

GUMPTIONWORK

Today's Gainful Suffering Menu

You can also do this online:
www.gumptionade.com/gainful-suffering

Every day for a month, if you please: Choose one from Column A, one from Column B, and one from Column C. Please do not choose things that are in your comfort zone already (for example, "No smoking" does not represent suffering for me). You can add your own Better Suffering options in the Readers' Choice boxes.

A PHYSICAL SUFFERING	B EMOTIONAL DISCOMFORT	C DEPRIVATION
Eat sashimi, chicken feet, or some other delicacy that makes you anxious.	Express your feelings to someone you admire.	No booze.
Take the stairs.	The next time you are angry take ten deep breaths and see how you feel.	No gossip.
Keep your thermostat three degrees off what you like.	Admit a wrong, and apologize for it.	No smoking.
Fast.	Sing to somebody.	Go to bed hungry.
Downward dog.	Ask someone way out of your league to lunch.	No music.

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A PHYSICAL SUFFERING	B EMOTIONAL DISCOMFORT	C DEPRIVATION
Scrub the floor.	Find three reasons to like that person who annoys you.	No snacks.
Twenty push-ups.	Talk to people you don't know in the elevator.	No TV or video.
Take a cold shower.	Express sincere appreciation for criticism.	No meat.
Get up an hour early.	Converse with a very young child, listening closely.	No caffeine.
Reader's Choice	Reader's Choice	Reader's Choice
Reader's Choice	Reader's Choice	Reader's Choice
Reader's Choice	Reader's Choice	Reader's Choice
Reader's Choice	Reader's Choice	Reader's Choice