



Stop Complaining

Do you, your kids or your spouse seem to complain all the time?

Do you want to get everyone to stop complaining?

Every time you complain it's like a virus, your irritability is picked up by everyone who hears your voice or sees your face.

You should train your brain to be optimistic and positive.

30 years of research by Duke University and the Mayo clinic said that a positive attitude will add years to your life.

According to ActiveFamilyMag.com the average person complains 30 times a day.

I am on a mission to transform complainers into problem solvers instead.

- If you want to stop complaining.
- If you want your spouse to not only stop complaining but also stop trying to tell you what to do to fix a problem when all you really want to do is vent.
- If you want to stop your kids from complaining.

There are three and a half steps to transform everyone into a problem solver.

Step #1 – Identify the problem. Find out if they just want to vent or are they asking for help in solving a problem.

If venting is the goal tell the listener up front that's what you need.

My husband would need to vent about things and was not necessarily looking for a way to fix it. He just needed to let the negative experience and emotions out and I was the ears that would just listen and let him express his frustration. Once he got it out of his system, he was able to let it go. I didn't take it personally even when he would exaggerate the story using expletives that I knew he did not use in the actual event. Venting to a sympathetic ear is very cathartic and healing.

Allowing someone or yourself to do so can be very therapeutic. It is important to be clear at the start that I just need to vent. If that is the case, don't try to fix anything unless they ask you for help.

If looking to solve a problem ask yourself, your spouse or your kid, "What is bothering you? Is it one of your brothers or sisters? Is it a friend or something going on in school or work? Do you need to learn a skill? What is it?"

Identify the problem for themselves, that's what you each need to do.

It will not help solve the problem if you tell them what you think their problem is. Just as we don't like to be told what our problem is.

The person with the problem needs to identify it for themselves.

Step #2 – Once you know what the problem is engage in solving the problem for themselves. Say “I want you to think about how you can fix this problem”. “What could make the problem better?”

You can also be talking to yourself to think through a solution.

When I met Evander Holyfield, he told me that when he was a little kid his brothers and sisters were beating him up all the time because he was so little. That was until his coach transformed him into a boxer, then everyone stopped beating him up.

Sometimes you have to let go of a problem because it's not about you. It's somebody else's problem. The key is to think about how the problem can be solved.

Step #3 - Bringing you the solution they have thought of forward.

Ask them or yourself to “bring me some ideas on how you can make this problem go away.”

This is when you would present your solution to the problem.

What are the ideas thought of to fix the problem? Or this is where you will bring your solution to the table.

Sometimes the solution will be perfect. Sometimes you will need to give or receive a little additional guidance and ideas.

Step #3 ½ - This is negotiating a solution that works for everyone for the win-win.

My father taught me to be a problem solver instead of a complainer at a young age.

It is a skill that has served me well throughout my life and made me a valuable team member in everything I do.

You want to be a part of the solution instead of part of the problem.

Reward yourself and other family members for being problem solvers.

When you stop complaining and you encourage those around you to stop complaining and become problem solvers you will all enjoy a more positive, optimistic, and happy life.



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