

“Instead of complaining that the rosebush is full of thorns, be happy that the thorn bush has roses.”

~~ Proverb

We all know that life is not perfect and presents its share of annoyances and challenges to us. Complaining is a common and often automatic reaction to life's issues. While an occasional complaint may help us to vent frustrations, incessant complaining is destructive. Not only can it affect the attitude of others, but it also broadly promotes ourselves as those who aren't good problem-solvers, aren't committed, and aren't pleasant to be around.

Yet with the challenges of life bearing down on us, how do we break the complaining habit? Just as we brainstorm “pros & cons” when considering new ideas or ways of doing things, consciously think of positive things about an issue. Even if the positive aspects seem silly or insignificant, just going through the exercise will help us look at things objectively, not emotionally, and help us develop a more positive attitude.

Next, commit to offering at least one possible solution every time we register a complaint. We'll feel more liberated and empowered when we extend energy and attention on finding solutions instead of simply identifying barriers. And we may get a reputation for being a creative thinker!

It's only human to have an initial negative reaction to an issue that comes our way. But avoiding unproductive complaining and working toward solutions is just divine!



Written exclusively for Optima EAP Clients by the Optima EAP Employee Education and Development Staff.

Optima EAP is available to provide assistance when one is faced with challenges in home or work life. Please call to schedule a confidential appointment with one of our licensed clinical professionals. 1-800-899-8174 or 757-363-6777

Visit our EAP Web site at <http://www.ilab.org/hr/sentaraeap.html> for additional topics & info.