

Sujet : *Same old you. Another new year, another new resolution. Isn't it time to face facts? The new you is just like the old one*

By Barbara Ellen

And so New Year is upon us – the season to be disgusted with yourself. After several weeks of self-indulgence, you have realised too late that your Christmas gift to yourself is an Alfred Hitchcock silhouette, a hangover that keeps rolling over like an accumulator bet¹, and the kind of debts that will one day see you classified as the first ever one-person Third World country. At this point, deep within your soul, self-loathing starts hardening like quick-set cement. It is time to make a list, a beautiful, tear-stained list of life-changing resolutions, that will enable you to become the new you, the real you. You know, the person you always intended to be before the person you really are turned up and ruined everything.

Why does anyone bother with New Year resolutions? How many people do you meet who say, 'I gave up smoking/went on a diet/stopped drinking at New Year, and it all went absolutely brilliantly'? That's right – none. If they erected a statue to New Year's resolutions it would show a person of indeterminate gender with a doughnut in one hand and a cigarette in the other over a plaque saying, 'Oops!' There seems to be a gremlin around in January that dooms any attempt at self-improvement to failure. And yet people still persist in believing that New Year magically melts away fat, nicotine cravings, relationship problems and career voids. These are the same people who spend their lives waiting for the personal epiphany, the Damascene moment when they burst out of their underachieving chrysalis and show the world what they are really made of. This is the tragedy of human existence – we all think we're butterflies waiting to happen, when maybe we're concentrating on the wrong creature. In reality, most of us are snails or snakes.

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Question

Comment on the author's view of New Year resolutions.