

# Gossiping



*Teens Can Dream*

Gossiping

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# Teens Can Dream

Teens Can Dream is a company dedicated in helping teens, preteens and young adults gain inspiration and knowledge on how to navigate through this stressful, fast moving world. With short stories, audios, positive affirmations and books on multiple topics, as well as chat rooms and Q&A, we are confident there is something for everyone. Visit our site at:

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**Warning:** The information you are about to read can definitely help you minimize gossiping and especially help you avoid taking in what other people say. It will take practice, but the exercises will help to avoid gossiping and enhance many other areas of your life according to the level of your belief. So, if you truly want to minimize gossiping in your world, read this article multiple times until you have it virtually memorized.



**T**he one thing we do know about gossiping is that it is most often a learned behavior. There are exceptions to the rule, but for most, the pattern of behavior was learned. This can be from a number of places such as parents, siblings, other relatives, friends, television and movies, as well as other kids. Regardless of where or how the behavior was learned, there are some mind techniques I will teach you that can help you avoid taking in the gossip, which will help prevent you from spreading the gossip. You'll learn this by focusing your thoughts in one direction.

In this short story, I'm going to teach you how to *think* your way to happier days. Whether the gossiping is in the classroom, during lunch hour, on the way home from school, or over the internet, I'm going to unveil to you the secrets of how much power you actually have in regards to what's going on in your life. Don't believe for one second that you are at the mercy of either being lucky or unlucky and that luck is going to determine how your life is going to be, because

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whether or not you believe it, *you* and only *you* are in control of your destiny. You just need to be taught how to focus your thoughts in one direction, so as to avoid the gossip.

First, we need to try to understand why the other person is doing the gossiping. In some cases, they might not even know why they are doing it. Maybe they are being manipulated by someone else, and they aren't strong enough to say no to that person. Maybe they're more concerned with being popular amongst a circle of peers. In other cases, it could be a power play by a person who has a "gang leader" mentality. It could also be out of revenge or anger from something you might have said or done to this person earlier. The teenage years are about finding out who we are and many teens are lost. Looking to fit in, teens will try many things with different peer groups to see which group he or she fits best with.

When someone gossips about you behind your back, it may very well be that the person doing the gossiping is not intentionally making a personal attack. From their perspective, they are testing the waters in different circles to see where they best fit in. Unfortunately, the one starting the gossip can be blind to the feelings of the party being the gossiped about.

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If you Google the definition of gossip, it says, “casual or unconstrained conversation or reports about other people, typically involving details that are not confirmed as being true.” Take a look at the last part; “typically involving details that are not true.” I think that’s what most of us think about when we think of gossip. It’s just the rumor mill passing around erroneous information about others. Because it says, “typically” in the definition, that means gossip can also be about the truth. But, when was the last time you gossiped about something good? When was the last time you heard gossip about something good? It’s seems that this is a rarity.

What about gossip that is true? Just because something is true, doesn’t mean it should be passed around the gossip mill. Think about these examples from last weekend’s party; (I saw Emily throw up all over the bathroom at Neil’s house. Can you believe it? I walked in on Erika having sex with Anthony during the party in the parent’s room. How pathetic. I saw Drew doing cocaine when I walked in the bathroom. What a loser.) Although these hypothetical stories are all true from the eye of the gossiper, there is absolutely no value in spreading the information around. There is no benefit to anyone other than the person doing the gossiping getting attention for saying it.

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Let's take a look at our conditioning. Think about what's on television these days. You've got the Kardashians, the various Housewives of Orange County, Beverly Hills, and New Jersey, as well as plenty of other shows which seem to promote the behavior of back stabbing gossip. If you're one of those who watch these shows on a consistent basis, you have a much higher chance of being conditioned to act and behave just as they do on the show. If you want my opinion, stop watching. It's hard enough to change ourselves with the the day to day stuff life throws at us. So, to subject ourselves to the conditioning that television shows give us only makes it that much harder.

If you think the gossiping by adults is limited to the television, think again. It doesn't matter where you live, gossip seems to be rampant everywhere. I've personally seen this by so many adults living in my community. It seems worse in grade school and middle school parents since the parents are more hands on with the kids during this age. I could give you hundreds of real, appalling examples of adult behavior that I have seen, heard or have been subjected to, but then I would be gossiping. Plus, at this stage in your life, you know exactly what I'm talking about, so you don't need any more examples outside of your own personal experience.

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How do you avoid gossiping or being gossiped about? First, you have to come to terms with the fact that you have engaged in it yourself. Maybe less than others but, nonetheless, you have engaged. Once you admit that to yourself, you can begin the process of avoiding it. The reason for this is that you don't want to appear to be a hypocrite to others or even yourself for that matter. Therefore, you cannot judge others for things you have done yourself. Don't fall into the trap of believing that your gossip was less harmful than what others have said or done. Gossip is gossip; period!

