

I STAY AWAY FROM GOSSIP

I stay away from gossip because it is detrimental to my relationships. Gossip is a toxic substance that hurts everyone involved. In the garden of beautiful blooming relationships, gossip is like a poison that causes them to wilt.

When someone walks up to me and brings up someone, I quickly praise the person and say something positive about him or her to show the gossipers I have no interest in negativity.

I thwart the divisive effects of gossip through kindness. I have the power to change the subject when the person I am speaking with starts to gossip.

People who gossip generally do so out of a lack of self-worth. By asking the gossipers questions about their own lives, I communicate a sincere interest in them.

My genuine friendship meets other's need for validation and helps them to realize they can be thought of highly without having to put others down. As I ask questions of the gossipers, I stay in control of the conversation by focusing on them.

In cases where the talker insists on gossiping, I have the courage to speak up about my feelings. I bluntly state that I avoid talking about people behind their backs. Ultimately, I walk away from people who refuse to be kind.

Today, I choose to speak positively about all people the same way I would want them to speak about me. I try my best to steer people away from gossipy conversations and walk away from those who insist on gossiping.

REFLECTION QUESTIONS

1

How can I steer conversations away from gossip and negativity?

2

What are some ways I can show genuine interest in others to build positive relationships?

3

How does avoiding gossip contribute to a healthy and supportive environment?