

Fifteen Ways To Be **MISERABLE**

1. Wait for others to make you happy.
2. *Blame everyone else for your unhappiness.*
3. Use “if only” whenever you can regarding time, money or friends.
4. *Compare what you have with what others have.*
5. Always be serious.
6. *Take responsibility for everything all the time.*
7. Try to please everybody all the time (never say “no”).
8. *Help others, but don’t let anyone help you.*
9. Consider your own wants unimportant.
10. *If anyone compliments you, discount it.*
11. If anyone says anything, exaggerate it.
12. *Always stay calm and cool.*
13. Resist change.....to the death.
14. *Strive for absolute perfection.*
15. Always live in the past or the future.