

Self-Reflective Coaching Question about My Relationship with Gossip

WHY DO I GOSSIP?

WHAT DOES GOSSIPING GET ME?

DOES MY OWN GOSSIPING POINT TO THE MISFORTUNE OF OTHERS?

DOES IT HAVE A NEGATIVE EMOTIONAL CHARGE?

DOES IT CAUSE HURT OR PAIN TO THE ONE I'M SPEAKING OF?

IS THE INFORMATION/RUMOR I'M SHARING UNSUBSTANTIATED?

WHAT AM I VALUING WHEN I GOSSIP?

AM I EXPRESSING MY AUTHENTIC SELF WHEN I'M GOSSIPING?

AM I IN ALIGNMENT WITH MY ORGANIZATION'S VALUES WHEN I GOSSIP?

WOULD I REPEAT THIS GOSSIP DIRECTLY TO THE PERSON IT'S ABOUT?

WOULD I WANT TO BE QUOTED IN THE PAPERS, ON TV OR IN MY COMPANY NEWSLETTER?

WOULD I ENGAGE IN IT IF IT'S ABOUT A RELATIVE, FRIEND OR MY SPOUSE/PARTNER?