



Secrets To Being Happier

by: Andrea Heiden, M.S.



How to Complain Effectively

It's so tempting to blame everything, and everyone, outside of ourselves when life isn't going right. Although temporarily satisfying, complaining keeps you focused on problems...and everything that is wrong in your life. It can deplete your energy, waste your precious time, and lead to anxiety and depression. Other than that, it's a great pastime!

To get more of what you want from your relationships and your life, here are three secrets to complaining more effectively:

1. Change complaints into goals and actions. Complaining is a way of expressing dissatisfaction with things in your life. You know what you don't want! That's good! The key is to ask, "What DO I want?" and "How can I get what I want even in this situation?" Then do something...anything! Convert the time and energy you would have spent complaining into proactively pursuing your wants and needs!
2. Complain to the right person. It's so much easier to complain to the wrong person; to a friend about your spouse, a neighbor about your kids, or a coworker about your boss. It takes courage to approach the person who can actually do something about the problem. And the only way you have any chance of getting what you want is to talk to the right person.
3. Replace complaints with requests. Blaming and criticizing others rarely improves the situation. Stop complaining about what you don't like, and start asking for what you want. Instead of complaining, "Why do you always...", simply ask, "Would you be willing to...?" By turning your vague complaints into specific requests, you greatly increase the likelihood of getting your wants and needs fulfilled.

If you want to be happier and more successful in your relationships and your life, drop out of the "Ain't it awful" club and start transforming complaints into specific requests, goals, and actions.

"The danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

Michelangelo