

# Positively Speaking

By Mark Wilson

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## 20 Symptoms of Insanity

- 1) Trying to talk your way out of a problem you behaved your way into.
- 2) Believing that your situation will get better, but refusing to make any changes.
- 3) Blaming others for your failures and shortcomings.
- 4) Neglecting the important priorities (God, family, personal health) while chasing after trivia.
- 5) Thinking you won't get caught when you do something wrong.
- 6) Lying to "make things better." (You can cover up a skunk, but it still stinks!)
- 7) Hoping money will buy happiness.
- 8) Procrastination (Putting off the important for the urgent.)
- 9) Trying to please everybody.
- 10) Self centeredness (The world doesn't revolve around you.)
- 11) Thinking another person will make you happy.
- 12) Expecting your children to follow your orders rather than your example.
- 13) Falling into a pattern of complaint, criticism and negativity. (Gratitude is an important aspect of mental health and spiritual wholeness.)
- 14) Thinking you can fix problems by yelling.
- 15) Assuming a big problem will go away by ignoring it.
- 16) Rationalizing destructive behavior with, "That's just the way I am."

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17) Suspecting that the whole world is against you. (People are not as opposed to you as you think. The fact is, hardly anybody is thinking about you at all. They're too busy thinking about themselves!)

18) Refusing to settle for less than perfection (As humans, we ALWAYS wind up with less than perfection, whether we "settle" for it or not.)

19) Believing you can get something for nothing (or a lot for a little.)

20) Failing to consider that decisions come with price tags.

The best definition of insanity I've ever heard is: "Doing the same things in the same way and expecting different results."

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