



What is Long-Handled Dipping?

Hi Bucket Filler!

You don't have to be face-to-face to empty someone's bucket. Dippers can have very long handles that can empty a bucket from anywhere in the world. It's easier to be mean-spirited from a distance.

Long-handled dipping includes gossip, rumors, and the sending of pictures or texts that disparage others.

Once you say or send it, you can't take it back, you lose control of who sees or hears it, and you're responsible for it.

Long-handled dipping usually hurts more than face-to-face dipping because it spreads to more people. It's harder to "use a lid" and protect your happiness when you're the subject of biased gossip.

Let's remember ourselves, and teach our children, about the damage we do with long-handled dipping. We're here to fill buckets, not empty them.

Author Carol McCloud

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