



The Complaint Experiment

For the next three months, I explicitly agree to stop complaining to people who cannot resolve the issue about which I am complaining. When I am truly committed to resolving the issue, I will bring my constructive complaint to the person who can actually influence or change the situation. I understand this takes courage and I'm up to the challenge.

For the next three months, I also explicitly agree to stop being the recipient of complaints that I cannot resolve. When I am faced with a complaint from a friend, coworker or other person, I agree to be a compassionate listener and suggest that they share their complaint with someone who can make a difference, change or influence the situation about which they are unhappy. I understand this takes courage and I'm up to the challenge.

I understand that at the end of this experiment, I am free to go back to complaining with reckless abandon.

Sticking To It

I know that letting people know ahead of time that I've made this agreement will help me **Stick To It**.

I know that posting this in my workspace will encourage me **Stick To It**.

I believe that the quality of my life will improve if I **Stick To It**.

Your Signature

Date

Witness

Date