NO; Thanks!

What is your ATTITUDE when you complain? What is your ACTION when you complain?

The common one is some type of “NO!” or “change this” or “I don’t like this.” It might be quite legitimate, and may need to be registered.

What would happen if you approached this as an OPPORTUNITY for something other than what you expected? What if both you ATTITUDE and ACTION(S) communicated some type of “Thanks!” for this new situation that you were going to complain about?

Here are a few examples of situations that often result in complaining. Give an example of how you could make this a “NO” type of response. And then come up with a “Thanks!” type of response in place of that.

We’ll provide an example, then you can create the rest, and come up with additional ones on your own.

*The church service runs too long:*

**“NO”** response: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(The preacher needs to be more punctual; and I’m hungry!)

**“Thanks!”** response: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(This gives me more background on the sermon I wouldn’t have had; something worth fasting for!)

*My parents won’t let me go out tonight (for their own reasons):*

**“NO”** response: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**“Thanks!”** response: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*My teacher gave me a grade lower than what I thought I’d get:*

**“NO”** response: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**“Thanks!”** response: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*I have nothing (or too much) to do this summer:*

**“NO”** response: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**“Thanks!”** response: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*People don’t include me in their activities, so I don’t have any friends:*

**“NO”** response: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**“Thanks!”** response: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_