

How to make yourself miserable

Being miserable is an art form.

There are many ways of achieving it.

A few sure-fire ways are below:

1. Think and talk about you as much as possible

Research tells us that self-centered egotistical people score lowest in any test for measuring happiness.

2. Wait for the situation to be right before having a good time

One of my favourite Chinese proverbs is “ People who wait for roast duck to fly into mouth, will wait long time”. Put off having a great life until you have the right job/ house/ partner/friend is a great way of putting off life all together.

3. Live in the past

An unwholesome preoccupation with old mistakes and failures leads to depression.

4. Compare yourself to others

Spend hours thinking about how much more beautiful, happy, intelligent, creative, insightful and wonderful everybody else is compared to you. Think that glossy people who are featured in glossy magazines have glossy lives despite lots of evidence to the contrary.



5. Give others the power to control your life

Don't do the things you want to do, Let other people choose your life directions and priorities for you. This allows you to avoid responsibility. When you end up miserable (and believe me you will!) blame the people you let make the decisions.

6. Try to make other people happy

Try to fix other people or spend your life trying to please them. Base your life decisions on what other people will think of you rather than what you want to do.

7. Feel it is better to avoid rejection than to love

Play safe. If you don't try to love people you can't be let down or hurt. Resign yourself to a life of perpetual disappointment.

8. Talk yourself out of stuff you really would like to do

Spend time telling yourself you can't do things because you are not smart enough or talented enough and you can really begin to believe that if you don't try, you can't fail.

9. Say yes when you mean no

It's nice to be helpful and agreeable but if you say yes to things you don't want to do, you can end up feeling really bad about yourself or resentful of people. Long-term resentment turns into bitterness.

10. Finally, believe you don't deserve to be happy