

are you a complainer? assessment

I usually share my problems with others.

7 Strongly Agree 6 Agree 5 Slightly Agree 4 Neither agree/disagree 2 Disagree
1 Strongly Disagree

I regularly express my negative feelings to others.

7 Strongly Agree 6 Agree 5 Slightly Agree 4 Neither agree/disagree 2 Disagree
1 Strongly Disagree

I focus more on the causes of problems than on their solutions.

7 Strongly Agree 6 Agree 5 Slightly Agree 4 Neither agree/disagree 2 Disagree
1 Strongly Disagree

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If my life was made into a movie, I would characterize it as a drama instead of a love story, comedy or inspirational tale.

7 Strongly Agree 6 Agree 5 Slightly Agree 4 Neither agree/disagree 2 Disagree
1 Strongly Disagree

I complain a lot.

7 Strongly Agree 6 Agree 5 Slightly Agree 4 Neither agree/disagree 2 Disagree
1 Strongly Disagree

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Now tally your score by adding the numbers that correspond to each answer.

35 - 30 You are a major complainer. Complaining is a habit for you and it's time for an action plan.

29 - 24 You are a complainer. You spend too much time on the Complain train.

23 - 18 You're in the middle of the road. Shift gears, focus on the positive.

17 - 12 Complaining isn't much of an issue for you. Stay Positive.

11 - 6 You almost never complain. Keep cultivating and sharing the positive energy!