

WORKBOOK – A PLACE YOU WON’T BE HURT

Opening

When I began writing this book, I was carrying the weight of rumors spoken about me. Those words spread, and I could never gather them back.

As this book developed, I began to see something else.

We don’t just spread rumors with our words—we can quietly plant them in our own minds about the people closest to us.

Small moments. Small frustrations. Things that may have already been apologized for.

But they stay.

And over time, we revisit them, replay them, and give them more attention than they deserve.

We water them. We grow them.

And before long, we are no longer responding to the person in front of us, but to the story we have built about them.

These feathers represent both.

Mission: The Feather

This mission will help you understand how gossip spreads and why it is so difficult to take back.

What You Need

2–3 feathers

A hairdryer or small fan

A table or flat surface

Preparation

Place the feathers in a small pile on the table. Look at them. They

are contained. They are doing no harm. Each feather represents a word spoken about someone else.

The Mission

Turn on the hairdryer and direct the air toward the feathers. Watch what happens. Turn it off. Now try to retrieve the feathers. They are no longer where you placed them. They have spread.

Mission Continued

Now gather the feathers and place them back into a pile. This time, they represent your thoughts. Each time you hold onto a negative thought, it is like adding another feather to the pile. Over time, that pile becomes resentment.

Your Mission This Week

When a negative thought comes to mind, do not hold onto it. Do not replay it. Do not add it to the pile. Replace it with something positive. If needed, address it directly, but do not let it grow silently.

Questions

1. Have you ever been hurt by gossip or judgment from others?

2. Have you ever experienced a place where you felt accepted and understood?

3. What is one positive thing you can focus on about the other person this week?

Final Thought

Words do not stay where you put them. Whether spoken out loud or repeated in your mind, they grow and spread. Learning to control them is the beginning of changing how you see and treat each other.