

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Defining Unhappiness

From various writings of

Bruce Di Marsico

Words of Bruce Di Marsico in Red.

Editor's commentary in italics.

There are four basic definitions of unhappiness:

Most summarily, (1) unhappiness is believing you are not free. And why are you not free? Because in your freedom, (2) you believe you would be against yourself. More specifically, the way you believe you are against yourself is (3) you believe it would be wrong to have the feelings you like. Ultimately, (4) unhappiness is the belief in the wrongness of being: that your actions or feelings or the world could be wrong.

Unhappiness is believing that you are not free

Unhappiness is the belief that you are not free.

From December 5, 1987 lecture

Unhappiness is the belief that you'll be sorry if you're free.

From December 5, 1987 lecture

Unhappiness is believing that something is necessary, something has to be, should be, ought to be, or must be other than what it is.

From writing: "The cause of Unhappiness"

We simply won't, can't or want to be anything other than ourselves. And unhappiness is believing, none the less, that we ought to, that we should.

From November 11, 1995 lecture

Unhappiness is, itself, believing that something is necessary.

From writing: "Unum Necessarium"

Unhappiness is believing that you are against yourself

Unhappiness is believing that you are against yourself.

From writing: "One Truth"

Unhappiness is believing you know you are bad for yourself.

From writing: "You can be happy"

The belief in unhappiness is the belief in being wrong for oneself.

From writing: "You can be happy"

Unhappiness is certainly the fear that you don't act on your own behalf.

From November 11, 1995 lecture

Unhappiness is believing that something means you are against yourself.

From writing: "One Truth"

Unhappiness is believing that something you want or not means you are against yourself.

From writing: "One Truth"

Unhappiness is believing that you are not the way you should be.

From writing: "One Truth"

All unhappiness is the fear that we have a bad attitude for ourselves.

From writing: "The cause of unhappiness"

Unhappiness is just a secularized belief in sinfulness, wrongness, and is the same as believing that we choose what we know to be wrong or bad for us.

From Writing: "The cause of Unhappiness"

Unhappiness is believing it would be wrong to have the feelings we like.

Unhappiness is believing we have to forbid ourselves the feelings we like.

From writing: "The Two Principles"

Unhappiness is believing (doubting, hesitating to believe) that we don't automatically choose to feel the way we most want and like best for us.

From writing: "Since People Believe"

You could say, unhappiness is a term for the feelings that people have about things that they believe they need to stop in order to feel good.

From writing: "You can be Happy"

Unhappiness is any form of believing that when we don't get what we want, it means we are going to feel a way we don't want.

From writing: "The Creation of the Option Method"

Unhappiness, Ultimately

Unhappiness is the belief in the wrongness of being.

From writing: "You can be happy"