**Violent phrases that have become the ‘norm’ in everyday speech**

When push comes to shove

Adding insult to injury

Hitting on an idea

Deadbeat

Take a stab at it

Shot in the dark

Push over

To be brutally honest

Soften the blow

Beats me

That really bombed

Pushed over the edge

Blown away

Killer smile

Kick the bucket

Set the world on fire

Pick your battles

That really burned me

Overkill

Kicking around an idea

Get away with murder

Killing time

Punch line (killed it)

If looks could kill

That kills me

Roll with the punches

Jumped the gun

Kick in the pants

Bite the bullet

The beaten path

Hit the road

That slays me

Twist your arm

Break a leg

Broken heart

Breaks my heart

Killing me softly

Knocked up

Hit up

At the end of my rope

The straw that broke the

camels back

Shoot from the hip

Straight shooter

Shoot yourself in the foot

Blow up in your face

She's a real pistol, that one

Give it a shot

Take a shot at it

Something to shoot for

Right on target

Need more ammunition

Bullet points

Take your best shot

Shot in the dark

Shoot off your mouth

Gun shy

Gunning for trouble

Under the gun

Whole shootin' match

Shoot the breeze

Son of a gun

Shooting holes in the

argument

Armed with the facts

Drop dead gorgeous

Gun the engine

Hired gun

Shooting blind

Shooting blanks

Shooting ducks in a barrel

You slay me

Ride shotgun

Traffic was murder

Moving target

Do a drive by

Bring out the big guns

Went in with guns blazin'

Keep your powder dry

Hair-trigger temper

Straight shot

Set your sights on the prize

Locked and loaded

Bang for your buck

Loose cannon

Rally the troops

Join the battle

On your radar screen

Leading the charge

Had a blast

He/she's dynamite

Going ballistic

Old habits die hard

Target

High caliber

Enemy

Force

Assault

Combat

Armed with

Bomb

Mine field

Strategic

Shell shocked

Hate

Bully

Wipeout

Take out

Ramp up

Drop you in your tracks

Campaign

Shoot me an e-mail

Battling a disease

Attack

**Sanitized military words to hide what is really happening:**

Area denial munitions = landmines

Pain compliance and enhancement techniques = use of torture

Conversion camp = concentration camp

Employ aerial ordinances = use bombs and missiles

Security Contractors = mercenary troops paid to kill

Collateral Damage = killing of innocent women, children and elderly

**Use of violent language in sports:**

crushed, beat, clobbered, annihilated, whipped, toppled, smothered, smashed, picked off, ripped, slaughtered, rolled over, manhandled, creamed, smoked, battled

**VIOLENT ATTITUDES**

Violent attitudes that we encounter in Everyday Life

Intolerance

Revenge

Inappropriate laughing at others

No patience

Anger that has you walking on eggs or tip-toeing around the person

Negative attitude

Paranoia

Insists they are always right

Inability to accept responsibility for their actions…it is always someone else

Silent treatment

Some songs, video games, movies, TV shows

**VIOLENT BEHAVIORS**

Violent behaviors we see in Everyday Life

Bullying

Road rage

Screaming

Out of control

Throwing objects around

Slamming doors

Giving the finger

Too fast driving

High risk behaviors

Video games, songs, movies, TV shows

**PEACE BLESSING**

“May the God of peace be with all of us, giving us insight into our own lives and blessing us with the courage to change.”

“May the God of peace journey with us at all times, giving us a profound awareness that this God is always present and blessing us with long memories of that love.”

“May the God of peace evolve within each of us, making simple our complicated lives and blessing us with a new reverence and awareness of one another.

**AMEN and THANK YOU**