

Guide to End Chronic Complaining Now

Terri Cole



Before we tackle the strategies to end chronic complaining, first try the 24-hour internal survey of your behavior. Bring a notebook with you throughout your day and write down every time you complained or wanted to complain. Being aware of your behavior will help you know where to use these strategies in your life.

1. The End...Add Something Good

So rather than saying "I hate how hot it is, I can't believe it's 90 degrees out," instead say "Hey, I can't believe it's 90 degrees out today, and I'm so grateful it's not 110." What we're trying to do is create new neuro-pathways in your brain, especially if complaining has been habitual for you.

2. Problem-Solving Instead of Complaining

Complaining is not problem-solving. Commit to some kind of problem-solving addition to any complaint.

3. Put Your Problems in Perspective

Most likely, you are having first-world problems. And this isn't about belittling your feelings - it is about creating perspective and being aware of your impact on others. Be in acceptance of what is (like not complaining about traffic while you are sitting in it as that does nothing to solve the 'problem' and sadly does damage to the brains of the other people in your car!) because that's the only way you can find a proper solution.

Complaining is a low-vibrational way of interacting with people and the world - it causes others to not want to be around you and causes you to lose the ability to be proactive and positive in your daily life. Try out the strategies above and comment on the blog with your results!