

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

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Everyone does not in practice want happiness

From

Collected Writings

Bruce Di Marsico

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While anyone would probably assert that they want to be happy, in practice they are actually unwilling to be under numerous circumstances. And that is precisely why they are not happy then.

That people believe it is good to be unhappy is the greatest self-deception they can inflict on themselves. If "good" can ever have any personal, relevant meaning to a person it could only be as an emotionally equivalent word for "happiness causing" even if indirectly. Happiness is the goal of all human behavior and concepts. Believing something is "good" in a general or moral sense is to believe it fosters happiness in some way. It usually means good for what we want or value. Unhappiness is believed to be good because it "proves" we have our values consistent with our desires. No one questions why this is believed.

Why does being happy mean that my values are not exactly what I chose them to be? My remaining happy does not, of course, contradict what I affirm. My being happy does not mean I wanted or approved of my not getting what I wanted any more than my being healthy does. It makes as much sense to be unhappy when we don't get what we want as it would to make ourselves sick or hurt ourselves in any way. That people say that it does make "sense", is their doom. They are doomed to be unhappy to prove that their loss means loss, their disapproval means disapproval, their not wanting means not wanting, etc., ad infinitum, ad mortem.

Getting unhappy is like slapping your hand because the fruit you picked with it was unripe and sour. That will show it. Right? Bad hand! No right to be happy? Besides losing what we want we must also lose our right to be happy because that is "good" to do. It is not.

The truth is and can only be that I want what I want as long as I want it; and nothing means otherwise. Not my actions, my gestures, my behavior nor my other desires or lack thereof. I, and only I, mean my desires, and value to be my desires and values. To accept another's belief or opinion that my happiness or lack of unhappiness means that I don't choose to care about what I indeed do choose to care about would be to delude myself along with the other who does not think I should be happy under the circumstances.