In today’s world of wizards, ray-guns and bizarre soda products, is it any wonder that transformation rates are on the rise? Sure, they’re fun, until you’re too small to reach your office chair or you need to call in sick because of acute “being-turned-into-a-girl-itis”. So, this handy little guide is for those of you who, like me, are trying to protect yourself from exposure to such transformations. Follow these bits of advice and, together, we just might be able to avoid being turned into four-breasted lactating giantess cowgirl bimbos.

We can only hope.

#1: Remember that nothing is free. Never accept candy or medicine, especially an unheard-of brand, especially from benign-looking people in flowing cloaks with a penchant for hiding in shadows.

#2: If a product advertises “a significant change in your life” or something equally vague but promising, put it back on the shelf.

#3: Casual shoppers should avoid antique stores.

#4: If your cousin tells you that he found something fantastic in his dad's old attic, ignore him.

#5: Don't go rooting through YOUR dead relative's attic. Let someone else do it.

#6: Don't touch the fertility goddess statue.

#7: Be selective with your medical doctors. Do not schedule appointments with giddily-laughing frazzled white-haired men in standard issue lab coats who offer vague and fantastic promises.

#8: Mysterious packages should remain unopened. Especially if they are addressed directly to you from a hitherto unknown clothing company or “spell shop”.

#9: Assume all shy or reclusive people will work a bizarre revenge plan on you if you pick on them.

#10: If someone claims to be a wizard, humor him. He might be serious. Then flee. But chances are you're already screwed anyway if you've met a wizard.

#11: Never, ever, cross-dress, don somebody else’s clothing, or put on any costume you find laying around, especially on Halloween.

#12: Don’t loiter. Layabouts tend to find themselves transforming for no apparent reason.

#13: On road trips, be sure to have a car jack, spare tire, flashlight, road map, and GPS phone. You don’t want to stay at the convenient farmhouse just off the road.

#14: “Don’t Touch” is not just a suggestion. Same for “Warning”, “Stay Back”, and “This item contains power you cannot imagine!"

#15: Avoid idly imagining what it would be like to be the opposite sex.

#16: Avoid wishing wells, antique lamps, and girls wearing harem outfits.

#17: Five minutes of fame aren’t worth a lifetime of change. Never let anybody insert you into a fictional story or draw a picture of you with cat ears.

#18: If your significant other wants to explore "a great new sexual position" or “a way to bring the excitement back into the relationship”, sleep on the couch or take up a hobby.

#19: Don’t sign contracts you didn’t read and don’t finish paperwork without double-checking for errors, especially which box you check marked under “gender”.

#20: Volunteering for radical scientific experiments never ends well.

#21: Ancient temples and haunted houses are abandoned for a reason.

#22: If you do any TF artwork or stories, and you've been slacking, ignore any incoming e-mails from rabid admirers of your work.

#23: Discourage your friends in their scientific pursuits. They could be redefining the laws of reality as we know them and thus creating a utopia, or they might just wind up making a gun that turns people into cat-girls.

#24: A science lab is no place for the clumsy.

#25: If a hand emerges from a mirror, painting, or television set, and a disembodied voice offers to take you to a magical world where you'll have a new life of glorious excitement and adventure surrounded by friends, refuse.

#26: Aliens, no matter how nice they may seem, exist solely to alter your DNA.

#27: Ignore the talking animal.

#28: People’s personal possessions should remain their own. Never use someone else’s soap, pick up their hairbrush, or hold one of their family photos.

#29: Leprechauns. Don't steal their gold.

#30: No matter how badly you need to go, never enter the restroom stalls of the opposite sex.

#31: If someone smiles at you, tells you they are a witch, then offers you something, don't accept it.

#32: Never kiss a nymph or a succubus.

#33: If you are not a wizard, don’t read spell books. If you are a wizard, don’t read your master’s spellbooks.

#34: If you are male, assume that the first time you sleep with any woman you will turn into a girl.

#35: Diets are important! Never eat to excess, especially if you know it’s fattening.

#36: Stick to mainstream videogames. If you diverge from that path, at least avoid anything involving virtual reality.

#37: Never take a bet that you can’t be hypnotized.

#38: Chances are, somewhere in the world will just happen to find your secret fetish fascinating. You must avoid this person at all cost.

#39: Never accept an offer for resurrection unless you are certain you are getting your original body.

#40: If you are ever exposed to a mysterious gas, see a doctor about it immediately (but see #7).

#41: Don’t summon things from other planes.

#42: Don’t take leisurely strolls at night in areas where you have heard about a “strange animal” prowling.

#43: One person per teleporter.

#44: Just say “no” to milk. (Okay, maybe a sip).

#45: Don’t ask a sorceress, “Who are you wearing?”

#46: Never try to fondle someone at a bar without permission. But if I need to tell you that one, you probably have bigger problems than what's on this list.

#47: Do your best to avoid seeing, thinking, or being a part of anything significant during a celestial convergence.

#48: If you find yourself in possession of some seemingly-mundane thing that you don’t recall owning/buying, chances are it exists for no other reason than to ironically transform you.

#49: If something did it to you once, don’t assume a second helping won’t double the effects.

And finally...

#50: Don't tempt fate.

Well, that’s all I have for you right now folks. I might add a few more later, but I need to run some errands and see if I can schedule a haircut. My hair has been growing back in really quickly ever since I went to that new salon.