

# SIXTY WAYS TO BE A SICK AND UNPLEASANT HUMAN BEING

by Vernon Howard

1. A first requirement for being a sick and unpleasant human being is to continue to believe that right now you are a perfectly normal and sane and logical human being.
2. Take full advantage of human confusion and sorrow to become rich and famous and popular.
3. Never notice the evil pleasure you feel in your enemy's downfall.
4. Comfort yourself by knowing that your rightful rewards will come to you one day, for you have so unselfishly given so much to others, while others only selfishly took from you, never giving you anything in return.
5. Considering what you must put up with from others, be amazed at your constant patience and gentleness.
6. Abandon your life to any of society's artificial activities and organizations which shield you from having to make your own decisions, in other words, belong to everyone but yourself.
7. Keep thinking that you are a natural-born leader of men, and that only your lovable modesty prevents you from becoming a public hero.
8. When you feel ashamed of yourself, never investigate why; just strike out at someone.
9. Talk about yourself constantly while remembering that anyone who does not want to listen to you is a self-centered bore.
10. Dare to reveal how different you are from most people, even if it makes you obnoxious.
11. Remind others of their duty to behave gently toward you, while reminding yourself of your right to behave as harshly toward others as you wish.
12. Gain a feeling of superiority by scornfully pointing out another person's physical defects.
13. When lacking the intelligence to understand higher facts, sneer at them.
14. Never let yourself or anyone else forget how much you have sacrificed for the sake of others.
15. Exploit human weakness to get what you want, but scream of persecution when others do the same to you.
16. When people show dislike for you, feel hurt and baffled, but never ponder the reason why.
17. Slyly drop hints that you need not study the higher life because you already live it.
18. Call your recklessness and lack of self-command a marvelous example of an unchained and uninhibited spirit.

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19. When you cause human wreckage of some kind be sure to run away and let someone else do the repair work.
20. Listen to and applaud everyone who spills out the same kind of poison that you spill.
21. Call every vice a virtue, for example, deny that you have a vulgar mouth by explaining that you are boldly unafraid to use effective language when instructing others.
22. Angrily refuse to see the connection between what you are and what happens to you.
23. Never wonder whether an action is kindly or cruel, but consider only what you can get from it.
24. Impose yourself on others, and when they protest, despise them for their unfriendliness.
25. Make words your realities, for example, talk often about love and kindness, but never notice your own flood of vicious thoughts.
26. Remember that your superior wisdom permits you to dictate over the lives of others, especially since you dictate only from the motive of compassion.
27. Make it your rule of life to love those who tell you pleasant lies and hate anyone who tells you healing facts.
28. Know that when someone is accused of exhibiting childish behavior the accusation could never be directed toward such a mature person as you.
29. Never show regret or responsibility for hurting another person, for why should you when your behavior is always purely innocent?
30. When someone asks you where you are going in life, reply with a long and detailed speech in an effort to convince yourself that you know.
31. Realize your basic right to threaten and punish anyone who does not yield to your righteous demands.
32. Keep a mental record of anyone who offends you and secretly curse him whenever you meet.
33. To be a sick and unpleasant human being it is essential that you conceal your rudeness by calling it a forceful and admirable character trait.
34. Have you ever considered the joy and inspiration you could give to the world by having your biography published?
35. Justify a malacious act by explaining that your victim forced you to do it against your own will.
36. Commit blasphemy against God by hatefully slandering the light by calling it darkness, and commit a second blasphemy against God by praising your own darkness by calling it the light.

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37. Be so in love with your nervous and noisy mind that you never wonder whether a higher mind might exist for you.
38. Publicly proclaim how horrified you are at human crime, while mentally committing your own terrible crimes.
39. When someone tries to correct you, be sure not to listen, instead, snarl back for him to mind his own business.
40. Remember that everyone who does not like you is an unappreciative fool.
41. Man, put a woman under fear in every way possible in order to prove how powerful you are.
42. Woman, exercise your control over a man by making him pay dearly for what he wants from you.
43. Always see truth as having your nature, which means you will see truth as being horrid, poisonous, cold--just like you.
44. Never forget that you were called to save the ignorant masses.
45. Practice your performance of appearing to be pleasant and harmless and helpful, after which you turn suddenly into a sarcastic devil when seeing you won't get what you schemed to get.
46. Seek power over others, and when you get it show them no mercy, for after all they refused to listen to your wisdom.
47. Never get caught standing alone, but keep yourself surrounded by other people who are as sick as you are.
48. Constantly point out the many contradictions in other people, but never notice even one of your own.
49. The more you feel that you have a meaningless existence the more you should tell other people how to have a purposeful life.
50. Feel a thrill at how easily you can deceive people into thinking that you are on the side of goodness and decency.
51. View anyone who tells you the truth about yourself as a vicious enemy who is just out to hurt you.
52. Go into your weeping act on suitable public occasions to show everyone how tender and sensitive and loving you are.
53. Add cowardice to your malicious revenge by not signing your hate-letters and hate-thoughts.
54. Regard it as utter nonsense that other people might see you in a much different way than the flattering way you see yourself.
55. Try to bear up under the burden of being misunderstood by everyone by realizing that a prince cannot be understood by a peasant.
56. Evade your responsibility for your own troubles by trying to get other people into trouble.

57. Never explore the fact that your fakery keeps you nervous.
58. Frequently burn with jealousy toward others, while bitterly reminding yourself how badly life has cheated you.
59. Be terrified of people and circumstances, but never inquire whether it is necessary to remain that way.
60. Finally, to be a sick and unpleasant human being it is necessary for you to lie about your sickness and unpleasantness so often and so long that you no longer know you are lying.

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