

Be Happy

By JSLOVE

Submitted: March 16, 2007

Updated: March 16, 2007

From a phsyco... or however you spell it... talks about being happy.... Be HAPPY!!!!:D ^^ @_@

Provided by Fanart Central.

<http://www.fanart-central.net/stories/user/JSLOVE/44204/Be-Happy>

Chapter 10 - Key to Happiness

2

10 - Key to Happiness

A series of steps and then a poem

1. Find a friend and somewhere to go

If you don't have a friend take a close family member

2. Do something you both like without getting in an argument.

You have to have something in common

3. Wear a smile and laugh a lot

Perhaps go to a funny movie. They are the best for getting cheered up.

You can also watch an old movie with an actor you love.... Johnny....

4. Draw and DO NOT think about anything bad

5. Tell your friend after things have quieted down about all the bad stuff and let it all out.

6. Take some time to talk about your friend.

7. Find something fun to do afterward and lighten up the mood

8. When your friend or family member has got to go tell them thank you for listening to all the stuff you had to say.

9. Take some deep breaths and I can say with confidence you'll feel better.

Never feel sorry for yourself or play victim.

Acknowledge what got you in your position and learn from the mistakes that got you there.

Don't pout because then nobody wants to be around you.

If you are sad, don't think about suicide

Think about how you'll make everyone else feel.

I don't feel like writing a poem.... I'm hungry.