

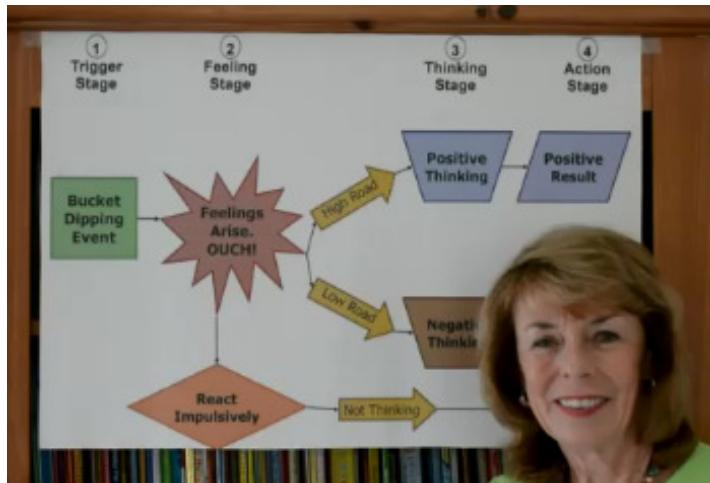


Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

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The Power of a Positive Pause



[Click for Video: Carol shares about this week's e-newsletter](#)

I recently reread one of the most influential books of all time, *Man's Search for Meaning*, by psychiatrist Dr. Viktor Frankl. Originally written in 1946, Dr. Frankl chronicled his many experiences of injustice and pain after being imprisoned in four different concentration camps during World War II. It's hard to imagine that someone who suffered such inflicted torture for so many years could pen these words:

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

As I read, I thought of the Flow Chart that we often use in our Bucket Filler training sessions, which is shown and briefly explained in today's video:

Trigger - Feeling - Thought - Action

If we could learn and teach others to pause for a moment between a negative trigger and our reaction to it, and fill that pause with a positive thought, prayer, or calming breath, we are choosing a High-Road response leading to greater happiness. There is great power in the space of a positive pause.

With this knowledge and some practice in pausing, we can begin to choose positive thoughts and positive actions. Our power to choose is in that tiny pause after a negative trigger and negative feeling that allows us to turn away from Low Road thoughts and actions. We can pause and choose the High Road, which we call the Happiness Road or the Bucketfilling Road. Think of this chart the next time you feel that negative trigger ("ouch") and remember to use your power and choose to fill that space with a positive pause.

To Your Happiness,

Carol