# THE Big 3

**EPISODE:** 111
**TITLE:** How to Avoid Poisonous Gossip in Your Life

Gossip is poison! Whenever you suspect or encounter gossip, please avoid or crush it. Guard your heart and guard your tongue. Here are 3 things to remember...

1. **Remember and apply this definition of gossip to your life and conversations**: "Gossip is speaking to someone who is neither directly part of the problem or the solution in a situation, concerning another person who is not present." Don't hide behind the excuse that you are *"just trying to get advice or help someone..."*

2. **Apologize and seek forgiveness when needed**. If you know for sure you have gossiped about someone and it has hurt them, go to them and apologize and ask for their forgiveness. It will begin to mend your relationship and strengthen it as trust is rebuilt. You will be surprised how responsive and grace-filled people will be when you approach them in humility.

3. **Play the role of advocate**. One of the best ways to make friends and be seen as someone others can trust is to play the role of advocate. Whenever you have the chance, stick up for the "defenseless" person in a situation. Remind others that may be gossiping about someone else, that this person should be present. Offer suggestions that perhaps we don't know the whole story, or that of course, like this individual, we have probably been guilty of the same accusations before.

If a conversation you're in turns toward gossip, remember, you don't have to participate in it. To avoid offending those you are with who may be gossiping about someone, you can turn the focus of the conversation to yourself by saying something like, "*You know, I wasn't there for that, so I really can't say.*"  Or, "*I was not involved in that conversation and probably don't have the full picture. It would be better if I kept my thoughts on this to myself.*"

Thanks for listening...we'll see you in the next episode!

# Caesar & Heath