



Day 5: Complaining Versus Healthy Processing & Venting

Hi there!

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

Today we're going to unpack an important dynamic of gracious speech:

→ **Complaining is not the same as healthy processing or venting.**

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

<http://kristyscottage.com/complaining-versus-healthy-processing-and-venting>

On the blog, I shared that Christians can sometimes take Jesus' commands to be a peace maker, forgive, and live joyfully to an unhealthy extreme. Christ does not call Christian us to be doormats who never voice an opinion or speak up.

What we are called to is to grow in our understanding of Christ so that we can be healthy, mature adults who know how to live, love, and lead well within:

- _____

- _____
- _____

Have you ever thought about the difference between "complaining" and "healthy processing" or "venting?" How would you define the difference?

Patterns of "stuffing" emotions, instead of dealing with conflict in a healthy way, plague a lot of Christian families. Have you personally seen or dealt with this?

Do you have a mature friend or confidant who can handle your "venting" in a healthy way? If not, what steps toward health and maturity can you take in order to cultivate connections with mature, healthy people?

When you're venting or complaining, do you focus on *solutions* or *blaming*?
