

**Misery Maker** infects everyone with scowls, frowns, groans, sighs and whinges. We are all sad about something from time to time, but Misery Maker is more than just sad, he can’t see the positive in anything. Misery Maker drags people down and makes them feel empty and helpless. You hear him say ‘Yes, but … ’ a lot.

**Figure 11.7** Misery Maker

**Photocopiable:** *Circle Solutions for Student Wellbeing* 3e Sue Roffey, 2020 (SAGE)