

Positively Speaking

By Mark Wilson

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Two Dozen 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 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 smells!)
- 7) Hoping money will buy happiness.
- 8) Procrastination (Putting off the important matters because of 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 and spiritual health.)
- 14) Thinking you can fix a problem by yelling.
- 15) Thinking a big problem will go away by ignoring it.
- 16) Rationalizing bad behavior with, "That's just the way I am."
- 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 a human being, you will wind up with less than perfection whether you "settle" for it or not.)
- 19) Carrying a grudge and expecting that it won't hurt you.
- 20) Depending on others to clean up your messes.
- 21) Believing you can get something for nothing (or a lot for a little.)
- 22) Failing to consider the "price tag" of your decisions.
- 23) Being rude to others and expecting kindness in return.
- 24) Squandering money you don't have to buy things you don't need.

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

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