

Gossip

Gossip can have many adverse side effects, it can increase conflict, it results in strained relationships, and breaks down the trust levels with one another.

Breaking the gossip cycle

Let's say you are not a gossip. You simply listen to your coworkers so as not to be rude. You've been taught to be a team player, right? But here's the thing that most people don't realize—as a listener, you are a co-narrator to the gossip. In other words, the act of active listening actually **supports** and **promotes** gossiping. The more you listen, the more you encourage it. If you don't listen, the gossip has nowhere to go.

How to get out of gossip:

1. Be busy. Gossipmongers want attention. If you're preoccupied with your work, you can't be available to listen to their latest story.
2. Don't participate. Walk away from the story. Don't give visual clues that you are interested in listening. If someone passes a juicy story on to you, don't pass it any further. Take personal responsibility to act with integrity.
3. Turn it around by saying something positive. It isn't nearly as much fun to spread negative news if it's spoiled by a complimentary phrase about the person being attacked.
4. Choose your friends wisely at work. You spend a good deal of time at work so it's natural for friendships to develop. Share information sparingly until you are sure that you have built up a level of trust. Also, close association with gossipers will give the perception that you are a gossip.
5. Be direct. If you confront the gossip and confidently tell him or her that such behavior is making it uncomfortable for you and other coworker, it's likely to stop.
6. Don't be afraid to go to a superior. Gossiping wastes a lot of company time and hurts morale.