



**@OfficeGossiper101**

The new employee in our office can't do anything right. I heard they got fired from their last job. You didn't hear it from me... I can't get caught ***gossiping*** again.



**@ProblemSolver101**

The new employee in our office can't keep up with their workload and it's hard to be on their team. I don't know how to help. I guess I'm just ***venting***. Any ideas?

# GOSSIPING



# VENTING

- CREATING DRAMA
- SPREADING FALSE INFORMATION
- CAUSING HARM TO OTHERS
- FURTHERING THE ISSUE
- DECREASING MORALE

- SEEKING SOLUTIONS
- BRIEFLY LETTING OFF STEAM
- EXPRESSING EMOTIONS
- ASKING FOR VALIDATION
- PROVIDING FEEDBACK



#sayNOToGOSSIP