



Unlocking Your Vision

Complaining Advertises Your Fear

Imagine for a moment that you are on a boat cruising through glistening turquoise water. Out of the blue, a pod of Dolphins appear. Like shimmering gray shadows, they glide beneath the surface of the water. Only an occasional glimpse of dorsal fins reveals their presence. Then, although most seem content to keep their distance, **two very curious dolphins move cautiously towards the boat**. Soon they are swimming in synchrony right beside you, keeping perfect pace with the boat. These two smiling creatures raise their heads slightly and are looking right at you. Their eyes look so human that you cannot help feeling that they are gazing deep into your soul.

Do you allow yourself to move forward with curiosity and experience the opportunities available to you? Do you wake up most mornings with curiosity and excitement to experience the challenges ahead? At the end of the day do you feel grateful for your experiences, the lessons you've learned, your relationships, and the beauty you've seen around you? If you answered **no** to these questions **complaining may be controlling your life**.

Complaints give you permission to blame others and the world for your inability to take risks and move forward. Some possible complaints might be: "Nothing good ever happens to me", "My job is so exhausting I can never find the energy to do what I enjoy", "Things have gone from bad to worse", "I can't find anyone decent in a relationship", "I'm never understood", "Others have all the luck", "My children never listen to me", "My husband never spends time with me", "Nothing makes me happy", "God is punishing me", "I've spent my life taking care of everyone else but me", "I don't have the energy to exercise", "I don't have time to meditate or pray". Do any of these complaints sound familiar to you? Do you feel you are being singled out for trouble or bad luck?

When you complain you are **expecting** things to be different than they are. **Expectations lead to disappointment and disappointment is frequently expressed as complaints.** Complaining only expands the problem by focusing your attention on what is wrong in your life rather than focusing on taking action to solve it or accepting the situation as is and finding peace with it.

Has complaining become your form of conversation? Do you hang out with complaining buddies? Are your complaints keeping you preoccupied? If so you're not facing the real

issues of your day or interacting on a meaningful level with other people. You fail to notice whatever is positive and good in your life. You actually enjoy the attention you get from complaining. You enjoy your complaining buddies because they back up your belief that whatever you're complaining about is a hopeless situation. **What you're really doing is advertising your fears.**

Many times a complaint is an unfulfilled request – questions you haven't asked, issues you don't confront, and problems you refuse to face. You have the choice of looking for something positive in every situation instead of complaining. You can make a conscious choice to be proactive instead of passive. Instead of complaining you capture the moment and make the best of it.

Look at your complaints. Are there any that could be solved tomorrow if you took actions consistent with your true self – your freedom instead of fear? **Venting** is valuable when you really need to talk about a truly, upsetting situation and you need comfort and advice. **Venting** is much different than complaining. **Venting** is a positive and productive process – complaining just keeps you stuck in the complaint. **Venting** honors your feelings and gives you a chance to clear your head or release an expectation, which eventually helps you come up with a solution. Who do you have in your life that could be a trusted venting partner instead of a complaining buddy?

Gratitude's are also valuable in shifting your thinking and turning your experience into something good that will help not only you but other people as well. **Gratitude's** help you stop obsessing about your pain and begin instead to recognize all that is right and beautiful in your life. **Gratitude's** help you to acknowledge your fine qualities, abilities, and accomplishments. **Gratitude's** support you in spending your time and energy in the moment rather than trying to understand the why. When you use **Gratitude's** to master your fear-based complaining, you allow your peaceful voice of intuition to become your primary guiding force.

If you really want to give up complaining, you must learn how to reframe any experience at will. Think of the power and mastery you would have over life if you could change any negative situation into a positive opportunity. You can train yourself to “see the glass as half full instead of half empty”. It takes only a few minutes a day to put this strategy to work. This gradually builds your positive emotional muscle in the same way you would gradually build physical strength if you worked out regularly. **Take time everyday to write a list of “Gratitude's”.** **Gratitude's** do more than make you feel good for awhile, they literally change the way you think. **Gratitude's** shift your focus so that you are aware of what you have instead of what you don't have. When you make **Gratitude's** an important part of your day, you are increasing your ability to see opportunities and possibilities where perhaps none existed before.

Please contact me to learn more about **Letting go of your complaints through the process of learning to vent, learning how to reframe any experience at will, and practicing daily gratitude's.** I will support your journey of self-awareness and make your transition, from complaining to enjoying a life filled with gratitude, smoother and easier. Your willingness to take this step of investing in your life is well worth what

you will receive. You will begin to deliberately attract the people and things that support the new path you're creating and the quality of life you desire.

Take the first step toward **"Unlocking Your Vision"** and choose to stop complaining and experience life as a beautiful garden of opportunity and gratitude. Contact me today at joyce@unlockingyourvision.com or call 858 945-4928. Go to my website to learn more about me and what I offer.

View my inspirational dolphin video www.thedolphinmovie.com

Certified Fearless Living Coach and Certified Life Purpose and Career Coach

JoyceHenderson@FearlessLiving.org

http://www.fearlessliving.org/coach/joyce_henderson

http://www.sandiegocoaches.com/sdpca/f_mempublic.asp?memberid=1079

"Live the Life Your Soul Intended" quote by Rhonda Britten founder of the Fearless Living Institute and author of the book "Fearless Living". www.FearlessLiving.org

"You are not stuck where you are unless you decide to be" --Wayne W. Dyer

The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone.

--Orison Swett Marden

We are what we repeatedly do.

--Aristotle

It's not what happens to you, it's what you do about it. --W. Mitchell

"What lies behind us and what lies before us are tiny matters compared to what lies within us." --Oliver Wendell Holmes

Be the change you want to see in the world --Mahatma Gandhi