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Man, Do I F*ck*ng Suck Or What?

A Partial List of "Suck" Observations

By But ch Nor t on

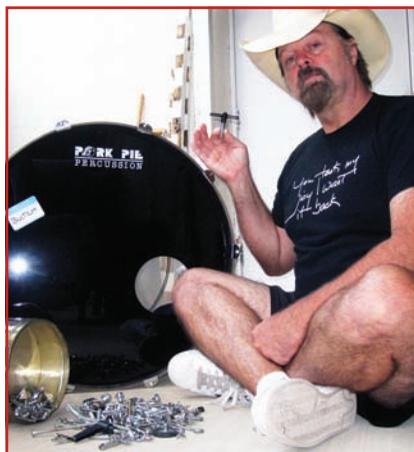
1. We all do it: We Suck!
2. Everybody sucks and has had a suck moment in their life. If they say they haven't, they are liars or not human.
3. Sucking is how we learn and progress.
4. Realize that you are not alone and that the guy or gal next to you has "been there, done that."
5. Anger, pity and depression can be a result of sucking and must be acknowledged. Breaking shit and having a meltdown, while cathartic, is not the answer.
6. You must return to the "positive."
7. You must analyze the suck but be careful to not obsess. A healthy balance of understanding and forgiveness is required.
8. Get some distance from the suck. Diving right in to correct the problem might be detrimental. Although, depending on the nature of the suck, it might be time to fix the problem now. This is where we share our suck with another and get some advice/perspective.
9. Honestly assess the suck.
10. Acknowledge it. Correct it. Let it go.
11. Ask others about their suck moments and always share yours. It's what makes us normal, "real" and very entertaining to one another.
12. When you fail to prepare for a rehearsal, misrepresent yourself, forget or f*ck up part of a song, lie, show up late, give someone the wrong information, cover up or bring in a bum attitude and someone calls you on it, don't be a sucky asshole.
13. If you continue to suck you won't be around for long.
14. Realize where the problem exists and be honest with yourself. Family, career and friendships won't tolerate your pile of suck.
15. You should never tolerate repeated suckiness from others. Be understanding but don't be a doormat for suck. Don't let a sucky person/people continually drain you.
16. Get over it and fix your attitude/

situation. Cut the suck out of your life.

17. If you're always finding yourself saying, "Those guys just don't get it," or "They just don't understand how things work," maybe you should step back and look in the mirror.
18. At some point you have to work and get along with others.
19. No one wants to be around people who continually suck.
20. Be your own filter. Think about what you're about to say before you actually say it. You can sometimes avoid the suck that way.
21. Shut the suck up.
22. Suck happens.



BE HONEST



BE PREPARED



LISTEN



BE HELPFUL



GIVE YOURSELF A BREAK

DON'T SUCK ✱

Please feel free to contact me on Facebook or butch@butchnorton.com.