**~ Complaint Restraint ~ Worksheet 2 - March 2016**

So – let’s put our complaints to a higher purpose. Give them more meaning. Instead of verbalizing common complaints out loud - spreading negative energy – WRITE THEM DOWN INSTEAD – right here. Look at the meaning and message in them more deeply to truly elevate your happiness level – and raise your wellbeing – mental, physical, emotional and physical. Why? Because …

***I am a ~Wellbeing Warrior ~ not a victim!***

***I use my complaints as a force for good in my life!***

Got your complaint at the ready?! Let’s go..

**What I want to complain about today is:**

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**What’s so annoying about it/him/her/them is:**

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**What it/him/her/they “should” do is:**

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**When I am thinking about this situation the EMOTION I feel is :**

*(try and list 3 emotion words)*

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

**The EMOTIONS I would like to feel about this situation are:**

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

**If I am being honest with myself is there a potentially uncomfortable conversation I am avoiding having?**

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**If I am being honest with myself is there a potentially difficult or risky choice or action I am avoiding taking?**

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Okay – so I know I have a few options open to me here – complaining puts me in the role of victim by default – and that’s not what I want! – so I will choose between:

**a)** Can I **change the situation?** If so what action can I take?

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**b)** Do I want to **leave the situation/relationship?** If so what action can I take?

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**c)** Do I want to **accept the situation?** If so what can I choose to think that brings me to a place of acceptance?

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**d)** Do I want to **change what I think about the situation?** If so what can I choose to think that brings me to a place of more positivity

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**I’ve looked thoroughly at my complaint, the choice I am going to make to resolve it is:**

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*I am a ~Wellbeing Warrior ~ not a victim!*

*I use my complaints as a force for good in my life!*

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