In many cases, gossip started due to a lack of confidence with the one who started the gossip. This makes sense because psychologists tell us gossip starts from jealousy, a grab for attention, popularity, a way to feel superior, or a way to feel like part of the group. Each one of these stems from a lack of confidence. If one felt confident within himself or herself, he or she wouldn't feel the need for attention, popularity, or to fit in. When one has confidence, there is no need to put others down. There is nothing to gain and you will look like the weaker person. The fact remains that no matter who, what, or why those people gossip about others, it almost always comes down to them not being happy with themselves. They probably seem like confident people from your perspective, but I've

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got news for you; they're not! They are very insecure. In fact, typically the opposite occurs when a well-rounded person makes the mistake of joining in with gossiping. They typically feel guilty afterwards and wish they hadn't been a part of it. But, those who have not been raised with confidence, and/or have been gossiped about themselves, think that by gossiping about others will make them feel better.

One of the secrets for you, the victim, is to try to wish good will on them and hope that their parents will begin to raise them like you're being raised. Before you get turned off here, and I understand your frustration, please continue to read. Believe me, I know it's not easy to wish good things upon those who are adding misery to your life, but trust me, it's worse to dwell in misery, and allow them to control your thoughts, and therefore, your happiness.

When you go home after school, on a day you've heard gossip about yourself, most likely you'll spend the rest of that day and evening hating the person who started it. On the flip side, most likely that person isn't spending any time, whatsoever, thinking about you. Do you know why? Because, it's typically not personal. They don't hate you. They are just acting out in the only way they know, because they haven't been raised in a household like you have. But, when you

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spend so much time hating that person, you are actually inviting that person to enter your life more often, through the power of your mind. Most importantly, you don't want to fight back using the same antics they are using. Think about it this way; if you fight with fire, what you get is a bigger fire. As I mentioned earlier, I will provide you with some mind exercises at the end of this article to help change the way you think and therefore change your life. The goal is to focus your thoughts in one direction.

The truth is, I'm writing this for you, the teen, who doesn't have many places to go and learn how to think differently, and therefore learn how to break the chain. What I'm going to teach you is how to change your thought patterns, and therefore break the cycle of this gossiping behavior you've been subjected to. An important thing to remember is that "it matters not what other people say or do. The only thing that matters is how you think about it afterwards."

As I've laid out earlier in the story, you can get somewhat of an understanding of why people are the way they are. It doesn't justify it by any means, but it helps to have an understanding for what I'm going to say next. This may be harder for some than for others, but the key to your personal success is to let it go and forgive. Depending on your age and your options, this

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can be very difficult if the gossiping is currently ongoing. Just to be clear, the forgiveness is not for them; it's for you. In fact, you don't even have to tell them directly, but you should do it in your own mind through imagination. You could create the story of the conversation you would normally have in person, but instead have the entire conversation within your own head, and it can be just as effective.

To understand why it's best to forgive, you have to understand how the magic of life works. Your thoughts end up forming your future. Nothing can happen without thought first. The trick here is using your thoughts constructively instead of destructively and to focus them in one direction. I will take you deeper in this area, because it's one of the most important things you're going to learn in your life.

One of the basic laws of the universe is called the "law of attraction." By definition, we attract that which we think about, and especially what we put intense thought upon, along with strong feelings towards those thoughts. For instance, if you look back in your past and think about the things in your life in which you really put a lot of intense thought and feelings towards, you will find that you did indeed attract those things to you. It could be a boyfriend or girlfriend you wanted. It could be a dance you wanted to go to. It

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could be making a specific team for a sport, or something as simple as a clothing item. Maybe it was tickets to a concert, and the list goes on and on. Most of the things you attracted such as birthday gifts, Christmas gifts, or just friendly things, all came about from your thoughts first. It could also be areas of study, such as your grades. If you only thought about getting good grades then those thoughts would propel you to take action in the form of studying. Without the thoughts for having good grades, it is highly likely that you would not put as much effort into your studies.

A most important aspect to understand is that you also attract things to you that you don't necessarily want. You do this unknowingly by thinking incorrectly. If you constantly think people are gossiping about you, then what you may not realize is that you're inviting more gossip to come your way. You're actually putting a lot of thought and feelings into what you *don't* want. This type of negative thinking is a very common mistake many people make, and can be detrimental to what you truly want. The problem is that you are constantly telling yourself what it is you *don't* want when you should be doing the opposite. For this reason, you have a much higher chance of attracting more gossip, because your thoughts have been about

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gossip. This may be a bit confusing, but understanding the subconscious mind will help clear things up.

