

Sorry in advance
for making things weird.

A Disappointing Affirmations
Collection

by **Dave Tarnowski**



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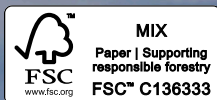
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Introduction

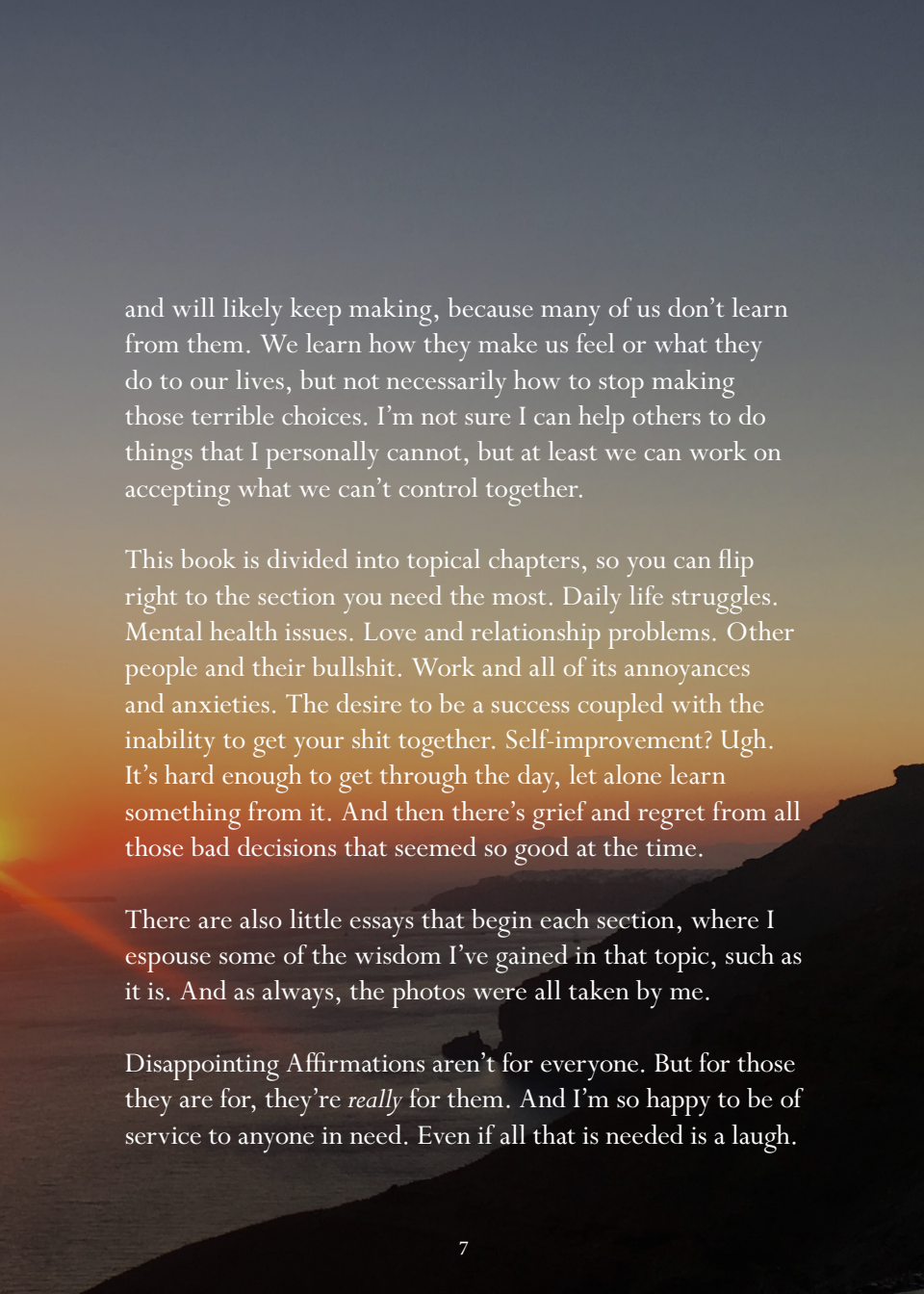
Life is littered with a litany of disappointments, and you can find many of them within these pages. Are you sad? There are affirmations for that. Angry? Yup. Hate your job? Other people got you down? Motivation feeling as thin as air? Oh yeah. It's all here.

These affirmations are more than just satire. As my old fiction writing professor once told me, "Allow yourself to suck." And that's exactly what these affirmations do. They make space for the suck in all our lives.

Most positive affirmations leave no room for error. "You are perfect." "Everything is going to be okay." No, you aren't, and, no, it won't. You are a flawed person like all of us, and life can really suck. And that is okay. All we can do is keep trying.

When I wrote, "Only you have the power to change your life. So that shit's definitely not happening," I was acknowledging the fact that, yes, I am capable, but I often opt out rather than in. But often doesn't mean all the time.

