Complaining and venting might feel right in the moment, but they ultimately reinforce negativity and slow our progress. Instead, turn to these tools:

- Pray about the situation.
- Reframe. Try to identify lessons or silver linings.
- Put the situation into perspective. Will this matter in a month? In five years?
- Identify something concrete you can do to resolve the situation.

Don't use complaints as the basis for conversations. There are so many better things to do with our time together. Instead, try these tools:

- Ask questions that deepen your relationships.
- Focus on a positive and uplifting topic.
- Talk to the people you're angry with rather than complaining about them. Extend grace and forgiveness.

Do everything without grumbling or arguing, so that you may become blameless and pure, "children of God without fault in a warped and crooked generation." Then you will shine among them like stars in the sky as you hold firmly to the word of life."

Philippians 2:14-16 (NIV)