I Can Cry If I Want To

A tongue-in-cheek guide to staying tense, stressed out and basically frustrated with life

Some of us seem to be perpetually stressed out. In fact, a few people actually thrive on dealing with extreme amounts of pressure. If you are one of those people, read the following hints which provide plenty of methods to help you avoid relaxing and enjoying life.

KEYS TO MASTERING NEGATIVE SELF-TALK

"I don't need friends."
You don’t need to build relationships. You're too busy being productive to take time out for others. In the long run, it's only YOU that matter anyway.

"I don't laugh without good reason."
Take life seriously. Don't look for humor in any situation. You need to keep a level head at all times. When something goes awry, don't chuckle; instead, get annoyed and blame those around you for what happened.

"The worst is bound To happen."
If you believe that everything will go wrong, you won't be surprised when it does. You will be much better off than those who are optimistic. Their smiles just prove their ignorance.

"I'll never get in shape."
Exercise wastes too much of your time. Besides, you might injure yourself. And looking and feeling great is overrated.

"I like my junk food."
Whenever the pressure begins to mount, surround yourself with your favorite snacks. Grab pop, chips, candy bars-whatever makes you feel better. Don't think about the way you'll feel when you stand on the scale the next morning.

"I am always right."
Don't listen to anyone else's suggestions. You already know that everyone is out to get you. Even if you are wrong, at least you don't have to acknowledge someone else's wisdom.

"I don't need sleep."
Work long hours, even on the weekends. Only sissies need a good night's rest. Your constant yawning, combined with the bags under your eyes, will make a great impression on all your associates.

"Every dilemma is worth worrying about."
Worry about things that you can't change. Imagine the worst possible scenario to every event and worry about it.
If you try hard enough, you might even be able to make the situation worse. With these tips you should be able to live a stress-filled life. No longer do you need to worry about not having enough stress. A life of tension and anxiety is all yours!