Disappointing Affirmations are about radical self-acceptance. The main thing I focus on when writing them is facing up to our shortcomings and bad decisions we made in the past

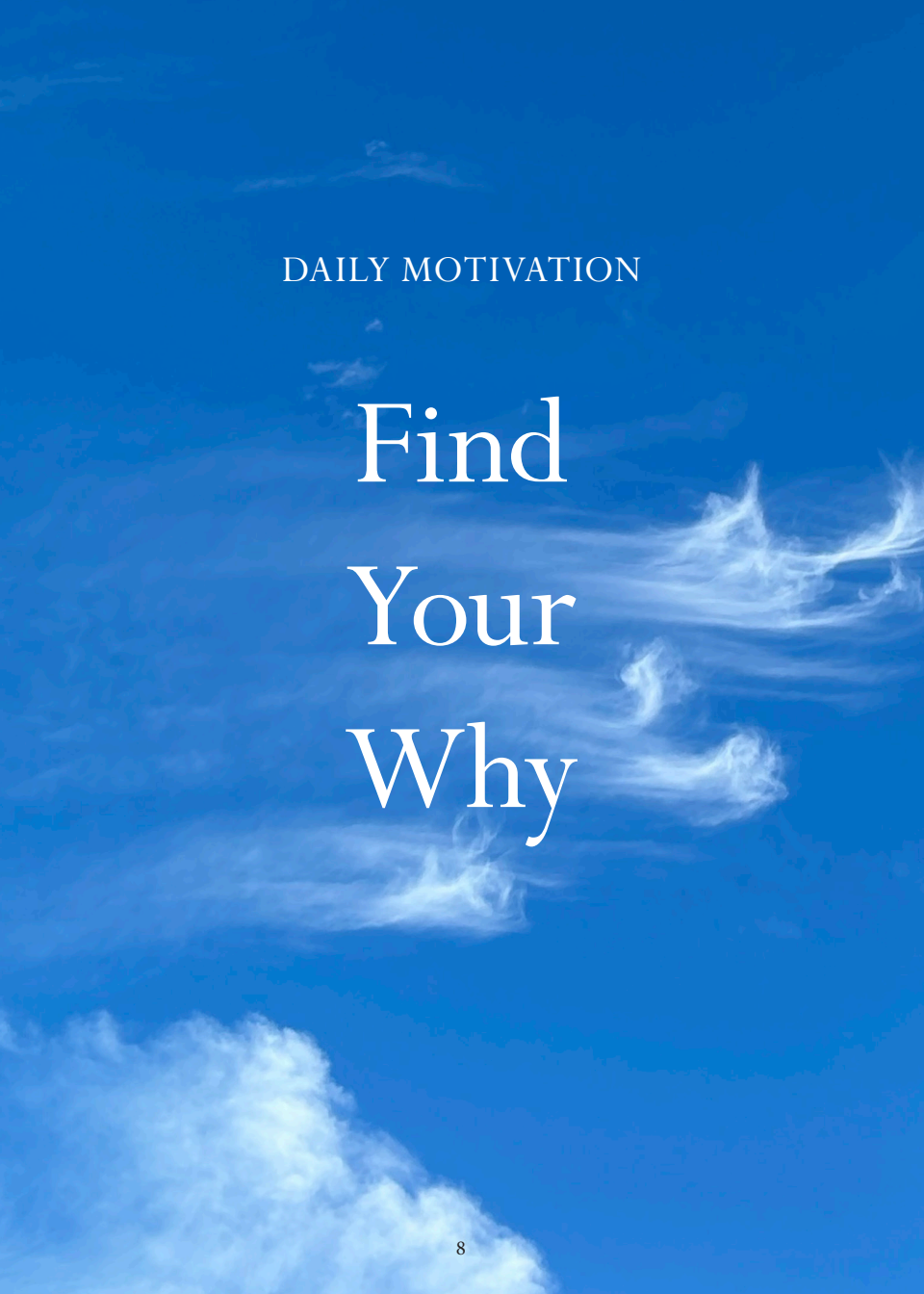


and will likely keep making, because many of us don't learn from them. We learn how they make us feel or what they do to our lives, but not necessarily how to stop making those terrible choices. I'm not sure I can help others to do things that I personally cannot, but at least we can work on accepting what we can't control together.

This book is divided into topical chapters, so you can flip right to the section you need the most. Daily life struggles. Mental health issues. Love and relationship problems. Other people and their bullshit. Work and all of its annoyances and anxieties. The desire to be a success coupled with the inability to get your shit together. Self-improvement? Ugh. It's hard enough to get through the day, let alone learn something from it. And then there's grief and regret from all those bad decisions that seemed so good at the time.

There are also little essays that begin each section, where I espouse some of the wisdom I've gained in that topic, such as it is. And as always, the photos were all taken by me.

Disappointing Affirmations aren't for everyone. But for those they are for, they're *really* for them. And I'm so happy to be of service to anyone in need. Even if all that is needed is a laugh.



DAILY MOTIVATION

Find Your Why

What's our motivation here? If this is the first day of the rest of our miserable lives, what are we supposed to do with it? Will we get to anything on our never-ending to-do lists? Will we go to work and deal with other people's bullshit? Will we use the day to work on ourselves? Or decide to just call in sick and hide under the covers?

Decisions, decisions—most of them bad. At the extreme end, each a new high-water mark on a path to self-destruction. But more often than not, one step at a time toward mediocrity and oblivion.

Sometimes it's possible to find the motivation to actually do something important with your life. Something to believe in. And those are the days that make life worth living. As Nietzsche so perfectly put it, find your “why”—a reason to be. Something that makes us feel like we have a purpose. That makes us feel like we matter.

You can do it!

But, you know, you probably won't. I probably won't either. And that's okay. No one expects you to actually do anything with your life. So forget about all that stuff. Do whatever the hell you want.

You've earned it.

My Morning Affirmations

“Here we fucking go again.”

“Dear god, why? Why?”

“Please, just make it stop.”

“Guess I have to keep being me
for another day.”

“Shit.”

Life. What a fucking nightmare.

