

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Common Myths

From

Collected Writings

Bruce Di Marsico

Common Myths

Unless I'm happy (feel good), I won't get what I want.

Unless I do what I want, I won't be happy.

Unless I get what I want, I won't want to (feel like) doing what I want.

Unless I'm happy, I won't do what I want.

Unless I get what I want, I can't be what I want to be (feel good, etc.)

Unless I get what I want (from you) I won't feel like (enjoy) doing what I (you) want (for you).

If I don't feel like doing what I (you) want (for you), I become unsure of my desires to be with you.

You won't feel like doing what I want (from you) if you see I'm unsure about what I want to do (for you).

I want to be with you, but if I or you don't feel good, I'm afraid I won't want to be with you, and I want to be with you.

If I or you don't feel good, I'm afraid you won't want to be with me.