

When something goes **WRONG**

Emotional energy goes to our MOUTH & begs for release!

It will be released in

**THANKFULNESS** or **COMPLAINING!**

Thankfulness	Complaining
7. Increases physical _____	7. Increases _____!

Grateful people experience **fewer aches and pains** and they report **feeling healthier** than other people, according to a 2012 study published in *Personality and Individual Differences*. Not surprisingly, grateful people are also more likely to take care of their health. They **exercise more often** and are **more likely to attend regular check-ups** with their doctors, which is likely to contribute to further longevity.

Writing in a gratitude journal **improves sleep**, according to a 2011 study published in *Applied Psychology: Health and Well-Being*. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.

Guy Winch, PhD Winch explains **venting** causes two problems. “Research has found that **95%** of consumers who have a problem with a product don’t complain to the company, but they will tell their tale to **eight to 16 people**,” he says. “It’s **unproductive** because we’re not complaining to the people who can resolve our issue.”

Venting also **floods the bloodstream** with **cortisol**, the **stress** hormone. “We tell ourselves that we need to get it off our chest, but each time we do, we get **upset all over again**,” he adds. “We end up **10 to 12 times more aggravated**.” Chronically high levels of cortisol can lead to a variety of health problems, including increased risk of **depression**, **digestive** problems, **sleep** issues, **higher blood** pressure and even increased risk of **heart disease**.

Dr. John Gottman at the University of Washington has been researching **marriages** for two decades. The conclusion of all that research, he states, is that unless a couple is able to maintain a high **ratio of positive to negative** encounters (5:1 or greater), it is likely the **marriage will end**.

With **90** percent accuracy, Gottman says he can predict, often **after only three** minutes of observation, **which marriages** are likely to flourish and which are likely to flounder. The formula is that for every negative expression (a complaint, frown, put-down, expression of anger) there needs to be about five positive ones (smiles, compliments, laughter, expressions of appreciation and gratitude).