

HOW TO STAY STRESSED

good tips for bad health by David Gordon

Set impossibly high standards for yourself.
Compare yourself only with the greatest masters of the ages.
Take all criticism as absolute truth and take it all personally.
Condemn your mistakes and imperfections without mercy.

View your work not as a commitment but as a burden to resent.
Fixate on the goal, and ignore the process.
Identify the outcome of every endeavor as an assessment
of your value as a human being.

Worry obsessively about factors beyond your control.
Avoid all meditation and relaxation.
Eliminate your sense of humor.
Never listen to music for pleasure.

If you have a physical problem, seek some easy solution outside yourself.
Don't exercise.
Eat anything at all, anytime you want.
Don't fasten your seatbelt.
Smoke, drink, use stimulants, take drugs.

Take on too much, never say no.
Rate everything as critically and equally important.
Stay disorganized.
Ignore your support networks.
Don't ask for help.

Take no responsibility for your behavior.
Exploit the friendship of others for your short-term advantage.
Stay in the victim position.
When in doubt, just blame someone else.

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