

## Is Complaining a Problem? by Paul Schnell

Have you ever approached somebody with an argument and the rest of the conversation was just negative? Well, you most likely just use complaining to find common interests with someone or to, "Be on the same boat." This is a common strategy to fit into society and is an abnormal way to meet people and get to know them. This is unhealthy because eventually you will realize that the only things you have in common with a person are the things you dislike. I believe that in our modern society people complain too much about simple things that could easily be resolved.

Today anything less than our expectations of people is disappointing and inexcusable to our standards. Therefore people now a days have very little patience to other people (waitresses, waiters, etc.) which leads to them complaining when they weren't even the cause. This happens a lot in the foodservice industry because people like to blame the waitress/waiter when he/she didn't even cook the food. This is called blind complaining. It is when you blindly complain about something without even thinking about the other end.

The fact that many people start conversations with complaining, is a problem. Starting a conversation with complaining will set the tone for how the rest of the conversation will go, according to Good Housekeeping magazine. By setting the bar, "negatively," it makes the rest of the conversation negative which will reflect on you. Also, leaving the conversation in a negative note can affect the people around you in an antipathetic way. If you are just going around with only the thoughts of complaints in your head you tend not to enjoy things while you can.

On the other hand, some people believe that complaining is a way of letting out stress. Complaints can be healing after you went through something traumatic, and you need to let it out. Even though it is unhealthy to use complaints to link yourself to a group of people or friends, it does make you feel like you fit in which sometimes is enough. There are some stories of how wives have mingled by complaining about their home life which makes them feel like they're not the only ones who have husbands who slack and such according to Good Housekeeping Magazine.

As you can see from these arguments, our modern day society complains too much, which is not a good thing. Now complaining is not a subject that the world will ever be free of. That's because there will always be somebody complaining about how terrible of a job the president is doing. Or somebody yelling about how the referee made a terrible call on the team you were cheering for. It's all around us. You can't stop others from complaining but one thing is for sure, you can stop complaining.