

HOW TO BE UNHAPPY

Make little things bother you. Don't just let them, MAKE them.

Lose your perspective on things and keep it lost. Don't put first things first.

Get yourself a good worry, one about which you cannot do anything.

Be a perfectionist, which means not that you work hard to do your best, but that you condemn yourself and others for not achieving perfection.

Be right. Be always right. Be the only one who is always right, and be rigid in your rightness.

Don't trust or believe people, or accept them at anything but their worst and weakest.

Be suspicious. Insist that others always have hidden motives.

Always compare yourself unfavorably to others. This guarantees instant misery.

Take personally everything that happens to you.

Don't give yourself wholeheartily to anyone or anything.

HOW TO BE HAPPY

(First of all, refuse to do anything listed above.)

Love yourself. Love others.

Express the love inside of you through your actions, through the way you live your life.

Forgive yourself. Forgive others.

Be grateful and thankful for everything you have, and for everyone in your life.

Share yourself with others.

Enjoy the smallest moments, for every day is a blessed gift.

Smile.

* Source unknown