**~ Complaint Restraint ~ Worksheet 1 - March 2016**

We cannot transform that which we deny or are unaware of! So take a moment before you start the module to honestly fill in the below with whatever is top of mind for you. No need to agonize over it or edit – the only one who will see the answers is you. This is BEST to do BEFORE you watch this month’s tutorial.

**What are the 5 most common things you complain about most?**

Your body Your relationship Your work Your clients

Your boss Your house The weather The traffic

**Are there particular people who you tend to complain to?**

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**What kind of response do you get when you complain?**

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**How do you FEEL when you complain? List 3 emotion words:**

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2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Are there particular people who tend to complain to you about stuff?**

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**Are there particular environments which trigger complaints in you?**

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*Well done Gorgeous!*

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