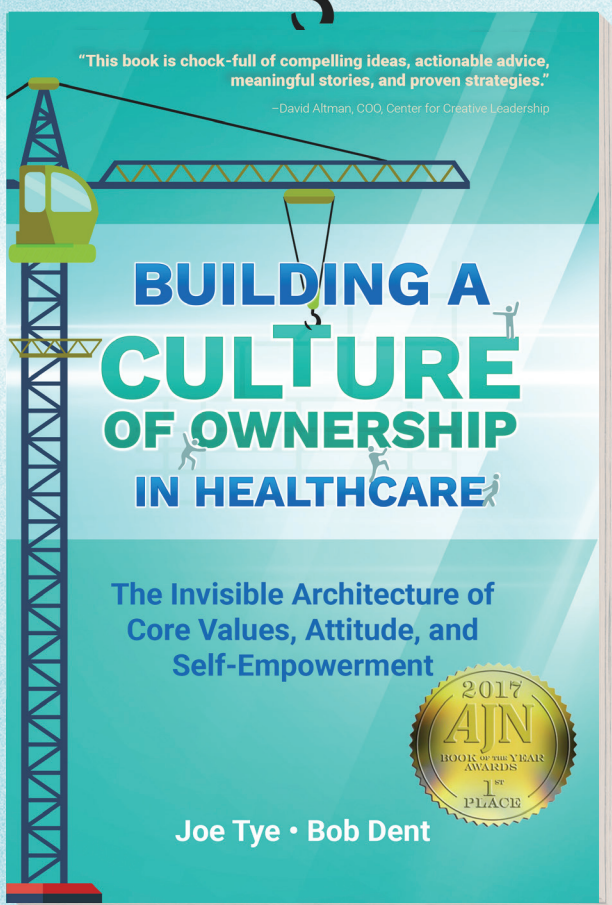


# TWENTY WAYS

## That Complaining Diminishes Your Life



Excerpted from  
***Building a Culture of  
Ownership in Healthcare***  
by Joe Tye and Bob Dent

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1. Complaining is malignant and contagious and can pollute the emotional climate of an entire workplace.
2. Complaining is depressing.
3. Complaining is an expression of ingratitude.
4. Complaining is an excuse for laziness, avoidance, and procrastination.
5. Complaining is an excuse for the cowardice of inaction when courageous action is needed.
6. Complaining is resistance that prevents you from taking effective action to deal with the problems you are complaining about.
7. Complaining keeps you stuck in the dramas of the past.
8. Complaining is an outward projection of inner negative self-talk.
9. Complaining is an energy suck that enervates you and everyone around you.
10. Complaining is an insidious form of gossip.
11. Complaining is an insidious form of bullying.
12. Complaining is finger-pointing instead of acting responsibly.
13. Complaining makes you boring to others as it causes you to bore even yourself.
14. Complaining is holding on to a grudge.
15. Complaining is parenting malpractice—by your example teaching kids to be whiners instead of achievers.
16. Complaining crowds out compassion.
17. Complaining fosters pessimism.
18. Complaining is the ultimate waste of time.
19. Complaining takes years off your life, both metaphorically because time wasted on complaining isn't really living, and literally because toxic emotional negativity is harmful to your physical as well as emotional health.
20. Complaining is taking up residence in the valley of the shadow of depression instead of walking through it.