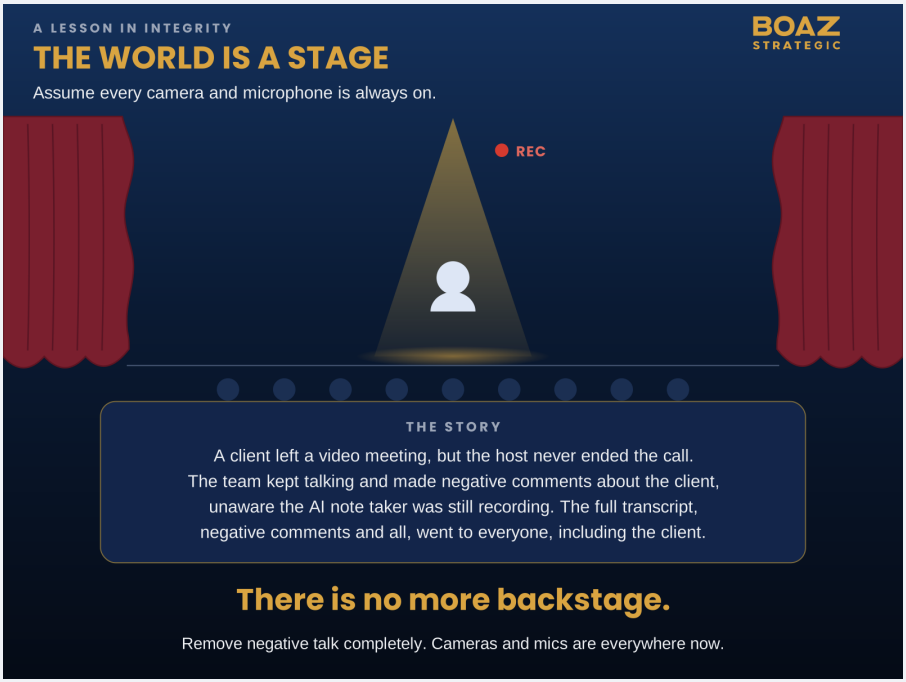
Someone is always *listening.*

> *If it isn't something you want everyone to hear, don't say it at all.*



Has this ever happened to you? A conversation you thought was private gets overheard by someone else?

We once heard about a project team whose client left a video meeting. The host and his team stayed on the call and started making negative comments: "I can't believe they would ask for that!"

What they didn't realize was that the AI notetaker was still running.

Because the call was never properly closed, it recorded every word. The full transcript—negative comments and all—went out to everyone on the call, including the client. The relationship was over.

The moral is clear: in today's world, there is no backstage. Cameras and microphones are everywhere, so we have to assume someone is always listening.

It applies at home, too. Before you're tempted to raise your voice to your kids, assume they're on a video call with friends. Before you argue with your spouse, assume the kids are hearing every word.

So remove the negative talk completely.

What feels like a private conversation rarely stays that way—and it can pull everyone around you down with it.