

The Commandments for Staying Stressed Out!

Focus on the negative and eliminate the positive!

Be a world class worrier!

React, don't think!

Hold onto your problems and mistakes!

Feel sorry for yourself!

Don't forgive!

Harbor grudges!

Permit circumstances to control your moods!

Be critical of others and yourself constantly!

Expect the worst!

Find daily discouragement, distress and dissatisfaction!

Practice rigidity!

Engage in should have's, would have's and could have's