

When You're Ready to Complain

The next time you're ready to complain, ask these questions first:

How bad is it? _____

Really?! _____

What have you forgotten? _____

What could be worse? _____

What can you do about it? _____

Which of the two following antidotes will you use?

Antidote #1: Express gratitude; such as _____

Antidote #2: Help someone who has it worse than you do; such as _____