

# Types of Miseries

**Self-Imposed** - Voluntary assumed

**Self-Induced** - Voluntary acquired

**Self-Indulged** - Voluntary submission

**Self-Incited** - Voluntary provocation

**Self-Invited** - Voluntary calling it

**Self-Inflicted** - Voluntary doing it

**Volitional  
Responsibility = You did it**

You thought it  
You are motivated by it  
You decided it  
You go for it