



Tina Luo | Staff Writer

We complain with a practiced repetition, ingraining the habit in our nature. We routinely grumble about the heavy traffic, the unfinished work and the few hours we slept the night before, often using our complaints as greetings in conversation. Protesting our suffering proves much easier than working to improve our situation, so we continue to live under the protective shelter of complaint.

As a result, gratitude represents a faraway concept. The obligatory “be grateful for a roof over your head” rings true but disappears in the clutter of our issues, which we magnify to overwhelm any fragment of appreciation. We tend to complain, convince ourselves we have no reason to complain and express frustration at both our circumstances and our lack of recognition for what we already have. Often we find ourselves imprisoned in the cycle with

a desire to leave while also not willing to surrender the familiarity it provides.

Perhaps the most concrete method to escape the cycle is to follow the rule of complaint, which appears simple in thought but difficult in action: if you control the source of your complaint, fix it, and if not, then drop it. The rule relies on recognizing that complaining fails to resolve our issues, so we must either work to improve our situation or adopt an attitude that accepts the circumstances we cannot influence. Evidently, following the rule in its entirety would be exceedingly demanding, so we instead create conscious efforts to apply the rule. Simultaneously, we understand that we learn and grow every day, and a few complaints will not hinder our progress.

As a whole, we must foster an attitude that works to manage the circumstances in our power and does not dwell on those we cannot. By complaining, we create an

atmosphere of loss rather than aspiration, setting us on a path more strenuous than the one we initially set out to take. Complaint is inevitable, but by intentionally limiting it, we have the ability to address the adversity in our lives while also treasuring the beauty of the moment.