

FIVE SUCCESSFUL WAYS TO STAY DEPRESSED

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BRIEF INTRODUCTION

Since I enjoy being a helpful individual and I want to offer the best from my clinical training in the field of clinical psychology, today I'm going to tell you how you can absolutely one hundred percent remain depressed or become depressed if this is your goal. I was thinking about offering a money back guarantee if you decide you want to try the following five steps, however, in my clinical experience most people who seek out help to solve a problem rarely, if ever, actually do what the counselor tells them to do. As a result, since you choose to purchase this advice, it's your choice to also follow my instructions. If you choose not to, don't blame me...

Of course, if you do blame me, then that will just prove you did one step I've mentioned below and you will have acted on the information you paid for. In that case, good job. Now let's get to it!

IF YOU FEEL JOY, BLAME IT ON SOCIETY

As you're probably aware, our society is totally set up to make us all feel joy all of the time. For example, just watching the news, instantly we feel overwhelming peace, love and compassion for our fellow man. In fact, watching nightly news has been proven to make people totally constructive at work, have wonderful intimate times around the family dinner table and has also been proven to help people lose weight and win awards at their places of employment. However, this isn't helping you learn to be successful at

depression, but if you follow my five easy steps, depression will be your reward.

Okay, here we go... are you ready to succeed at being a miserable person? I believe in you, so let's do it!

1. Focus Your Thoughts on Yourself

Study after study has proven that the person who thinks about others and tries to serve them just end up being happy. Our goal here is to make sure that you are depressed, so the very first thing you need to do, every single day, and possibly at least once every ten minutes, is to tell yourself that everyone in the world owes you something. You are the only person that matters in your day, and you are the center of the universe. It's important that you continually focus on YOU because one shift from this, and you may feel a tinge of happiness, and we don't want that.

Because you've invested in yourself by buying this information from me, and you're actually reading it, I can see that you are a spectacular overachiever in this area. Good job!

2. Act Like a Victim All of the Time

I cannot emphasize this point enough, it is VITAL to your success in being the most depressed person around, that you act like a victim all of the time. Here's how you do that - just don't take any personal responsibility for anything. If you are in a conversation with someone who is in a good mood, and it bothers you, make sure that you turn the conversation to yourself and tell them that they are traumatizing you. Play it up... tell them, "How can you be so happy and force your positive views on me, when I've been the victim of a crime." I'm serious - make sure you use the words "victim" and "crime" in the same sentence. Those

are buzzwords designed to illicit a reaction from the happy person and designed to give natural empathy. You're playing the part of the victim, so make sure that you play it up and make sure that everyone around you, all of the time, knows how you've been victimized and how it's everyone else's fault.

For an extra added bonus, add a few tears to your commentary. It doesn't matter to some people if you cry or not, but since you are playing the victim, crying is good. If you have to, carry some onions with you and sniff them hard before you go into your meeting or place of planned attack and see how far it gets you.

One other tip here is to make sure that when you cry, make sure that you get so worked up that you snort and can't catch your breath. That's very important, and I'd recommend watching Lifetime Television for Women (assuming it still exists) so you can learn from the experts on the "victimize me" television network.

3. Spend All of Your Time Alone

One of the best ways to succeed in being depressed is to be alone 100% of the time. Now, I realize that in our fast paced world that it's virtually impossible to be alone that much, but here are a few tips to help you. First, make sure you do not have any access to the Internet - not in your house, on your cell phone or at work, if possible. If you're online then it negates the alone experience. Also, do not have any pets. In fact, if you have a dog or a cat you may want to consider giving them away. If you happen to be married and have children, make sure that you isolate yourself from them also. Do not under any circumstances get involved in your children's life or your spouse - if you do, it's going to cut into being alone and being alone is vital to your success to be depressed.

I should also say that I totally understand that this point conflicts with point two, after all how are you supposed to be alone all the time if you're around others playing the part of the victim? So, this is just a suggestion of the five I'm giving you.

It's up to you how bad you want to be depressed. I actually think this step is more effective than the other tips I'm giving because when you're alone, at "camp all by my self" where it's all about you all the time, you can dwell on all of your negative thoughts, how others have hurt you etc.

4. Do Not Listen to Music

This tip really is a no brainer - under no circumstance listen to upbeat or soothing music with positive lyrics or melodic peaceful sounds. In order to be the master of depression you must focus on things like what your mom said that hurt your feelings when you were three, and also the one negative thing your best friend may have said to you in an outburst of rage. It is vital to your success to be depressed that you never turn on any type of music that offers a hopeful message, a soothing tone, or even something as nice as crashing waves from the ocean. Instead, make yourself a tape of screams and moaning from hurricane and earthquake victims, or you can attend funerals and tape the people attending the funerals crying and expressing intense grief. If you have a hard time going to funerals, I would recommend going to your local animal shelter and observing the children who are very upset that their doggie or kitten who is lost and/or that the animal shelter accidentally "put to sleep" instead of saving the animal for adoption. Capturing the grief and worst moments in other people's lives is something that is better to focus on instead of music. Depression is your goal, do not forget that.

Depression and misery is your goal, do not forget that.

5. Constantly Complain About Everything

Our final tip to master being the king or queen of depression is to constantly complain about any and everything. Never under any circumstances give thanks for anything. If you catch yourself even beginning to think about things that you can be thankful for like your health, that you can read, that you had the money to buy these tips, the fact that you have clothes and can eat every day immediately STOP IT! Complaining has been proven to increase negative energy, make people not want to be your friend, and even increase stress - so if you want to be a miserable depressed wretch, just complain. Complain that people aren't focused on you all of the time. Complain about how people don't get you because you've been the victim of so many things, and of course, complain that there are too many upbeat and happy people in the world and music on the radio. For an extra added benefit you can also complain about how some people don't complain and how that bothers you. Again, never give thanks for anything or this point will not work.

I hope you have found these five proven tips to help you remain a depressed and miserable person. My goal, as always, is to help you succeed. Please feel free to email me with your comments at stacy@activechristianmedia.com

Share: What things can you recommend to people to stay depressed?

FINAL COMMENTS

If you choose to ignore all of my previous advice, I should warn you that you'll most likely live a long and happier life. Personally, I think life is too precious and

too short to be miserable and depressed, which is why you now have a few good tips to help you leave that miserable world.

As my husband always says, pain is inevitable, but misery is optional. I hope you opt for some joy.

ABOUT STACY LYNN HARP

Stacy has appeared on the Fox News television show Dayside (for about five minutes), as well as numerous radio programs nationally (America) and internationally (Canada and Australia), discussing issues pertaining to the family, sexuality, social media, Christian persecution and Internet related issues.

Stacy earned a Masters of Science in Clinical Psychology from Vanguard University of Southern California, and practiced therapy for almost ten years.

Stacy has spoken at various academic and professional conferences concerning Internet safety issues and the topic of homosexuality. She has been described by people who like her as someone who has a firm grasp on the issues and communicates passionately but with humor. It's not nice to say what people who don't like her say about her.

Stacy also hosts the non-award winning Internet radio show On the Wall Radio with her husband of twenty years and three lovable dogs and one depressed cat. The cat tends to follow all of the advice in this paper, but was not harmed in the writing of the paper. The dogs are very happy, especially Grover who has also appeared numerous times on air, On the Wall Radio.

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