



# Bucket Fillosophy™ 101

## Words of Wisdom to Keep Your Bucket Filled

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### Low Road Habits

#### Dear Fellow Bucket Filler,

Throughout life, we watch and learn from others. As young children, we are little sponges absorbing what we see and hear - both good and bad. Then as teenagers we are influenced by peers and finally, as adults, we often adopt the negative thinking and behavior of others.

William Glasser, MD, the developer and author of *Choice Theory*, identifies *Seven Deadly Habits* (low road habits): *Criticizing, Blaming, Complaining, Nagging, Threatening, Punishing* and *Bribing* (rewarding to control). My low road list adds *bullying, whining, gossiping, personalizing, comparing, name calling, and emphasizing weaknesses*. Today, these ways of interacting are found in daily conversations, TV sitcoms, and politics. Sadly, these destructive and contagious habits have become acceptable, even though they dip buckets, make problems worse, and are not effective or healthy ways to accomplish anything.



Dr. Glasser's theory is that we all choose how we behave at any time, although it is impossible to control another person's behavior. Through the neuroplasticity of our brains, we have the power to change roads and replace low road habits with new habits. The first step in this process is awareness.

Take the next two weeks to recognize when you are tempted to indulge in any of the many bucketdipping habits above. It may surprise you how quickly these temptations can arise. Just remember to stop and say nothing. Recognize that you are at that dangerous intersection in the limbic center of your brain and about to descend to the low road.

Replacing old habits is possible, but not easy. You are to be congratulated for beginning the process of replacing a low road habit with a new habit. Continue to observe your reactions until you are able to automatically STOP and resist the impulse to say anything. When this begins to happen, you will have passed the first roadblock on the brain's superhighway to happiness.

Stay tuned for more,  
Carol McCloud

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## Our Bucket Filler of the Week\*

Mara Thomas of Lavergne, TN

\*E-newsletter winners are randomly selected to win a free book!

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## Bucketfilling Showcase



This week's picture was shared by Michelle Bowman, Counselor, at **Cline Elementary School** in **Friendswood, TX**. What a great picture to remind students to Fill a Bucket!

We invite you to showcase your organization's bucket filling in our e-newsletter. Email a picture of your bucketfilling bulletin board, mural or other artwork to [info@bucketfillers101.com](mailto:info@bucketfillers101.com).

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Most of our subscribers are educators looking for classroom ideas. We have many ideas on our [Free Resources](#) page. Our books and other items are available for [purchase online](#). If there is something you are particularly interested in, please [contact us](#). At the request of many readers, past e-newsletters are available on our [website](#).

Sincerely,

*The Bucket Fillers Team*

### Stay Connected

