

Complaining is not Attractive

Ugh. Few things are harder to endure than negativity, criticism, and complaining. Right? Being married to a complainer is so frustrating and emotionally draining.

It's hard to be positive when your partner always focuses on what's wrong.

Negativity can ruin a marriage because it's hard to resolve conflict when the other person finds a problem in every solution!

How Complaining Hurts your Marriage

Even when complaints are valid, complaining rarely has a positive effect on marriage, and here's why:

- Complaints sound a lot like criticism – The spouse on the receiving end feels criticized or attacked, causing them to become defensive and stop listening. Their self-esteem nose dives too.
- Complaints are counterproductive – Although people complain to bring attention to an issue, complaints usually escalate the situation because defensive spouses don't make the best communicators or problem solvers.
- Complaints are Unattractive – Complaining is a total turn off. It drains fun from life. There's nothing attractive about someone who finds fault with *everything*.

In fact, it's extremely difficult to relax, enjoy the moment, or have a happy marriage with such a person.

How to Stop Complaining

It's unlikely that a chronic complainer will wake up a changed person tomorrow.

It takes a LOT of work to go from being a negative to a positive person, but it can be done, starting with these tips:

- Be grateful – Gratitude is perhaps the easiest way to stop complaining. Instead of focusing on what you don't have, be grateful for what you do have.
- Focus on the big picture – In fifty years, you probably won't remember all of the little things you're complaining about now. Live with a larger perspective, you'll be happier and less stressed.
- Communicate better – Sure, complaining is one way to communicate your concerns but it isn't the best way.
- Learn how to talk and listen in a non-judgmental way so you can have a conversation with your partner in which you both come away feeling better.

If you want to be MUCH happier and enjoy more laughter in your marriage, stop complaining.

This week, each time you're tempted to complain, count one of your blessings instead.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!