

## **Irritating words and phrases**

I read in the papers today that a Marist poll has “whatever” as the most annoying words in the English language. Next comes “like” followed by the phrase “you know what I mean.” “To tell you the truth” and “actually” were also unnerving to many people.

I have a few that I also find annoying. And these are:

“You know” – especially if you don’t know

“At this point in time” – what point, what time?

“Up standing” – as opposed to “down sitting”

“Absolutely” – why not totally, completely, utterly, extremely, entirely, enormously?

“Exactly right” – as opposed to exactly wrong