

Name \_\_\_\_\_

Date \_\_\_\_\_

## Gossip and Healing Words

*Gossip is casual talk about someone's personal life and private matters. Researchers have studied the negative effects of gossip and the positive effects of healing words. Studies reveal that more than 10 percent of us say something behind someone else's back at least once or twice a week—something that we later regret.*

### Advice About Gossip

1. Remember there is usually another side to every story.
2. Be aware that even a seemingly harmless piece of information might damage someone.
3. If a group accepts you only if you say negative things about others, ask yourself if you really want to belong to such a group.
4. Imagine that the person you are talking about is present.
5. Stop yourself from gossiping by changing the subject midsentence; only you will notice.
6. Stamp out gossip by voting with your feet; just walk away if someone gossips.
7. Remember that to have friends who won't gossip about you, you must be a friend who won't gossip about them.

### Write a Gossip Pledge

Write your own personal pledge about gossip and how you will use words only to heal and support and comfort.

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