

27 Ways to Make Yourself Miserable

- 1) Think about yourself**
- 2) Talk about yourself**
- 3) Listen greedily to what people say about you**
- 4) Expect to be appreciated**
- 5) Be sensitive to slights**
- 6) Never forgive any criticism**
- 7) Trust nobody but yourself**
- 8) Demand agreement with your own views on everything**
- 9) Sulk if people are not grateful to you for favors shown to them**
- 10) Be on the look-out for a good time for yourself**
- 11) Shirk your duties if possible**
- 12) Do as little as possible for others**
- 13) Let anger and resentment build up inside of you**
- 14) Seek only pleasure**
- 15) Do what ever is convenient**
- 16) Don't do your best**
- 17) Don't do what you know is right**
- 18) Let your body get fat and out of shape**
- 19) Don't take time to rest, relax and enjoy life**
- 20) Take everything, especially yourself, seriously**
- 21) Be cheap with your money**
- 22) Spend your money foolishly**
- 23) Don't ask God for help**
- 24) Try to do everything yourself**
- 25) Live in the past**
- 26) Live in the future**
- 27) Try to control the uncontrollable**



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