



(Dr. Sivana acted by actor Mark Strong in the 2019 superhero movie titled Shazam).

It doesn't take a gun or bomb for someone to be a murderer. The hidden venom of brutally spoken words is enough to do the killing. So it is humane for a person to always watch what he or she utters to another person in any given environment before jumping to label other crime perpetrators as murderers or evil individuals. This is because those abusive words naively uttered out of sheer recklessness or faulty innocence can trigger suicidal thoughts or a dangerous push for violent revenge.

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There are many people whose tongues have ripped apart families and relationships. And yet some others in many instances of recorded history have uttered scalding words of unfettered venom to start unexpectedly long and devastating wars. A person's words of mouth can mar the painstakingly built image of an entire empire. The sad and highly hypocritical misconception of so many people is that they are the less violent murderers or destroyers simply because they are not armed with a gun, explosive or machete. Vitriol, malicious gossips, slander, bullying (cyber or physical), racial slurs, etc., is continuously destroying people. This also includes their reputations and sense of self-worth.

The human body absolutely relies on the brain's cognitive, affective and conative processes to aid the other parts of the body to function effectively. And for these processes to work as they should there is the need for a balance in the secretion of the emotional hormones in the body system. These

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hormones are commonly known as the 'feel good' hormones as listed below:

- Dopamine: A form of neurotransmitter that is produced when there's a feeling of excitement, happiness and satisfaction.
- Serotonin: Another neurotransmitter that helps with mood stability, decrease in worries, memories and learning abilities.
- Endorphin: This is a form of hormone receptor for emotions showcasing fascination and joy.
- Oxytocin: This hormone, apart from its roles in the production of milk and pregnancy stimulation, also helps to build relationships and feelings of affection among people.

Thus, it is a no-brainer that the needed functions of these hormones and neurotransmitters will be truncated if there is a high level of emotional distress registered in a person's receptors and other parts of the body. So one can only imagine how damaging the effect would be on someone's entire system and emotions if any of these hormonal transmitters should become too low as a result of intense depression, or too high as a result of trying to get an emotional high through the use of drugs and dangerous substances.

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The mentioned trends above are among the several devastating effects of the words we use everyday if they are used with a malicious purpose. Words are just like energies having the capable bandwidth to disgrace, bring help, cause lots of hurt, enhance psychological healing, kill, destroy, build bonds, help to heal, etc. The way a person decides to use his or her words can go a very long way to bring together different people despite their different orientations. And it can

as well be used to rip apart a harmonious society when used wrongly. Words, no matter how brief or long, will always have consequential meanings that can never be forgotten. How much a form of bullying or vitriol is used against a person can determine how much the mentioned hormones and neurotransmitters can be devastating in their supply level to the entire psyche of the victim. The same can be said about sincere words of praise, gratitude, love, appreciation, friendship, etc.

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Therefore a person has to sincerely self-examine if his or her inner lamb isn't gradually metamorphosing into a vicious wolf through the use of destructive words. If only most people know how much damage they are causing with their slurs and shaming, then they would know that they are not exclusive from the other killers in the world or those in their immediate environment. The major reason why word abusers are not taken cognizance of in today's societies is because they are obscure killers and terrorists without bombs or guns.

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