

A Beginner's Guide to the Mental Breakdown Haircut (In only 8 steps!)

Things You Will Need:

- One pair of safety scissors
- One trashcan balanced precariously atop a mini fridge
- One mini fridge
- Half a smudged mirror
- Hair (any kind will do- whole, skim, 2%, fat free)
- A spoonful of brazen disregard for consequences
- A tight white-knuckled grip
- The kind of confidence that can only come from a true essence of not caring (alternatively, you may also use impulse as a substitute in case confidence is unavailable)
- The kind of not caring that can only come with a deep rage (can be found at your local supermarket)
- Broom (to sweep away regret)

Optional:

- A couple of tears (season to taste)

Instructions:

Step One: Snip-snip with reckless abandon (as reckless as safety scissors allow for, of course). This is where the disregard for consequences will come in handy- you may use more than a spoonful if you seem to be lacking a little courage.

Step Two: Revel in the cathartic chopping of your locks- try to aim for the trashcan, that way you'll have less regret to deal with on the floor later.

Step Three: No, don't give yourself bangs. No bangs. *You cannot pull off bangs.* Just trust me. Don't do it.

Step Four: I see you- get those scissors away from your forehead.

Step Five: Do that thing where you hold the scissors vertically you saw that girl in the youtube video do. Okay, so it doesn't look exactly like hers did but....it doesn't look *too* bad.

Step Six: Look at yourself in the mirror. Run your hands through your hair to style it (and mostly to calm yourself down). Realise that the person in the mirror seems like enough of an old friend and less of a stranger now.

Step Seven: Let that smile creep onto your face. Smile creepily back at yourself.

Step Eight: Yell 'Wheeeee' and enjoy your newfound freedom.

