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I think this has to do with NLP, for example if you want to keep a particular secret you can spend some time imagining dire consequences after sharing that secret with person X, then with person Y,... emotion - How to teach yourself to keep secrets ... Teach your child to be assertive and to speak up for themselves and for others when necessary. Part of this is helping your child understand when someone needs a friend or an ally. How to Raise Kids to Know How to Handle ... - Psychology

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