

# ARE YOU a gossip girl?

- ♥ unconstrained →
- ♥ deregulatory →
- ♥ ... may involve betraying →
- ♥ hurtful judgements →
- ♥ high levels of anxiety →
- ♥ ... reflects poorly on... →

## WHY DO PEOPLE gossip?

	_____
	_____
	_____
	_____



## HOW TO RESPOND to gossips?

- I notice that you talk a lot about ...  
I'm curious why .... interest(s) you that much.
- let's talk about sth more positive,  
for example ...
- I feel uncomfortable talking  
about ... because...



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"THAT'S THE SECRET  
I'LL NEVER TELL"



LET'S  
DISCUSS



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