



---

## Day 3: Complaining is Contagious

---

Hi there!

We're three days into our of *10 Days Without Complaining* challenge.

Today we're going to unpack the second of our three "Origin Facts" about complaining.

(Remember, we're tracing our words straight back to the heart issues so that we can understand where this habit of unhappiness is coming from.)

Origin Fact #2: Complaining is Contagious.

If you haven't already read the blog post that correlates with this worksheet, you can find it here. →

<http://kristyscottage.com/complaining-is-contagious/>

**On the blog, I shared how as a young mom I often grew impatient with my kids when they griped and complained. What I often failed to recognize is that they were mirroring *my* words and attitudes.** Have you ever noticed that a bad attitude (complaining, griping, etc) feels as contagious as a bad cold?

---

---

**Think about the people you spend the most time with. Do they complain a lot? If so, is it easy for you to join the complaining?**

---

---

---

**It's true: sometimes we can't help being around negative people. But we can decide if we're going to join them, or stick with better habits. How can you combat the bad attitudes you have to be around, instead of catching it?**

---

---

---

**Overall, would other people say that they "catch" good attitudes or bad attitudes from you?**

---

---

---