## #21 COMPLAINTS WHAT DO YOU NORMALLY COMPLAIN ABOUT? ARE YOU AWARE OF YOUR COMPLAINTS? WHAT DO THEY TELL YOU ABOUT YOURSELF? FOR FIVE DAYS NOTE YOUR COMPLAINTS, IDENTIFY THE MOST COMMON SOURCES, AND COMPOSE YOUR MUSICAL COMPLAINT SCORE ON THE RIGHT - HAND PAGE. DEFINE YOUR OWN CATEGORIES (EXAMPLES: TECHNOLOGY, A PERSON'S BEHAVIOR, THE WEATHER, A PROJECT ... ) O-1 COMPLAINT 1 COMPLAINT 1 COMPLAINT DRAW ONE "NOTE" FOR EVERY COMPLAINT. DRAW IT ON THE LINE THAT CORRESPONDS TO ITS TYPE: WHAT WAS THE COMPLAINT ABOUT? 2. TYPE of COMPLAINT 1. POSITION: COLOR IN YOUR NOTE ACCORDING POSITION YOUR NOTES ON THE GRID TO WHO YOU SAID IT TO: ACCORDING TO HOW MUCH THE COMPLAINT WAS NECESSARY: - D THERE WAS A REAL NEED TO COMPLAIN! \_ C IT WAS OFAY TO COMPLAIN B IT WAS NOT OFAY TO COMPLAIN :( . . . . . . . A I AM BITING MY TONGUE NOW 1 SAID IT TO A I SAID IT TO A PERSON I DON'T PERSON I KNOW 3. ATTRIBUTES ADD VERTICAL LINES TO YOUR NOTES IF THE COMPLAINTS WERE IN REAL LIFE, AND LEAVE THEM AS THEY ARE IF you ADD A RED DOT BEFORE THE NOTE WROTE IT OR TEXTED IT. IF THE COMPLAINT IS SOMETHING YOU found yourself saying often! : DATA COLLECTED ON\_