

## **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

**DELTA STATE**  
**BASKETBALL**