



BUCKET FILL-OSOPHY 101™

Weekly Words of Wisdom to Keep Your Bucket Filled

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Major dips are not small inconveniences; they are devastating major losses.

While each person's experience is different, we must all learn how to face the more serious dips in life in order to keep our buckets full.

One of my major dips occurred six years ago when my marketing management position was eliminated during a company cut back.

One August day, our HR Director surprised me with some papers to sign, handed me a box, asked me to fill it with my personal items, and escorted me out to my car. Did this dip into my bucket?

Yes. I remember calling my husband for support and shedding tears as I drove home.

Did I let this abrupt end of my 17-year newspaper career empty my bucket? No. It dipped deeply, but it didn't completely empty it.

Once the initial shock faded, I began to make a list of my options. "What now?" I asked myself. I knew that I couldn't change what had happened. I saw this event as part of the poor economy that continues today. I understood it wasn't personal, even though it felt that way. I refused to place blame and avoided conversations with people who might intensify my hurt feelings and anxiety about the future.

Instead, I focused my thoughts on solutions. I did some downsizing of my own and reduced the family budget. I filled two pages with possible employment options and worked the list knowing that action is a great help in filling your bucket.

A year later, another major dip emptied my bucket even

Another Lesson Making it through the **MAJOR** dips in life

There will be a test

by Carol McCloud

more deeply, when my husband died following a three-month battle with kidney cancer. After 24 years, my marriage had ended. Throughout his illness, I was surrounded with loving support and help from the many bucket fillers in my life. But, once again, I knew I would have to make some adjustments in order to restore my bucket.

I've had other major dips, as I know you have. Loss through death, divorce, unemployment, or foreclosure are all examples of major dips. These and other major life events can

hurt us deeply and cause a number of negative emotions — sadness, anger, and fear, which are just three aspects of the grieving process. However, when we begin to accept what has happened and believe that it is possible to make it through our loss, our bucket will again begin to fill.

I've learned that life's challenges require intense thought, understanding, and creativity. Should we cling to our negative emotions for too long, we will never find that thoughtful, grateful, problem-solving place and our buckets will remain empty.

Focusing on what will renew our lives and creating a thoughtful list of options can give us a sense of control and will help us to forge ahead. Friends, family, and counselors can also help fill our buckets by providing the support and encouragement we need, *but in the end it is up to us to fill our own buckets by adjusting to life after a major dip.*

Bucket Chuckles

JAMES (age 4) was listening to a Bible story.

His dad read: "And, the man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned to salt."

Concerned, James asked: "What happened to the **flea**?"



Congratulations Jamie!

Jamie Duhon, a pediatric clinical social worker with LSU Health Services, Lafayette, Louisiana is our bucket filler of the week. You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by subscribing to our free e-newsletter at www.bucketfillers101.com

Words of Wisdom

"There are two ways of exerting one's strength; one is pushing down, the other is pulling up."

— Booker T. Washington (1856-1915)

American educator, author, orator, and political leader.

