



# **Don't Tell the Milkman If You Don't Want Him To Tell The World: How To recognize and Stop Relational Aggression**

*Johanna Sparrow*

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People will do whatever they can to bully you into doing what they want you to do, including exclude you from others you know, tell your most trusted secret, lie, and even spread rumors from one person to another, all in an effort to hurt you. We are all familiar with the milkman characters from decades back. He came to your door with fresh bottles of cold milk, but that wasn't all that he carried with him. His day consisted of going from house to house, with a wealth of secrets, rumors, and lies he picked up during his daily rounds. He was just like people you know who go around and talk behind your back, all to make you look bad and feel humiliated, by saying, "The milkman said you did..." You may be asking, "What did I do to deserve this?" The answer is, nothing. You did nothing to deserve this treatment. Some folks are just not happy, so they use a tactic called "relational aggression" to gain control over others. If you are not sure who these folks are around you every day, this book will help you to identify who and where they are in your life, and how to stop them by using positive tactics. Don't Tell the Milkman If You Don't Want Him to Tell the World is a book that focuses on rumors, secrets, lies, and gossip spread by people you know, and don't know, in aggressive and non-aggressive manners. I, just like you, have had my fair share of dealings with the milkman.

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