

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Believing you should be different

From

Collected Writings

Bruce Di Marsico

Believing you should not have been who you are

Unhappiness is believing you should not have been able to be who you are.

For example, “I should not have been wanting or have been able to want this or that change in my life. It should have already happened so that I would not have to want it.”

Unhappiness is believing you should have been able to be what you believe you were not able to be.

What does “should” mean? It means nothing, absolutely nothing. It is the word we have for adding nothing to our desires as a way of adding something to a desire that we have no desire to add anything to, other than its objective for extinction or fulfillment. It is supposed to aid in the fulfillment or elimination of the desire without adding anything to the attainment, the proper (natural) fulfillment of the desire’s objective—that which is desired, the thing wanted.

To be happy, know this

To be happy know that even though you cannot imagine your happiness in the future that you don't have to be unhappy today

To be happy, know

- 1) that you are only unhappy because of what you believe
- 2) that your future happiness depends on no person or event
- 3) that if you stop believing in unhappiness, happiness will find you
- 4) that all sorrow is caused by unhappiness, not loss