



50 Ways to Stop Your Drama

1. Become aware of reoccurring patterns.
2. Notice who and what pulls your strings.
3. Stop giving advice and learn to listen.
4. Build trust with yourself by following through.
5. Instead of fantasizing make goals and take action.
6. Express your anger or irritation before it piles up.
7. Schedule down time daily, weekly and monthly.
8. Start appreciating yourself and others.
9. Make a list of what you need in a relationship.
10. Find things to love and appreciate about your job.
11. Own your good qualities and successes.
12. Give some slack to others.
13. See yourself as an equal.
14. Choose your battles and do your research.
15. Let go of the need for constant approval.
16. Start asking for what you REALLY want.
17. Say "no" clearly without excuses.
18. Leave ten minutes early for appointments.
19. Work on forgiveness.
20. Allow others be angry with you occasionally.
21. Quit rolling your eyes when you disagree.
22. Acknowledge your anger and use it for change.
23. Quit making excuses for not stepping up
24. Respect the rules but know when to bend them.
25. Get out of the past and be more present.
26. Project into the future only when planning.
27. Spend less time analyzing and more time being.
28. Start a savings plan.
29. Have more integrity and quit telling white lies.
30. Quit smiling when you feel anger or resentment.
31. Never go along with principles against your values.
32. Don't sacrifice or betray yourself to please others.
33. Find ways to relieve the anxiety and fear.
34. Strive for excellence not perfection.
35. Quit competing and comparing.
36. Create your own standards.
37. Take small risks to enlarge your world.
38. Initiate relationships.
39. Clear your clutter to add focus.
40. Eat healthy and respect your body's needs.
41. Get enough rest but don't use sleep as an escape.
42. Invest time and money in your own personal growth.
43. Let your healthy adult children fend for themselves.
44. Never use honesty as an excuse to vent your anger.
45. Get some good vitamins and get check ups.
46. Leave abusive relationships: build supportive ones.
47. Apologize when you are wrong.
48. Let go of guilt.
49. Admit areas that need improvement.
50. Look at your checkbook. Look in the mirror.
Step on the scales.

