

The Habits seem rather simple, don't they? But just wait till you see how powerful they can be! One great way to understand what the 7 Habits are is to understand what they are not. So here are the opposites or...

The 7 Habits of Highly Defective Teens

Habit 1: React

Blame all of your problems on your parents, your stupid teachers, your lousy neighborhood, your boy- or girlfriend, the government, or something or somebody else. Be a victim. Take no responsibility for your life. Act like an animal. If you're hungry, eat. If someone yells at you, yell back. If you feel like doing something you know is wrong, just do it.

Habit 2: Beginning with No End in Mind

Don't have a plan. Avoid goals at all cost. And never think about tomorrow. Why worry about the consequences of your actions? Live for the moment. Sleep around, get wasted, and party on, for tomorrow we die.

Habit 3: Put First Things Last

Whatever is the most important in your life, don't do it until you have spent sufficient time watching reruns, talking endlessly on the phone, surfing the Net, and lounging around. Always put off your homework until tomorrow. Make sure that things that don't matter always come before things that do.

Habit 4: Think Win-Lose

See life as a vicious competition. Your classmate is out to get you, so you'd better get him or her first. Don't let anyone else succeed at anything because, remember, if they win, you lose. If it looks like you're going to lose, however, make sure you drag that sucker down with you.

Habit 5: Seek First to Talk, Then Pretend to Listen

You were born with a mouth, so use it. Make sure to talk a lot. Always express your side of the story first. Once you're sure everyone understands your views, then pretend to listen by nodding and saying "uh-huh." Or, if you really want their opinion, give it to them.

Habit 6: Don't Cooperate

Let's face it, other people are weird because they're different from you. So why try to get along with them? Teamwork is for the dogs. Since you always have the best ideas, you are better off doing everything by yourself. Be your own island.

Habit 7: Wear Yourself Out

Be so busy with life that you never take time to renew or improve yourself. Never study. Don't learn anything new. Avoid exercise like the plague. And, for heaven's sake, stay away from good books, nature, or anything else that may inspire you.

As you can see, the habits listed above are recipes for disaster. Yet many of us indulge in them... regularly (me included). And, given this, it's no wonder that life can really suck at times.