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**Are You Raising A Complainer?**

**By Dionna Sanchez**

**Are You Raising A Complainer? by Dionna Sanchez**

People hate to wait. Have you noticed that? We hate to wait in lines. We don't like to wait for our meals. We get angry about slow cars in front of us on the road and so much more.

This tendency of wanting things "now" has caused us to become complainers. We feel "entitled" to things when we have not earned them. And most of all, we are teaching our children to be complainers. They grumble over bad grades when they didn't do their homework. Or, they want "rewards" in order to be motivated.

I sure don't want to allow this type of society to take me and turn me into a complainer. I don't want my children to learn to be selfish and demanding. I know that there are so many families searching and seeking to bring patience, compassion, joy and sensitivity back into their homes. Are you one of these families?

How can you raise grounded children in our "give me" type of world? I'll tell you. You do it by withholding things from your children. Let them earn that new puppy by working for it instead of just giving it to them. Teach them patience by making them wait for their food at the table. Instead of allowing your children to gobble their food and run, make them wait until everyone is served. Eat together as a family and then insist that your kids help you clean up. That also teaches them service. Don't reward your children with candy, money and gifts everytime they accomplish something. Instead, reward them with self-esteem and pride by giving them hugs and verbal praise. A child who feels good about themselves doesn't feel the need to be satisfied with material things. And if they feel content and satisfied, they won't complain.

I think people are ready for a change. That change can start with us as mothers. If you can find it in your heart to be more patient and less complaining, your children will learn that from you and adapt that attitude as well. All it takes is for us to desire these character goals and put them into practice daily. I don't know if it will change a nation, but I know it can change my home. Let it change yours as well.

~ Dionna Sanchez strives to maintain patience in her home in Idaho. She is Editor of EmphasisOnMoms at <http://www.EmphasisOnMoms.com/>

## **Success at Work : People Skills : Complaining**

**By Stephen Bucaro**

Do you know an individual at work who is a chronic complainer? Are YOU a chronic complainer? People don't like complainers. Listening to a chronic complainer gets people depressed. They prefer to associate with people that make them feel good. If you are always complaining about something, people will start to ignore you.

If you're a chronic complainer, you're sabotaging yourself and your success at work. In this article, I explain how you can improve your outlook at work and improve your prospects for success. The first thing you need to do is get in touch with reality.

People are not perfect and you shouldn't expect them to be. An organization is a group of people, so no company or organization can be perfect. If you expect your organization to be perfect, you need to change your expectations.

Instead of expecting things to be perfect, expect everything to be totally screwed up at all times. Then on the rare occasion when something does go right, you will be pleasantly surprised.

There are many problems that you can't do anything about. Learn to work around the things you can't change. Some things you can change. Instead of whining and complaining, take responsibility for a problem you can solve. Don't try to change the world, focus on improving your own little corner of the company.

You might realize that there are many problems you might be able to solve. Don't try to solve all the problems at once. Prioritize the things that you view as problems and choose your battles. Attack the most important problem first.

When you complain, limit your complaint to one problem and be specific. Along with your complaint, suggest a realistic solution. If you can't think of a realistic solution to the problem, then how do you expect someone else to solve the problem?

Sometimes it's best to put your complaint in writing. Put your written complaint aside for a day. Don't submit your complaint until your writing is clear, logical, and carefully thought out. By the time you finish, you may realize that you didn't completely understand the problem, or you may decide that the problem isn't worth complaining about after all.

If your complaint involves a person, avoid attacking that individual. Don't complain that the individual is stupid or inconsiderate. Complain that what the individual did was stupid or inconsiderate. If a person works really hard, they might be able to change how they act, but they can never change who they are.

Complaining about your boss or a higher manager is very dangerous. Don't complain about the boss to your coworkers. If your boss loses face, the only way to gain back their self respect may be to fire you.

## Are You Raising A Complainer?

Ask your boss for a private meeting and discuss the problem in a calm and polite manner.

Whether the person you are complaining about is your boss or a coworker, try to make some compliments along with the complaint. Everybody has good and bad characteristics. Make sure the individual understands that you recognize and appreciate their good characteristics. That person may not realize that anyone thought they had good characteristics and you may gain a new friend.

Note: Similar to never complaining about your boss to coworkers, a consultant should never complain about his company to the firm that he is hired out to.

It may be difficult to recognize, but all problems have a good side. Many problems are opportunities in disguise. Look for the positive side in every problem. Approach all problems with a sense of humor. If you can find the positives or the humor in a problem and you make positive statements to your coworkers and your boss, you will greatly improve your prospects for success at work.

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Stephen Bucaro

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