

Making the Right Choices

Behavior Problem: **Complaining/Whining**

To complain is to express dissatisfaction about something. To grumble is to complain with a bad attitude. We most often think of complaining as whining or grumbling. At the worst, when we complain we are essentially saying that we don't like what God is doing or allowing in our lives and that we don't trust His sovereignty. Often, when we complain we are focused on the wrong thing.s



YouTube Video: On Complaining

<https://www.youtube.com/watch?v=74eGhkvQVsE>

When you are complaining, what is God seeing in your heart?	When you are complaining, is your attitude showing thankfulness and contentment?
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Let's Make Things Different

Make a list of three things that you can be thankful for right now:	Write out 1 Thessalonians 5:16-18
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Write out the definition of Contentment:

Name two things you have complained about and then write a reason you should be thankful for those two things:

In your own words, what is Colossians 3:23 saying?

Disclaimer This worksheet is presented as a supplement to, and NOT a substitute for, the knowledge, skill, and judgment of qualified psychiatrists, psychologists, physicians and health care professionals. It is not intended to diagnose a mental health condition. If you have further questions about or are seeking treatment for mental health conditions, please consult a physician or other health care professional.