feel better about yourself. If

you're saying words that mean really negative things, [and that] is how you get it out, then I think that you should do it. ...It's what you feel, if you want to feel less stress then you should do it, and I feel, at least for me, that it relieves stress; just talking it out.”

Though some people may believe swearing can't benefit a person, according to Iannuzzi said that when it comes down to it, swearing just gives her a better way to express her feelings.

“At the end of the day, swearing gives me a more severe--for whatever reason--range of words to choose from when I want to express myself,” Iannuzzi said. “I guess it doesn't benefit me because people may judge me because I swear a lot, but I don't really care. They should be more concerned with my actions than a made up word that I say when I'm mad.”

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