

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of MAY 10, 2009 • Volume 3, Issue 10

Making a Difference

April 2009

PRESENTATION UPDATE

Sessions: 59

Attendance: 10,800

- Bellamy Elementary, Rome, NY
- Carl Sandburg Elementary, Wheaton, IL
- Cayuga Elementary, Lake Grove, NY
- Center Street Elementary, Williston Park, NY
- Clifford Johnson Elementary, Warrenville, IL
- Denti Elementary, Rome, NY
- Dorothy Nolan Elementary, Saratoga Springs, NY
- Fort Stanwix Elementary, Rome, NY
- Gatelot Elementary, Lake Ronkonkoma, NY
- Great Parents Conference, Farmington, MI
- LeRoy Elementary, LeRoy, MI
- Liberty Elementary, Bolingbrook, IL
- Luther Elementary, Luther, MI
- Mothers of Preschool Children, Fowlerville, MI
- Southeast Elementary, Brentwood, NY
- Tamarac Elementary, Holtsville, NY
- Tustin Elementary, Tustin, MI
- Vera Wilsie Elementary, Newaygo, MI
- Vernfield Elementary, Telford, PA
- Vestal Hills Elementary, Vestal, NY
- W. A. Olmstead Elementary, Harpursville, NY
- Washtenaw Reading Council, Ann Arbor, MI
- Webster Elementary, Hazel Park, MI
- Whiteford Agricultural School, Ottawa Lake, MI

Total Bucketfilling Sessions Taught
through April 30, 2009

Sessions: 1,276

Attendance: 173,180

BUCKET CHUCKLES

When the bus stopped in Runnymede, England, the tour guide said, "This is where the Magna Carta was signed."

"When did they sign it?" asked one of the tourists.

"1215," answered the guide.

The tourist turned to his wife and said, "Darn! We missed it by 20 minutes!"

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Bucket Nuggets from Carol McCloud,
The Bucket Lady

Vent or Prevent?

As we travel the country, we love to join teachers for lunch in their staff rooms. We enjoy interesting conversations and learn from one another as we share ideas and perspectives.

Recently, the topic of "venting" came up followed by a lively discussion about whether or not this form of expression is helpful.

One teacher admitted that it makes him "feel better" to "vent" to others. Some of his colleagues agreed that venting is a healthy way to "get things off your chest." However, there also were those who believed that venting is just another way of complaining and is usually more damaging than constructive.

The dictionary defines venting as: "To release, relieve, or unburden by giving expression to something." Doesn't sound all that bad, does it?

Years ago, while working at a crisis center, I wrote a research paper on venting **anger**. I took the position that this kind of venting usually does more harm than good unless it is directed at a person in the form of a plea for justice or could result in helping to understand or correct a situation.

However, that positive outcome is rare. More often venting escalates anger by giving more power to the problem.

Angry venters usually look for someone who will agree with them. When, a listener nods in agreement and tells them that they have every reason to be angry, their feelings are validated and they feel more justified in their anger and even begin to recruit more listeners.

Does venting actually relieve or unburden a person or is it a way of involving another in an angry drama in order to gain sympathy or support?

Angry people do not have full buckets. Unrelenting repetition of a negative situation can never result in a positive outcome. It serves as a rehearsal for bitterness and, worse, the inability to forgive and forget. I firmly believe that when a person concentrates their thoughts on something, whatever that something is will grow and expand in response to their intensely emotional attention. I also believe that venting can become a habit.

We all have been guilty of venting our anger at one time or another.

Maybe the next time we are unable to resist venting our anger, we can slowly count to ten, take a deep breath or a long walk, and ask ourselves how many buckets we will empty, including our own, in an effort to gain sympathy.



This week's winners

Congratulations!



Pamela Christianson, a school counselor with the Anchorage, Alaska school district, is our Bucket Filler of the Week. Congratulations, Pamela! 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

It isn't kind to cultivate a friendship just so one will have an audience.

Lawana Blackwell, The Courtship of the Vicar's Daughter, 1998