

Gossip is Slander, Which Fuels Addictions

By Ron Petit

So often we think, “oh, it’s just a little gossip”. What could be wrong with that? Little do we know that people struggling to define a healthy sense of self and who are working on strengthening their self-esteem often feel belittled and disempowered by that “little bit of gossip”.

At its core, gossip is disrespectful and usually hurtful. Oh, there is positive gossip, but that’s not what we’re talking about. You know what we mean, the things you say about other people to make yourself feel big; to make yourself feel important. A very high price is exacted for this type of emotional racket.

Look around you. Have you noticed that there are a lot of active drinkers, overeaters, or other compulsive and driven behaviors in your midst? Most people that have these problems are sensitive and do get hurt when the gossip comes full circle.

So the next time you’re tempted to pass on a little tid bit about someone else that is really designed to make you feel important or potent as the conveyor of the information, think twice and don’t do it. Set some limits on yourself. Learn to feel important and feel like you matter in other ways. Ways that don’t hurt other people. It is possible and you can do it.

Together, we can all do better by losing the gossip.

Winter Health and Wellness

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