Gripping, whining, and negative thinking are habits. They can be replaced with a new habit of positive thinking. Keep a log of all of the negative thoughts you have throughout the day. At the end of the day, write down more positive thoughts that can replace them. Once you get the hang of evaluating your thinking, begin challenging your negative thoughts with more positive ones. This may be difficult at first. Begin to share your more positive thoughts with others. When a negative thought slips into your mind, remember that just because you think it doesn’t mean you need to express it!