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# WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING  
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY \* KIND HEART \* FIERCE MIND \* BRAVE SPIRIT

## Worksheet #2 - March 2016 - Complaint Restraint!

We cannot transform that which we deny or are unaware of! So take a moment before you start the module to honestly fill in the below with whatever is top of mind for you. No need to agonise over it or edit - the only one who will see the answers is you 😊 This is BEST to do BEFORE you watch this month's tutorial.

Okay - so:

1. What are the 5 most common things you complain about most?

- Your body?
- Your relationship?
- Your work?
- Your clients?
- Your boss?
- Your house?
- The weather?
- The traffic?

2. Are there particular people who you tend to complain to?

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3. What kind of response do you get when you complain?

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4. How do you FEEL when you complain? List 3 emotion words:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

5. Are there particular people who tend to complain to you about stuff?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Are there particular environments which trigger complaints in you?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_