

**Being honest with yourself is key for self-trust and well-being. Honesty helps you detect self-deception that we use to smokescreen our problems. Yes, you may be in ruin, but unless you 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.**

*being 100% honest and authentic with yourself*

# 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 breakthroughs simultaneously. Practice daily if you wish.

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 the 'real you' beneath problems, your genuine needs and wants, and even creative solutions.



## 1 WHAT YOU NEED TO GET STARTED

- Settle in your home that offers solidarity, where you can whine, cry and wail if you need to
- Use your journal or some paper and get something to write with
- A timer on your phone or clock
- Feelings Wheel on the following page, to help label your feelings and emotions

## 2 BEGIN BY SETTING TIMER AND SAY ALOUD "I AM COMPLAINING NOW"

- Ideally, set you alarm for 10 to 30 minutes each time you practice
- Complain aloud, if you'd like, and by free-writing (use Feelings Wheel to help describe specific emotions)
- Complain and write freely. Complain about yourself to yourself, complain about what you see around you, complain about your relationships, co-workers, family, friends, your childhood, your failures, pains... anything at all!

## 3 WHEN ASSOCIATED TIME IS UP, CLOSE WITH "I AM DONE COMPLAINING FOR NOW"

- Once the time you have allocated for this practice is up, state, "I am done complaining for now."
- Identify how you are feeling now (use the Feelings Wheel if you'd like)
- At any point during your day, if your mind wants to loop into complaining or worrying, you can gently let yourself know that you will give it time during your next Conscious Complaining session

**"Your experience of pain changes relative to how you react to it. When you move toward it in an adaptive way, pain shrinks. When you move away from it, pain grows. If you flee from it, pain pursues you like a monster in a dream."**

Tony Fahkry

FEELINGS WHEEL

