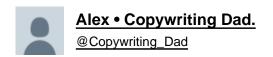
## Twitter Thread by Alex • Copywriting Dad.





## This has taken me 27 years to learn but I'll teach you in 2 minutes. Here are 13 brutal truths to understand before you trust anyone...

- 1. You'll get screwed most by the people you trust.
- 2. People don't care whether you succeed or fail unless they have something to gain or lose.
- 3. Stop telling people about your problems. 99% of them are happy you're suffering.
- 4. Choosing yourself is not selfish. You can't love anyone without loving yourself first.
- 5. The only way to enjoy being with others is spending time alone first.
- 6. You can always be replaced. Your position in anyone's life depends on your usefulness.
- 7. Tell people only what they should know. Envy forms 90% of relationships.
- 8. Trust is a product of your actions. Be trustworthy and others will trust you.
- 9. Avoid people who tell you about others. They'll snitch you when it's important.
- 10. Anyone can betray you. They only need "a good enough reason"
- 11. Lower your expectations on the people you meet. People do what makes them happy.
- 12. In all your relationships it's not about you, it's about them.
- 13. Never trust too easy. People will use you to fulfil their fantasies.

It's feel good day.

I trust you to trust yourself this weekend...

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