Gossip and psychotherapy

Thus, gossips mitigate egoistic behavior and counteract possible incentives to exploit the cooperative tendencies of others. They also serve to protect vulnerable members of society. Not bad! The term “gossip” tends to have a negative connotation. Cambridge Dictionary defines gossip as conversation or reports about other people’s private lives that might be unkind, disapproving, or not true. Typically, the information shared via gossips is not substantiated by hard evidence.