Complain It.
Week Three.

Karla McLaren *Language of Emotions:*

"Here's how to complain consciously…All that matters is that you're in a foul mood and you have some privacy. You start your complaining with some sort of phrase, like 'I'm complaining now!' If you're inside you can complain to the walls or furniture, to a mirror, or to whatever strikes your fancy. If you are outside, you can complain to plants and trees, animals, nature, the sky, the ground, or your god.

[…]

When you've found your perfect complaining site, let yourself go, and give voice to the dejected, hopeless, sarcastic nasty, bratty self. Bring dark humor out of the shadows and really whine and swear about the frustrations, stupidities, impossibilities, and absurdities of your situation. Complain for as long as you like (you'll be surprised at how quickly this works), and when you run out of things to say, thank whatever you've been whining or yelling at. Thank the furniture, the walls, the ground, the trees, your complaining shrine (sidenote: she says you can build a place of photos or an official space where you go to complain if that feels right), or your god for listening, and end your conscious complaining session by bowing, shaking off, and then doing something really fun. That's it!