



## Bucket Dipping is a Universal Behavior

Hi Bucket Filler!

As a bucket filler, this might surprise you. Not only does everyone have an invisible bucket that needs filling; everyone has an invisible dipper that can quickly remove some happiness. Everyone has the ability to hurt others. We are all bucket fillers who occasionally dip.

Our dippers usually come out when we're angry, stressed, tired, or when our buckets are not full. However, the fact is:

### **Bucket Dipping is a Universal Behavior that can be Controlled**

Bucket dipping is often a spontaneous, negative reaction to a negative event. It's harder to control this reaction when our buckets are already low on happiness, but it can be done. Learning to alter our reactions takes desire, practice, and baby steps.

Yes, we all have dippers, but learning to put our dippers aside and not dip is a big part of keeping everyone's bucket filled, including your own.

Author Carol McCloud

---

[Website](#) | [Books](#) | [Kid's Stuff](#) | [Teaching Tools](#)

