



Bucket Levels Often Determine Behavior

Hi Bucket Filler!

Think of a time when you felt stretched and rushed. What was your response when a coworker didn't follow through on a task, your spouse or a friend repeatedly interrupted you, or your children were uncooperative?

If you responded by being sharp in words, volume, and tone, you let *your* empty bucket determine *your* behavior. Your own dipper (negative behavior) came out and OUCH! You dipped in someone's bucket. The truth is:

You're most likely to dip when your bucket level is low.

Next time you notice that you're a bit frustrated, a little time-crunched and your fuse is shortening, pause, take a huge, deep breath, and KMS (keep mouth shut) because dipping won't help. Learning not to dip when your bucket level is low is a high-level EQ skill that we all can develop.

Author Carol McCloud

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