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20 Life Rules of Soap Operas - Elevators, Identical Twins





& More!

Posted by: [Brette Sember](#) in Entertainment Features, Featured, Lists, Soaps, Television
 February 28, 2015 4 Comments

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Soap operas exist in their own universe with their own laws. Should you ever wake up and find yourself in a soap, here are 20 of the indelible rules you'll have to adjust to:

1. You only hear the elevator ding if someone you know is going to get off.
2. You will run into someone who appears to be your identical twin at some point in your life.
3. Although you support a woman's right to choose, you must believe you would never personally have an abortion.
4. One day your toddler will suddenly walk into the room as a teenager. It's unlikely the change will surprise you.
5. Never call someone when you could stop by and see them in person.
6. If you find yourself in a car, you are probably about to be in an accident.
7. Takeout food and purchases can only go in a soft paper bag that makes no crinkling noises.
8. The only people who actually go to jail for any length of time are the boring people no one cares about.
9. You must always discuss your deepest, darkest secrets in a public place or in a room with the door open.
10. Your home must have a bar or bar cart in the living room.
11. Your home cannot have a kitchen.
12. Medical privacy laws do not apply to you or your doctor.



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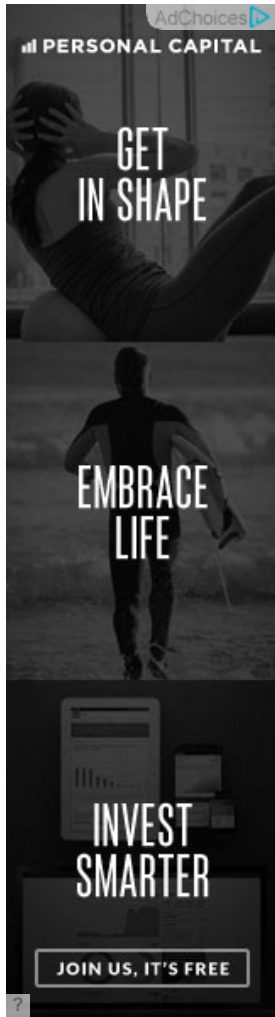
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13. You cannot control your overwhelming passion. It's ok, you don't know anyone else who can either.
14. If you actually have a job and actually go to work, you will spend most of your time there on personal matters.
15. When in bed, you will always have a sheet taped to your body.
16. You will never be alone in your bedroom.
17. You are free to use any room you like at a hospital, court house, or police station for private discussions or other (ahem) private things.
18. If there is a storm, really, really bad things are going to happen.
19. You will count your age in divorces, not in years.
20. Don't worry. If you die, you probably aren't really dead.

Your turn! Hit the comments below with your own life rules of soap operas.



Brette Sember has watched "General Hospital" since she was 12 years old. At this point, her world view is too warped to ever recover. She's also the author of more than 40 books, including [Cookie: A Love Story](#): Fun Facts, Delicious Stories, Fascinating History, Tasty Recipes, and More. Brette's web site is [BretteSember.com](#). and she blogs at [Putting It All on the Table](#).

Brette Sember has written 4 posts on [Reel Life With Jane](#).



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melanie Votaw

Twitter: [melanievotaw](#)

February 28, 2015 at 8:57 pm

One of the funniest things in the film, "Ana Maria in Novela Land" (see my interview with the director and star), is that when the average girl does exactly this – wake up in a soap opera – she can't find a toilet anywhere. There are bathrooms, but no toilets.

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Jane Boursaw

Twitter: [reellifejane](#)

March 1, 2015 at 5:21 pm

These are hysterical. And they really haven't changed much through the years. Soap characters STILL have evil identical twins!

Jane Boursaw recently posted...[Here's Leonard Nimoy's Final Tweet — And It's Perfect](#) 📺

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Brette Sember

March 1, 2015 at 6:52 pm

It is funny how nothing ever really changes on the soaps. Which may be why they are so comforting to watch!

Brette Sember recently posted...[Keeping Up With Me](#) 📺

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