

How to Be Miserable for the Rest of your Life



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For just one second, look at your life and see how perfect it is. Stop looking for the next secret door that is going to lead you to your real life. Stop waiting. This is it: there's nothing else. It's here, and you'd better decide to enjoy it or you're going to be miserable wherever you go, for the rest of your life, forever.”

— Lev Grossman

“The views expressed are those of the author and do not reflect the official policy of the Department of the Army, the Department of Defense, or the U.S. Government.”

This excellent video posted on YouTube channel Better Ideas created by Joey Schweitzer. Joey does a brilliant job of describing the mindset and behavior that helps to perpetuate misery in many but not all who suffer.

Please click the link below to listen:

<https://youtu.be/W9qsxhhNUoU>



On the positive side, a smart listener who goes by the name, Spiceyykels gives a list of the things to do to avoid/alleviate misery

Comments 28K



spiceyykels · 2mo ago (edited)



As someone diagnosed with anxiety and who struggles with executive dysfunction I can definitely say this was a bit of a wake up call haha, but here for anybody interested I typed this up for myself (for later reference) so I might as well share it: my "How to NOT be miserable for the rest of your life" tips

1. Wake up at a reasonable hour each day
2. Make sure your space is tidy
3. Don't put off important things
4. Yes, actually DO the important things
5. Seek out opportunities
6. Learn to say both yes and no equally
7. Don't live in fear of people
8. Work on yourself as a person
9. Don't focus on things you can't control
10. Use positive things as motivators
11. Step out of your comfort zone
12. Don't act like you are "above" other people
13. Seek out the life you want, don't just imagine it
- (Bonus 14: Don't be too harsh on yourself ❤️)

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