

# *Disability Campaign.org*

## **A Dozen Humorous Ways to be Miserable**

1. Discuss all of your troubles, and do this preferably at the breakfast table. It's a great way to ruin your appetite and make everybody miserable with you.
2. Worry every single day about something. Don't get out of practice. Worrying won't do a thing for you, but may burn up a few of those calories.
3. Don't forget to pity yourself. Pity is a great way to be miserable. And if you pity yourself enough, nobody else will have to do it for you. Great, huh?
4. You only live life once, so go for all the gusto, and be miserable as you do everything that everyone else seems to be doing.
5. Make it your business to keep up with the Joneses. That's right. You have to find out what they're buying and where they're going, and make it your aim to do them at least one better, even if you have to take out a loan or second mortgage. Great, great recipe for misery, that one!
6. If you really want to be miserable, stay away from absolutes. Forget those moral values. Do what's right for you, be your own person ... you deserve a break today and you ought to bend every rule to grab for it.
7. Make certain to get your rights. Never mind the rights of others: you have your life to live and they have theirs.
8. Don't you dare fall into any compassion traps. You know, where people spill their

troubles all over you and then they walk all over you. Hey! If you get involved in other people's troubles, you may end up neglecting your own, and you don't want to do that!

9. Don't let anything get in the way of what's really relevant, like TV and newspapers and those couple of sitcoms at night. If you want to be miserable, you've got to stick with the here and now. That's where it's at!
10. Always be right and never wrong, and be certain to let everyone around you know when you are right. If you catch yourself in the wrong, don't breathe it to a soul.
11. Review daily the names of people who have hurt or insulted you. Keep those lists up to date and think of ways to get even without looking hateful.
12. Never forgive a wrong. Boy, that's a sure prescription for misery. Clutch it forever and you will never be unemployed because resentment is a full-time job.

“I am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition.” –Martha Washington

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