**Did You know that people who swear may be better friends?**

**DAMN, I don’t believe it.**

Believe it, my friend, because research recently revealed that people who swear can be better friends. What did the research reveal?

First, the study noted that swearing is a great way to relieve pain. How and why that is true is still a mystery. It might be that when we swear, we activate the part of our brain that incites the fight-or-flight response, in which our heart rate climbs and we become less sensitive to pain. But, if we swear a lot, the impact of swearing becomes less powerful. So, people must not swear frequently to relieve pain, or repetition diminishes its potency.

Swearing is actually an essential part of speech that helps us to understand the link between what we say and how we behave.

There are many other factors that determine how intelligent, happy, healthy, or calm someone is, but it appears that those who let out their frustration with an expletive often tend to have a higher command of language and are less likely to resort to violence when they become angry or frustrated.

In life, there many situations where swearing is highly inappropriate, but if you are someone who tends to curse a little more than most, you may actually be better off for it, and potentially, a better friend to some of your friends.

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**SOURCE:**

**Science Say People Who Swear A Lot Actually Make Better Friends.**

**Swearing can be Good for You!**

A study published in ***Neuroreport*** found that swearing may be an effective means of relieving pain.

Psychologists had participants immerse their hands in cold water and keep them there as long as possible. While they held their hands under the icy water, they were given the choice to repeat a swear word of their choosing or chose a "neutral" word.

The volunteers were able to keep their hand under the water for an average of 47 seconds longer while swearing, and reported feeling less pain compared to when they chanted a non-expletive [3].

Richard Stephens, a psychologist at Keele University in England and leader of the study, advises people to swear if they hurt themselves.

“Swearing is such a common response to pain that there has to be an underlying reason why we do it,” he explained [3].

How swearing helps to alleviate pain, however, is less clear. It could be that swearing actually activates the part of our brains that incite the fight-or-flight response, in which our heart rate climbs and we become less sensitive to pain.

Swearing can also help to alleviate emotional pain, and make us less likely to act out physically. The catch, however, is that as we swear more, our words begin to lose their emotional potency. Once the emotion is taken out of the word, it no longer has the same soothing effect, so we must choose our words wisely [3].

**The Effect of Swearing Depends on your Experience**

The emotional impact of swearing changes from person to person, depending on their own experience and upon the context in which the word was used. How appropriate swearing is depends on several factors including the relationship between the speaker and the listener, the social-physical context, and of course which word was used.

In their study "The Pragmatics of Swearing," Timothy Jay and Kristin Janschewitz had native English-speaking and non-native English-speaking college students rate the offensiveness of swear words and the likelihood of hypothetical scenarios involving these words.

For native speakers, offensiveness was dependent on age, while for non-native speakers, it depended on their experience with the English language. Their data demonstrated that understanding where, when, and with whom swear words are appropriate takes time for people to learn.

**Swearing isn't All Bad**

All of this research concludes that swearing is actually a highly essential part of speech that helps us to understand the link between what we say and how we behave.

There are many other factors that determine how intelligent, happy, healthy, or calm someone is, but it appears that those who let out their frustration with an expletive more often tend to have a higher command of language and are less likely to resort to violence when they become angry or frustrated.

Of course, there are still many contexts and situations in which swearing is highly inappropriate, but if you are someone who tends to curse a little more than most, you may actually be better off for it, and a better friend too.

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