

How Not to Change: *Eleven Strategies for Staying Stuck*

1. Don't listen to anybody.
2. Listen to everybody.
3. Endlessly analyze and don't make changes.
4. Blame others for your actions and problems.
5. Blame yourself and put yourself down regularly.
6. Keep doing the same things that don't work.
7. Keep focusing on the same things when that focus doesn't work.
8. Keep thinking on the same thoughts when those thoughts don't help.
9. Keep putting yourself in the same unhelpful environment.
10. Keep relating to the same unhelpful people.
11. Put more importance on being right than changing.