

BUCKET FILL-OSOPHY 101

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Bucket Nuggets

By Kathy Martin, Education Director

A super-cool tool

As a counselor, I have found the bucket concept to be an exceptionally powerful tool.

Many people who are suffering with empty buckets seek counseling. They look for help when something in their lives is not working or for any number of emotional and psychological reasons.

Our buckets (our thoughts and feelings) are invisible. However, our behavior is there for all to see. How we behave often indicates whether our bucket is full, half full, nearly empty, or empty. Behavior often reflects feelings buried deep inside.

Counseling is about finding a person's core and discovering the reason for their empty bucket. I've learned that, as adults, the level of our buckets can be affected by childhood bucketfilling or bucketdipping experiences. Young children depend on adults to fill their buckets with love, care, protection, and acceptance. If these are absent or inconsistent, scars can carry into adulthood and alter thoughts, feelings, and behavior.

Parents, counselors, and educators, who understand the bucketfilling concept, use this tool at every opportunity to fill buckets in appropriate ways. They know that defining reasonable consequences and using boundaries and consistency are important. It's equally important to fill children's buckets by letting them know that you love and accept them even if you don't condone their behavior. They also realize that they can do this more easily when their own buckets are full.

Yes, the bucket concept is a super-cool tool, one that can help a child to enjoy growing up and reach adulthood with a full bucket.



Making a Difference

Kind words

This positive feedback arrived by email from Maureen Judge, a school counselor in Arizona:

"Just a brief note to let you and your team know what a wonderful response I received from the children and staff at my school after I read *Have You Filled a Bucket Today?* to every grade level on my campus.

Now, every day a child shares with me how they have filled someone's bucket or how someone has taken a good feeling from their bucket. They love to share!

The response from the teachers has also been very, very positive.

Thank you!"

Thank you, Maureen, for your kind words.

BUCKET CHUCKLES



ONLY in AMERICA

...do drugstores make the sick walk all the way to the back of the

store to get their prescriptions while healthy people can buy cigarettes at the front.

...do people order double cheeseburgers, large fries, and a diet coke.

...do we leave cars worth thousands of dollars in the driveway and keep our useless junk in the garage.

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This week's winners

Congratulations!



Whitney Venable of Buffalo Point Elementary School, Syacuse, Utah, is our bucket filler of the week. Congratulations Whitney! 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

Parents must get across the idea that I love you always, but sometimes I do not love your behavior."— *Amy Vanderbilt*