

Lay That Sucker Out!

If you have been complaining about the same problems at work or in your personal life more than three times, maybe it is time to implement my Complain Three Times Rule and ***lay that sucker out!***

Here is my deal about stress. Whether it is stress from the past, future or the present, consider the “Complain Three Times” rule. When I catch myself getting overwhelmed, I stop and ask myself, “Have I complained three times about this and how can I eliminate this stress?” I lay that sucker out. We need to learn to make life more peaceful.

If you have been complaining about the same problems at work more than three times, maybe it is time to lay that sucker out and ask yourself what you can control and what you can't. I will often do a workshop in my presentations where I will have the group lay out their 10% — what they do not enjoy about their jobs — on flip chart pages. Once all of them are written down we go back and look at the list.

We circle which of their complaints they have control over and which they don't. Workshop after workshop, many people circle things that they just can't control. In the end, there are only one or two concerns that they have direct control over. So my next question is, “What are you going to do about it?” If you can't control it, why complain about it? If you can control it, why not do something about it?”

I will ask them to lay their stress out on the table and make an action plan to deal with it. “Lay that sucker out” is the way I say, “If this is my current reality and I can't change it, what can I do to make it better?” It isn't healthy for us to carry the same stress for days, weeks or even years, and not take any action to solve it!

I have seen people try to deal with stressful situations by drugging, drinking, eating, shopping, gambling and in a variety of other unhealthy ways. The problems do not go away, they grow into bigger problems.

I speak from the experience of carrying around many of my own stresses for years until I finally had to say, “Enough!” So one by one, I laid those “suckers” out and I dealt with them. You know, some of what I laid out and took a good look at, I couldn't solve anyway. So I learned how to get over it and got on with living. I love the saying, “It is what it is.” Some problems “are what they are” and we need to change how we react to them and move on!