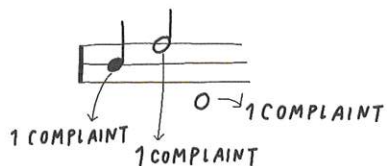


#21 COMPLAINTS



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...)



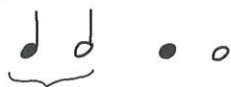
DRAW ONE "NOTE" FOR EVERY COMPLAINT. DRAW IT ON THE LINE THAT CORRESPONDS TO ITS TYPE: WHAT WAS THE COMPLAINT ABOUT?

1. POSITION:

POSITION YOUR NOTES ON THE GRID ACCORDING TO HOW MUCH THE COMPLAINT WAS NECESSARY:

- D THERE WAS A REAL NEED TO COMPLAIN!
- C IT WAS OKAY TO COMPLAIN
- B IT WAS NOT OKAY TO COMPLAIN :(
- A I AM BITING MY TONGUE NOW

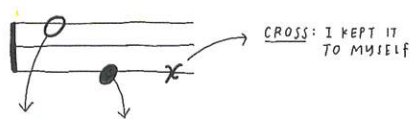
3. ATTRIBUTES



ADD VERTICAL LINES TO YOUR NOTES IF THE COMPLAINTS WERE IN REAL LIFE, AND LEAVE THEM AS THEY ARE IF YOU WROTE IT OR TEXTED IT.

2. TYPE OF COMPLAINT

COLOR IN YOUR NOTE ACCORDING TO WHO YOU SAID IT TO:



- EMPTY NOTE: I SAID IT TO A PERSON I DON'T KNOW WELL
- FILLED NOTE: I SAID IT TO A PERSON I KNOW VERY WELL



ADD A RED DOT BEFORE THE NOTE IF THE COMPLAINT IS SOMETHING YOU FOUND YOURSELF SAYING OFTEN! 😊