

## **Gossip???**

Talking negatively about someone who is not present. Repeating Malicious rumors. casual or unconstrained conversation or reports about other people, typically involving details that are not confirmed as being true.

### **Why people gossip:**

1. Insecurity about yourself
2. Feeling threatened by another's influence, control, or leadership
3. The need to "level" or "even the score"

When I put someone down, its because I feel they are getting unjust attention.

I need attention, I need recognition, so I will take it away from them.

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Gossip is wrong, no matter how you look at it. Spreading malicious rumors will not only hurt the subject of the gossip, it makes you look bad in a rude and immature kind of way. It also makes the person or people you're talking to uncomfortable ... or at least it should.

Most people gossip to get attention and to make themselves feel better, but in the long run, it typically backfires on the person doing the talking and those who are willing to stand there and listen. No one ever benefits from malicious discussion about other people. It's also a waste of time that could be spent doing or saying something positive.

Whether you gossip it with your friends in a social setting or talk about someone by the office coffee station, you'll come across as a petty person who has never learned proper manners and doesn't know how to behave. If you are a habitual gossip, others will eventually lose trust in you as a friend. Not only does it show bad manners but it also hurts friendships and damages professional relationships. Once you say something, it is impossible to take it back, so always think before speaking.

## **How to prevent gossip:**

1. Stop and change the subject. As soon as someone starts to gossip, intentionally discuss another topic.
2. Make the private conversation public. Invite the person of conversation on speaker phone immediately. Resolve it or stop it.
3. Don't whisper in the presence of others. Even if you're not talking about someone, it appears that you are and may hurt the feelings of people around you.
4. Defend the subject. Be solution focused. If you can't defend the person, defend principles. Even if what is being said is true, defend the person in the most logical way possible. If you know that the gossip is a lie, call it that. If there is a grain of truth or you're not sure, say that you don't know the circumstances behind whatever it is being said, and you don't want to continue with this discussion.
5. Leave. If the gossip continues, simply walk away. The people doing all the malicious chatting will get the message. Just be warned, though, that you might be the subject of the next gossip session.