Our minds are split between the conscious and the subconscious mind. Science says about 10% or less is our conscious part of the mind where we do our thinking, talking, and day to day activities. But, this is not where the magic happens. All the magic happens in the subconscious part of the mind which is the remaining 90%. What you need to further understand is that anything you say consciously, the subconscious part of the mind hears and takes it to heart. It does not discriminate whatsoever. In fact, it doesn't know right from wrong, fiction from non-fiction or red from black. It believes whatever you tell it. This is why pathological liars actually believe their lies. They consistently tell themselves over and over that the subject they are talking about is the truth, when in fact we may know that it is not. Yet, after a while they actually believe their own lies. For this reason you want to be very careful about how you talk and especially how you think. When you think about not wanting the gossip going on, the subconscious doesn't hear "I do want" or "I don't want." All it hears is gossip. So, it goes to work on giving you what you've been thinking about and putting feelings towards: gossip.

The subconscious mind is universally tied to everyone and everything. This is your access of tapping into the gifts from God. Many of you may have prayed and don't understand why God, Jesus, Mohammed, or Buddha has not answered your prayers. Why are you still being gossiped about? Please note that I certainly do not have all the answers, but most of what I'm detailing in this short story should help you regardless, as long as you continue to practice in changing your thinking habits. I don't propose that you attracted your gossiping to you. That is not my purpose in writing this. Because we don't have any control of the behavior of others, my purpose is to teach you how to think constructively so as to break the cycle of you being gossiped about. These gossipers have free will. In fact, God gave us all free will. This should not be thought of as limited to the free will of physical acts or the free will to go where one wants to, but rather the free will to choose how we think. Because it is through our thoughts which are going to dictate what actions we take, it only makes sense to train ourselves to have constructive thoughts and focus them in one direction.

It's not as if this is terribly difficult to understand, but if more people understood this, we would live in a much better world than we currently do. The best part

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is anyone can do this, but like anything else, it takes practice.

Let's say you're having a great day. School was fun, the afternoon was good and the evening at home was great. You take notice and wish everyday were like this one. Then when the family is watching TV together, you see a group text about you. Your mood immediately changes from great to horrible. You start getting angry and hating this person or people. Your mind goes crazy with all these terrible thoughts. You can't stop thinking about it. You start to fear going to school tomorrow. You anticipate people laughing at you, and now you're sure the gossiping is going to continue. You curl up and cover yourself with a blanket on the couch. You want to just sneak off into your bedroom and call it a night, but you don't want to call attention to yourself. You don't even pay attention to the rest of the movie. You can't, because your mind is going a hundred miles an hour.

Here's the problem. You're potentially attracting more gossiping to you, unknowingly, by your own thoughts. Unfortunately, your reaction to the text is very normal. But, if we can alter that for the future, we should be able to begin to minimize you being gossiped about. Again, we don't have any control over how others think and act. But, we do have control of

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ourselves, and although we may not be able to stop the gossiping right away, we should be able to minimize it by not attracting more, because of our own thoughts.

What you may not know is that our thoughts are energy, and these thoughts go out into the universe much like radio waves do. Just like your car radio picks up music from the radio waves in the air, and the TV picks up radio waves in the air, so you can watch your favorite shows, your brain waves do the same thing. Have you ever thought about someone and then suddenly they called, texted, instagrated, or just show up? That happens to everyone at times. It's not a coincidence. It's because of your connection to each other that you pick up each other's brain waves. The importance of knowing this is so you understand how you can be attracting things towards you that you don't want to experience in your personal world.

In the example above when you received the text and fear paralyzed you, I want you to start thinking of the word fear as an acronym. F.E.A.R. = False Evidence Appearing Real. Many people are plagued with fear. Most often it's because they don't think of it as this acronym I just stated. Think about the text situation I just mentioned. You were in a good mood and then *you* suddenly changed. Your thoughts were very real and you've heard a lot of past gossiping to

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validate those thoughts. But, in this situation, you might have been able to avoid further gossiping had you learned a mind exercise. You have to catch the fact, that after you read the text, your mood changed. At that moment you have to say, "Wait a minute." "This is just a text sent by a weak, insecure, disturbed person." "This has nothing to do with my life." But make no mistakes about it. The ego part of the mind can be very strong and will constantly try to manipulate you. Think of it as a good vs. evil battle. The ego is the bad part telling you to go into panic, and it starts putting all these negative ideas in your head. You try to stop it, but they keep coming. There are a couple tricks you can learn to minimize this and take back control of your thoughts. First, laugh at yourself. Say, "This is just False Evidence Appearing Real." Laugh inward and tell your ego to, "fly a kite." "I'm smarter than this." "This is made up lies on a text and these people are just actors." "This is just my ego playing tricks on me." "I don't think so dude." "I am the one who is in control of me." "Forget about it." Second, go into immediate thank you mode. By this I mean look around at anything and everything and start saying thank you for it. For example, as I write this story, I'm in a house in Lake Tahoe, CA. and I'm sitting at the kitchen table. So, let's start there. "Thank you for

