

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 VAUES 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, FREND OR MY SPOUSE/PARTNER?

What do I value when I gossip?

Is it is the truth?

Is it fair to all concerned?

Is there another way to get this same result without harming another?

Does gossiping align with my organization's espoused values around respecting and honoring people?

Will it build goodwill and better friendships?

Will it be beneficial to all concerned?

Is there another way to get this same result without harming another?

Does gossiping align with my organization's espoused values around respecting and honoring people?

Do I trust those who speak about others?

Do I admire those who exclude others?

Do I respect those who feel superior to others?

Do I esteem those who delight in other's suffering?

How do I self-monitor my ethical decision-making when it comes to gossiping?

What kinds of thinking/actions best represent my ethical behavior when it comes to gossiping?

What kind of legacy am I creating when I gossip?

Will "gossiper" be one descriptor others allude to when they speak about me now (or after I'm gone)?

Am I OK with that?