



Dishonesty is the victory of pain and fear, over courage and love. What would happen if you were 100% honest with yourself?

Complaining is honest... provide yourself with the safety to complain honestly with yourself and have victory over pain and fear.

CONSCIOUS COMPLAINING

GIVING VOICE TO THE INTELLIGENCE AND VALUE OF YOUR EMOTIONS

Conscious Complaining gives a voice to your struggles, which restores your flow, your energy, and your hope. Be honest and self-transparent. Access the truth of what you're feeling and what you need to complain about. Practice when you want and provide yourself 10 to 30 minutes.

I. SITUATE YOURSELF IN A COMFORTABLE PLACE

A location in your home that offers solidarity. A place where you can whine, cry, wail, etc. Have your journal and something to write with. Also have your Feelings Wheel tool handy if you feel this would be helpful to label your feelings and emotions in the moment.

2. START YOUR COMPLAINING WITH "I AM COMPLAINING NOW!"

Complain for as long as you want aloud. Complain about what you see around you, complain about your relationships, gossip about co-workers, family, friends... whomever you want to freely and openly. Complain about your childhood. Anything goes. Complain, complain, complain for as long as you have the time for. Ideally between 10 and 30 minutes each time to practice this. Be genuine and honest with yourself.

When you unapologetically give yourself full permission to complain, you'll find your complaints will lead you quickly into the crux of your problems. From this grounded place you are more able to understand and feel the underbelly, the cause, the 'real you' beneath problems.

3. JOURNAL AS DESIRED AND CLOSE THE SESSION WITH "I AM DONE COMPLAINING FOR NOW!"

Upon complaining (honest processing) you open opportunities to have 'ah ha' moments, breakdowns with breakthroughs simultaneously. You may want to write information down. You may want to feel your emotions and identify them as well. Once the time you have allocated for this practice is up, state, "I am done complaining for now"