



The Law of Bucket Dipping

Hi Bucket Filler!

Last week we talked about how not to have regrets because we didn't do something we wish we had done. Today, let's talk about how not to have regrets because of something we wish we had *not* said or done. Like toothpaste in a tube, once it's out, you can't put it back. This is part of:

The Law of Bucket Dipping:
**When you dip into someone else's bucket,
you dip into your own.**

In other words, when you hurt someone else, you eventually hurt yourself. Think back. Is there something in your far or recent past that you regret having said or done? It could have been a thoughtless remark or a senseless act of meanness or self-interest. Most people don't like to admit these behaviors, even though a sincere apology goes a long way in restoring a relationship.

This week, become a Dipper Detective. Watch out for any bucket dipping you see or hear on TV, in social media, in the workplace, or at home. This includes harsh remarks and name-calling. Notice how easy it is to slip and dip into someone's bucket, including the buckets of the people we love the most.

Author Carol McCloud



Bucket Fillers

