



BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

Volume 7, Issue 4

Week of February 24, 2013

The Road to Safe Thoughts

By Donna deWitt Schnell, Bucket Fillers Team Member

It is midwinter in Brighton, Michigan, the home of Bucket Fillers, Inc.

Those of you who live outside a snow belt seldom hear weather forecasts that include words like ice, sleet, slippery, frigid, or freezing, or predict snow amounts and wind-chill factors. We dress and drive for our winter weather and cautiously navigate slippery slopes until early spring.

No matter where we live, we all have some version of a slippery slope in our lives that can affect us all year long and be just as dangerous. This is the slippery slope of *negative thinking*, which is hazardous to our physical and mental health, and a threat to the happiness of those around us.

An awareness of the "bucket" concept, particularly the lid and how it works, will give you a way to avoid this dangerous slope.

No one chooses to drive on icy, dangerous roads; we usually wait for the snow plows with salt to melt the ice. Shouldn't we do the same and wait while we clear our minds from dangerous negative thinking? Like the salt that is used to clear icy pathways, your bucket's lid can be used to clear the pathway of negative thinking.

Knowing when to use your lid to protect your bucket, and the buckets of those around you, is the key to melting away negative thinking and helping you to avoid the dangers of the slippery slope.

How does this bucketfilling process work?

First, become aware of your negative feelings about a situation. Perhaps you are feeling fear, anger, or embarrassment. Our brain pathways are designed so that we *feel* before we *think*. Therefore, it's good to stop and breathe deeply as soon as you are aware of any negative emotions.

Next, make an effort to understand the situation and create a thoughtful awareness mindset that can help you avoid the slippery slope.



Unless we do this, automatic negative thoughts (ANTs) have a tendency to creep in. These ANTs are more than just pests; they can infest our thinking and remove the good thoughts and feelings from our buckets.

Have you ever noticed that the harder you try NOT to think negative thoughts, the more they seem to multiply and become an habitual part of your personality?

Increasing your awareness of any slippery, negative thinking means that you are beginning to use your lid. When you use your lid on your bucket, you protect your good thoughts from displacement. Keep it on until you have replaced any negative thinking with positive, problem-solving, productive thoughts.

In the classroom, a simple review of antonyms can teach this thought awareness/bucketfilling lesson. Generate a short and simple list of antonyms: hot/cold; near/far; light/dark etc. Then shift the focus to feeling/acting words: love/hate; gentle/aggressive; thoughtful/inconsiderate. Class conversation could then shift to the fact that where one exists, the other simply cannot.

This lesson can help us clear that important road between our feeling and thinking centers and lead to a happier and safer journey.

New Item!

Our spiral-bound notebook, with 70 lined pages, a twist-action ink pen, and a bucketfilling message is a perfect gift for anyone who is an outstanding bucket filler and also great for your personal use.

Only \$2.95 each.

Read more and shop for other bucketfilling items at <http://www.shop.bucketfillers101.com>

Designed and edited by Glenn Merillat

Congratulations, Lisa!

Lisa Demarco of Landisville, New Jersey, is our bucket filler of the week. You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by subscribing to our free e-newsletter at www.bucketfillers101.com

Words of Wisdom

"Very little is needed to make a happy life; it is all within yourself in your way of thinking". — Marcus Aurelius, Emperor of Rome, 161-180