



## Junior Group Meeting

Monday, May 4<sup>th</sup>, 2020

# A Complaint-Free Group! (?)

It's  
**all** in the  
{Attitude}



“Instead of complaining that the rose bush is full of thorns, be happy the thorn bush has roses.”  
~Proverb



# Reminders

## **Serious athlete/committed teammate OR casual participant**

- Pool update – nothing definitive (USA Swimming Guidelines in newsletter)
- Major reminders:
  - Physically - move to another level
    - Circuits, challenges, other, FEEDBACK
  - Technique – move to another level
    - Argo video
    - GoSwim
    - YouTube
    - Practice on land
  - Personally
  - Achieve something – challenging, growing, giving
- Meetings
  - Deliberate Practice (blueprint)
  - Mental Training – relaxation, affirmation, visualization, change major obstacles
- Newsletters
  - Read all
  - Read articles
    - Think DEEP OR SHALLOW
    - Cassidy Fuller (Aidan – you never know)
  - Olympic Video Library
- Meetings - attend all
  - Steve Stumph was the standard
- Safe Sport – Wednesday
  - Lily – add anything?
- Game Night after S/S meeting
- **Book – A Complaint Free World (hence the meeting)**

# Your attitude toward anything



## Is your attitude toward everything

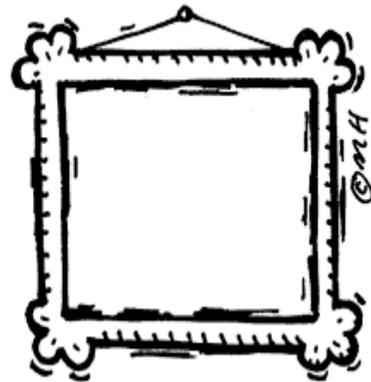
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**"Those who complain the most, accomplish the least." Robert Tew**

# Notes on complaining –

These characteristics frame most reactions and attitudes

- Resilient or weak
- Selfless or selfish
- Giver or taker
- Patient or impatient
- Respectful or disrespectful
- Long-term vs. short-term oriented
- Growing or stagnant



Why do people complain?

- 1.
- 2.
- 3.
- 4.
- 5.

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**“A complaining tongue reveals an ungrateful heart.”**

William Arthur Ward

## **Complaining – the reality**

- Serves no purpose (i.e., doesn't help)
- Adds no value
- Weakens your opportunity to grow
- Is unattractive
- Ultimately creates a belief system AND a self-image
- Risk loss of respect from staff, friends, and teammates



### **Quote:**

**“No one wants to hear you complain, not even people who...\_\_\_\_\_” unknown**



## **Common Complaints (and reversals)**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**“Champions never complain, they are too busy growing through challenge.” John Wooden**

## Process

- Develop a practice of living in/with gratitude
- Understand situation in advance
- Decide on who you want to be and how you want to respond
- Have a response in the form of triggers or affirmations
- Recognize complaining when it happens (DON'T JUSTIFY)
- Ask peers to hold you accountable
- Understand the negative affect on others (and yourself)
- DON'T PLAYER MISERY POKER



Think  
Positive  
TALK  
POSITIVE  
FEEL  
POSITIVE

**“I have the choice to be angry for what I don't have, or grateful for what I do have.”**

**Nick Vujicic**



SOMEONE ELSE  
IS HAPPY WITH  
LESS THAN  
WHAT YOU HAVE

# What It's Like to Go Without Complaining For A Month

*How different would your life be if you cut complaining out of it altogether? Is it even possible?*

**BY JESSICA HULLINGER** 4 MINUTE READ

For the month of February, Leah Shapiro had one goal: no complaining. "I think I just wanted to be more self-aware and mindful of what I was putting out there," she says. Shapiro and more than 1,000 other people signed up for the Complaint Restraint project, established by Thierry Blancpain and Pieter Pelgrims. The goal? Creating a more positive life by eliminating negative statements. **"There's no secret sauce,"** the website says. **"Simply stop complaining."** But is it that easy? What's so bad about complaining, anyway?

Griping comes naturally for us. During an average conversation, **we lob complaints at each other about once a minute**, according to research. There's a social reason for that. **"Nothing unites people more strongly than a common dislike,"** says Trevor Blake, author of *Three Simple Steps*. **"The easiest way to build friendship and communicate is through something negative."** Also, evolution primes us to focus on the negative for self-defense, says Jon Gordon, author of *The No Complaining Rule*. "The more we look at something that can hurt us and kill us, we are programmed to be on guard against that."

**But all of that whining comes with a cost.** When we complain, our brains release stress hormones that harm neural connections in areas used for problem solving and other cognitive functions. This also happens when we listen to someone else moan and groan. **"It's as bad as secondhand smoke,"** Gordon says. "It's secondhand complaining." Just as smoking is banned in most offices, Blake says he's banned complaining among his team members. "I give them one chance, and if I catch them a second time, that's it." That seems a little harsh, doesn't it? Swearing off something that comes naturally to us seems like a setup for failure.

"Things you do habitually are really hard to give up," says Joanna Wolfe, a professor of English at Carnegie-Mellon University. "Have you ever tried to eliminate the 'you knows' and 'uh-huhs' from your speech? It is extremely difficult."

And sometimes we absolutely need to vent. It feels good, doesn't it? One study showed that bottling emotions could shorten your life by an average of two years. The good news is this: There can be middle ground between going cold turkey and being a Negative Nancy. If you're serious about complaining less, here are some realistic tips for success.

### **1. START BY DEFINING WHAT A COMPLAINT IS**

If you point out that it's cold outside, is that a complaint? "No, that's an observation," Blake explains. "A complaint is, 'It's cold outside and I hate living in this place.'" Shapiro says she defines a complaint by the way it makes her feel: "I feel myself slouching and not breathing."

### **2. TRACK HOW OFTEN YOU COMPLAIN AND WHAT ABOUT**

Change starts with awareness. "You're absolutely shocked," says Blake. **"After two or three hours of observing, it's in the hundreds."**

### **3. SEPARATE YOURSELF FROM CHRONIC COMPLAINERS**

If you must lend an ear, **try to respond with something positive rather than joining in on the rant session.** "You've really gotta be quite brave and confident and have the courage not to need the good opinion of another person," says Blake. "You find over a period of time those people who complain constantly start to leave you alone because their brains are not getting that stimulus they're looking for."

### **4. TURN COMPLAINTS INTO SOLUTIONS**

This is called "positive complaining" or "effective complaining. As Wolfe says, "Don't sit around and admire the problem." Do something about it.

### **5. USE THE "BUT-POSITIVE" TECHNIQUE**

This tip comes from Gordon: "If you find yourself griping, add a 'but' and say something positive," he says. For example, "I don't like driving to work, but I'm thankful at least I can drive and I even have a job."

### **6. CHANGE "HAVE TO" TO "GET TO"**

"I have to pick up the kids" becomes "I get to pick up the kids." **"You change a complaining voice to an appreciative heart,"** Gordon says. "You're gonna feel so much better the more you focus on the positive over time. At first, it's gonna be a little awkward, but the more you get used to it, it becomes your natural state."

## **GOAL – 30 days without complaining!**

- “X” = no complaints (crushed it – you’re a rock)
- “O” = at least one complaint (mental stumble – noodle)

# **MAY**

**M T W T F S S**

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			