Could all sin be reduced to the original sin of seeking hidden knowledge or a new experience?

How do you break a decade old sin pattern?

I know the bible talks about not gossiping.
What does that exactly mean? Are there times when it is appropriate to speak about others?

References:

Genesis 2:15–17 Genesis 3:1-7 Romans 14:23 Isaiah 53:5–6 Matt. 5:21–22, 27-30 Luke 6:45 James 5:16 Galatians 5:16-18 Ephesians 6:10-13 1 Timothy 5:13 Romans 1:28-29 Colossians 3:8-9 2 Corinthians 12:20 Matthew 12:36–37 Proverbs 20:19 Ephesians 4:29 Psalm 141:1–4