

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of AUGUST 31, 2008 • Volume 2, Issue 35

Making a Difference

Summer 2008

Presentations

Sessions: 28

Attendance: 2,740

- Brookfield Academy, Troy, MI
- Chippewa Valley Schools, Clinton Township, MI
- Crocodile Pie Children's Bookstore, Libertyville, IL
- DeKalb Central Schools, Waterloo, IN
- Hayes Elementary, Livonia, MI
- Indiana Summer Literacy Institute, Shipshewana, IN
- Isabella County Foster Grandparents, Mt. Pleasant, MI
- Jack Harvey Elementary, Utica, MI
- Jackson Public Schools, Jackson, MI
- Jefferson Elementary, Jefferson, IA
- Jennings Elementary, Quincy, MI
- Lybrook Elementary, Eau Claire, MI
- Lyon Township Library, South Lyon, MI
- Mason Central Elementary, Erie, MI
- Peck Elementary, Centerline, MI
- Pierceton Elementary, Pierceton, IN
- Redner Elementary Summer Program, Ypsilanti, MI
- Roose Elementary, Centerline, MI
- Tobey Elementary, Vicksburg, MI
- Topinabee Community Church, Topinabee, MI

Total Bucketfilling Sessions
through August 31, 2008:

Sessions: **732**

Attendance: **84,570**

BUCKET CHUCKLES

Have you ever wondered...

Why we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage?

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*Bucket Nuggets from Carol McCloud,
The Bucket Lady*

Dealing with confrontation.

This week's nugget, by Katherine Martin, M.A., deals with a topic most of us would rather avoid. She offers the following advice to bucket fillers who find it necessary to confront someone.



CONFRONTATION—Synonyms for this word are battle, combat, struggle, tug-of-war, warfare. Then there are the milder versions: Showdown, contention, discord, friction, controversy, debate, disagreement.

Understandably, bucket fillers don't like what these words imply. Bucket fillers say or do nice things that make others feel special therefore, bucket filling, not confrontation, is the choice of a caring person.

I've thought quite a lot about how confrontation can be handled by bucket fillers.

When confronting another, it's sometimes necessary to say what another person does not wish to hear. We may not feel loving or caring during a confrontation. However, it's important to remember the power of words and realize that once they are "out there," they can't be taken back.

I offer these guidelines to help you, when a confrontation seems imminent:

STOP. Take time to consider the situation. Does it merit a head-on confrontation? Evaluate the circumstances and decide how important it is that your perspective be heard.

LOOK. Examine the situation from all sides.

THINK. Is confrontation the only way to resolve the issue? Give it some deep thought.

LISTEN. Ask yourself, "Have I honestly *heard* the other person's perspective?"

You may have been listening, but did you put your thoughts and feelings aside and *really* hear what was being said? If you can't answer this with an honest, "yes," perhaps you will need to look even more closely at the situation. However, if you believe that you fully understand the other person's viewpoint, and still feel that you are not in agreement, it's time to find a way to communicate your perspective in the kindest manner possible.

REACT. If you are convinced that confrontation is necessary, then communicate from a *thinking* place. Put your feelings aside. A calm, rational approach is what you need throughout a confrontation.

And, again, remember the power of words. They can hurt more than a physical blow. To rewrite an old adage:

"Sticks and stones can hurt our bones, *but words can break our hearts.*"

This week's winners

Congratulations!



Betsy Kilbrai, of Winnipeg, Manitoba, Canada, is our Bucket Filler of the Week. Congratulations, Betsy! You have a book coming your way. Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at www.bucketfillers101.com.

Quote of the Week

Kind words can be short and easy to speak, but their echoes are truly endless
Mother Teresa