

ACHIEVING HAPPINESS!

“No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change.” **Barbara DeAngelis**

1

We are only as happy as we make up our minds to be, said Abraham Lincoln. Is it true? There are many levels of happiness: spiritual, mental, emotional, social, environmental and biological.

And we are also influenced by our families, friends, peers, coworkers, community and our nation and the world.

We don't live in a vacuum. And yet some of the most brilliant leaders in psychology portray the “intrapsychic” explanation of emotional behaviors and feelings. If we feel sad there is something inside of us making it happen. Possibly, or possibly not.

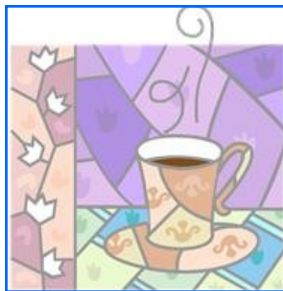
“Love is the master key that opens the gates of happiness.”

Oliver Wendell Holmes

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Possibly, another approach would be to get to the root of the prevailing feeling, attitude or thoughts. Where are they originating from? Was there a recent or past cause? Once the problem is identified, the cause can be addressed.

A person may need to be more assertive in a relationship. They may need to take better care of themselves, or put themselves first. They might need to get some distance from some negative people, relatives or group.



2

It could be recent events in your own personal lives; relationship status changing, career flux, illness, grief, etc.

Often people are treated the same way for depression regardless of or even ignoring any possible life causes.

They are told to take a pill, don't think about it or go away for awhile.

“Happiness is not a destination. It is a method of life.”

Burton Hills

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Or they might need to go within and see what they are really seeking or missing in their own life. It is only with these new behaviors of identifying, researching, handling and changing ones actions and thoughts does one see change.

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“Happiness is when what you think, what you say and what you do are in harmony.”

Mahatma Gandhi