this table. Thank you for this chair. Thank you for the couch, the TV, the coffee table, the glass of water, the lights, the doors, the door knobs which make it easy to open the door, the hinges on the doors which make it easy swing them open. Thank you for the windows allowing light into the home. Thank you to for the incredible pine trees and Douglas fir trees which I can see in every direction. Thank you for the snow on the ground. Thank you for the deck off the back door. Thank you for the ski resort. Thank you for the chair lifts which make it easy to go up the mountain.” The thank-you’s are endless. Don’t think you need to be specific, as the thank-you’s can be on anything and everything.

What is the purpose of all these thank-you’s? Well, it’s two fold. First, you are thanking God for all the incredible things in this world; all the conveniences that we have today that people didn’t have just 100 years ago. Secondly, you have just learned the first step in controlling your thoughts. After reading the text, your mind controlled you. Ego took every opportunity to take control, because it likes chaos. But, after you’ve practiced this mind exercise, you’ll have learned how to control your thoughts. By saying thank you 50-100 times, about all the mundane things around you, ego will give up and you will have won back control of your

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thoughts by focusing them in one direction. Think of this as the good side trying to battle evil and winning. But, understand that ego will always try to come back and battle you again. You just have to catch it and go into your “thank you” mode. Like anything else, the more you practice this, the better you will get.

When I’m in a conversation and it turns to gossip, I actually pretend I’m listening to the person, but go into my thank-you mode. I then try to steer the conversation in another direction. If that doesn’t work, I’ll figure out a way to remove myself. As I mentioned earlier, only you have control over you. So, it’s up to you to avoid these conversations. At first, it might be hard to refrain from joining in due to your conditioning, but over time it becomes easier. In fact, your friends will eventually pick up on the fact that you don’t like to gossip and will stop passing you the information. This is exactly what you want.

I’m going to end this with an affirmation. An affirmation is somewhat like a prayer, but you are “affirming” that what you want is actually already in your possession. It ties into the thank –you’s I mentioned above. You should say your affirmation multiple times a day; First thing in the morning, a couple times during the day and then especially at night. This is the last thing you want to be thinking about prior to

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falling asleep, while lying in bed. Remember when I mentioned the magic happens in the subconscious part of the mind? Well, the subconscious is always working, but think about it as going into hyper speed while you're asleep, because you won't have any conscious thoughts rattling around in your head which enables the subconscious to create the magic.

## **Affirmation**

Thank you, God, for my perfect body. It is wonderful having such perfection, which you have so graciously given to me. Thank you for my wonderful home and for my family. Thank you for all my friends. I love my peaceful walks to and from school. I enjoy the friendships I have with all the students in the classroom. I love how everyone gets along with each other. It's beautiful to be able to enjoy each day as it comes. It is incredible to experience such happiness. Thank you for my school and my incredible teachers, who take their personal time to help me learn. Thank you for the books of knowledge that our school provides so as to teach me all the wonderful things of this world. I thank you for the perfect sleep this night, and I give thanks for everything you have provided for me.

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This affirmation is much shorter than what I use. But, it's a start and you can add things as you get it memorized. You might be thinking wait, I don't like these gossipers or even my school. That may be true, but because you keep focusing on what you don't like, you get more of the same. Think about it. Has anything changed in your life? No, the same old stuff keeps happening. Maybe the second most important thing you'll learn in your life is this. God created this world in such a way as to reward those who are thankful for every single thing they have in this life, and conversely, he does not reward those who are negative and complain. As I tried to explain earlier, like thoughts attract like things. Therefore, the grateful person attracts more happiness in his or her life and of course the ingrate or the complainer will constantly attract misery in his or her life.



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**Note from the author:** Please understand that this is a very short condensed story on how to change your thinking habits and improve your life. To get a deeper understanding on how to make your life better, I would suggest listening to many of the other short stories we have and reading my book, [Thinking In One Direction](#), as well as constantly looking at our site, [www.teenscandream.com](http://www.teenscandream.com). The more you do this research and these exercises, and the deeper you learn, the faster and more permanent the changes can occur. When it comes to the mind, this thinking stuff will work according to **your** level of belief. It's your life so treat it as if there is nothing more important than making it better. Not only will you be happier, but everyone you touch throughout your life will be better for knowing you.

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