



UNDERSTANDING OUR BUCKET

What is the bucket?

The bucket represents your mental and emotional self.

What is bucket filling?

Bucket filling can be done through actions or words that show you care about someone. This could be saying or doing something kind, giving someone a smile, helping without being asked, providing sincere compliments, showing respect to others, etc. There are many ways to fill buckets.

How do you feel when your bucket is full?

You feel more confident, secure, calm, patient, and friendly. You tend to have positive thoughts and expect positive thoughts. When you have an overflowing bucket, you experience intense happiness that can spread to those around you. Notice how you feel after someone gives you a friendly smile. This is the "ripple effect" of a full bucket.

What is bucket dipping?

Bucket dipping can include making fun of someone, saying or doing unkind things, refusing to help, failing to show respect or being intentionally disrespectful, bullying, and more.

How do you feel when your bucket is empty?

When you have an empty bucket, it probably has few, if any, positive thoughts or feelings. With your bucket empty, you can easily become sad, negative, insecure, nervous, angry, depressed, stressed, worried, afraid, etc. An empty bucket can affect your behavior and cause you to express your emotions in a way that empties the buckets around you.