

CONSCIOUS COMPLAINING

Conscious Complaining gives you time and space to vent and feel lighter. It can restore self connection and hope. It opens opportunities to have 'ah ha' moments, and even have breakdowns with breakthroughs simultaneously.

When you unapologetically give yourself full permission to complain, you'll find your complaints can lead you quickly into the crux of your problems. From this grounded place you are more able to understand the 'real you' beneath problems, your genuine needs and wants, and creative solutions.



Yes, you may be in ruin, but unless you vent and accept this situation first, you will find yourself struggling rather than adjusting. If you ever find yourself shifting blame on others, chances are you are suffering from self-deception. For now, get your thoughts on paper to see them.



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**Journaling can be
a great pressure
releasing valve
when we feel
overwhelmed or
simply have a lot
going on
internally.**

-
Amy Hoyt, PhD

CONSCIOUS COMPLAINING PRACTICE

WHAT YOU NEED TO GET STARTED

- Use your journal or some paper and get something to write with
- A timer on your phone or clock

1. BEGIN BY SETTING TIMER AND SAY ALOUD

"I'm consciously venting and complaining now."

- Set your alarm for 10 to 30 minutes
- Write freely unfiltered about EVERYTHING on your mind, your worries, concerns, should's, if only's and "what if's"
- Use the questions on the following pages if needed to help understand your current concerns and complaints

2. MAKE SURE TO ASK

Complaints about myself, my life? Complaints about others?

Co-workers, family, friends, your past, your failures, pains and more.

3. WHEN TIME IS UP, CLOSE WITH SOMETHING LIKE

"Thank you complaining, I am wrapping up the practice now."

DISCIPLINING INNER COMPLAINING THROUGH THE DAY

At any point during your day, if you feel complaining in your mind, or looping complaining, you can gently let yourself know that you will give it time during your next Conscious Complaining practice that you have scheduled (ideally a specific time each day). You can also have impromptu practices as needed.

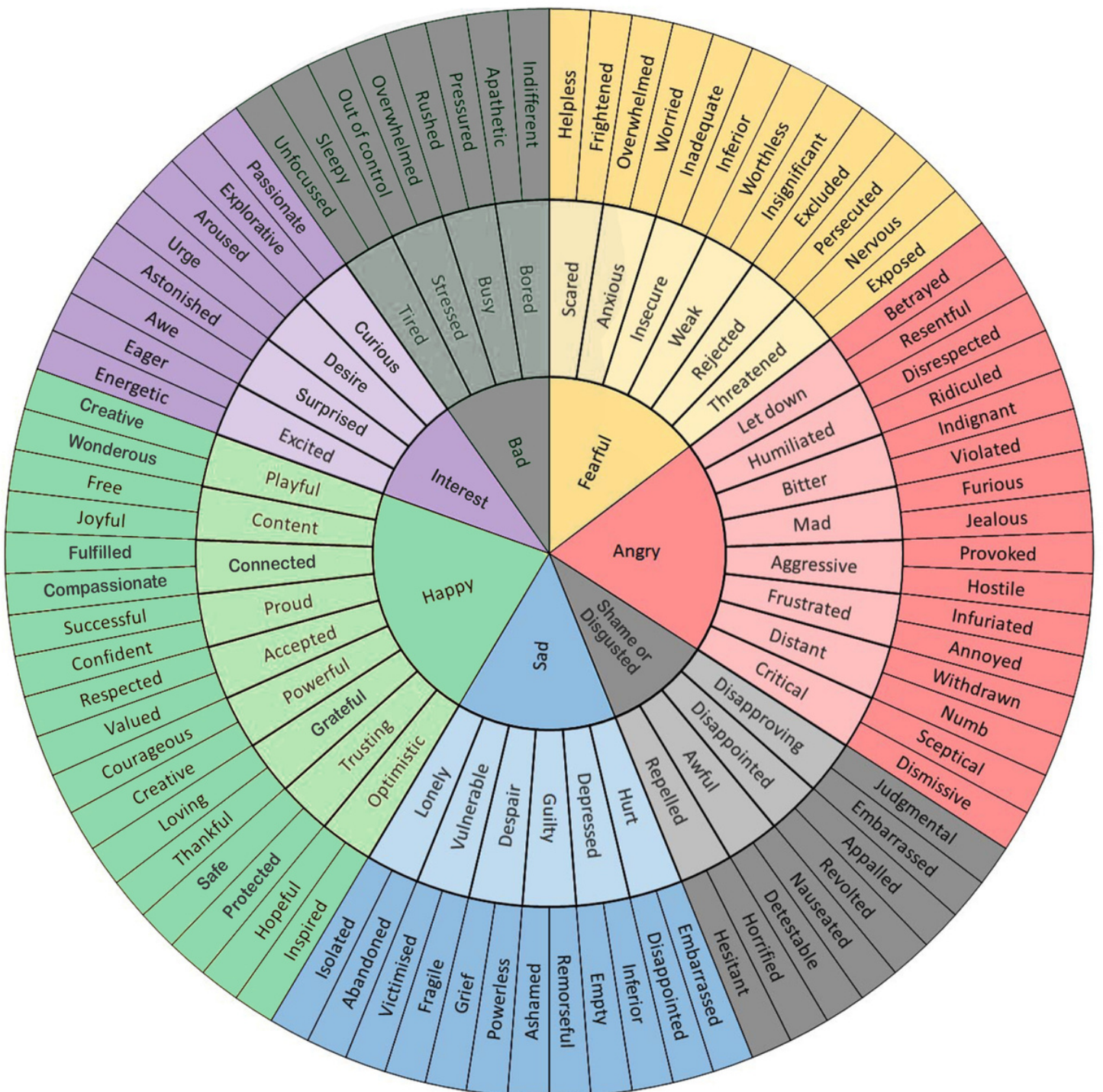


CONSCIOUS ANGER PRACTICE

FEELINGS WHEEL

Since complaining is not an emotion in of itself, identify how you are feeling right now. What word describes the way you feel?

Where and how does this emotions feel?



CONSCIOUS COMPLAINING PRACTICE

EXAMPLE QUESTIONS FOR YOUR COMPLAINING

What can I think of to vent about or complain about right now?

Have I been having looping thoughts about anything lately?

Am I wanting to vent or complain about my own recent behaviors?

Am I wanting to complain about others or other things happening?



CONSCIOUS COMPLAINING PRACTICE

FREE WRITING FOR YOUR COMPLAINING

Free write about anything else that is coming up for you. Writing things down can help lighten your mood and stress. If any creative solutions come to mind, write those down as well.





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If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line www.crisistextline.org

Suicide Prevention 988lifeline.org

National Domestic Hotline www.thehotline.org