

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Fearing unhappiness, *is* unhappiness

You can't *make* yourself happy

**Happiness won't make you do anything you don't
want to do**

“Shoulds” have no value

From

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Bruce Di Marsico

Outline

Fearing unhappiness, *is* unhappiness

- Wanting to be happier is not the same as fearing unhappiness.
- Feeling bad about being unhappy causes unhappiness

You can't *make* yourself happy

- Happiness is the natural state
- If you're allowed to be happy, you'll be happy

Happiness won't make you do anything you don't want to do

- You are the cause of your unhappiness, but not at fault
- Unhappiness is a mistake born of ignorance
- You are free to do anything...and maybe you don't want to.

“Shoulds” have no value

- We don't need "shoulds" to do what we want to do.
- To believe we should do something we don't want to do simply affirms that we don't want to do it.

Introduction

In this lecture, Bruce Di Marsico touches on a number of subjects.

First, if you fear unhappiness, you will be unhappy. This is being unhappy about being unhappy. Wanting to be happier is not the same as fearing unhappiness, just as wanting to have more money is not the same as fearing having none.

Second, you can't "make" yourself happy anymore than you can stressfully "make" yourself go to sleep or stressfully "make" yourself relaxed. Happiness is the natural state, and any effort to force yourself to become happy is counterproductive. If you're allowed to be happy, you'll be happy

Third, happiness won't make you do anything you don't want to do. When you discover that you truly are free to do anything, you will also discover that you don't want to do what you don't want to do. There is no danger of doing what you don't want to do just because you can.

Finally, "shoulds" have no value. We don't need "shoulds" to do what we want to do, and to believe we should do something we don't want to do simply affirms that we don't want to do it. For example, if we wanted to lose weight, we wouldn't need a "should". The logically equivalent statement is, if we need a "should", we don't want to lose weight.

READINGS

Fearing unhappiness, is unhappiness

But you're not going to get it by saying unhappiness is okay. See, because unfortunately unhappiness is something you don't like. You have to be honest and admit you don't like being unhappy. But that's all. Just admit you don't like it. There's nothing you have to do about it. You can't justify unhappiness and expect to be happy, but you can't fear it either. There's a problem with unhappiness. If you love it or you hate it you'll get unhappy immediately. By definition. A real problem. If you think it's good for you or bad for you; you're unhappy.

You're saying the way I don't want to be is good to be or is bad to be. No. The way you don't want to be is the way you don't want to be. When you've said you don't want unhappiness, that "you don't want it" reverberates through the ends of the universe. It reverberates to the high heavens. You have said all you could ever say when you say "I don't want it. No more of that." But when you say, "I hate it. I fear it," you cringe down to a pellet, to dust, to a dung beetle. You're nothing.

The truth is you can never stop being unhappy other than by wanting to be less unhappy. And somehow the idea has to occur to you, "I've had enough to this unhappiness. Maybe I can be less unhappy." And I'm sure that's what motivated anybody to seek help. But you can't call unhappiness bad in any way shape or form or you'll never be able to help yourself. In any way, shape or form. Not even slightly bad, slightly annoying, slightly disappointing. It just doesn't matter.

It's just a trick you're trying to play to make yourself not want to do it. And it doesn't work. You think that if you can just make yourself feel bad about it, you'll stop. And that's just wrong. Nobody ever learned by feeling bad. That's the secret that alcoholics don't share with anybody. That they try to cure their alcoholism by feeling bad about being an alcoholic. And all it does is make them want to drink. And if they feel guilty about having that drink, all it makes them want to do is have another one. And they don't tell people that. They don't tell people that feeling bad about drinking is what makes me drink. So they hope someone else will tell them but no one else will tell them that. They'll join Alcoholics Anonymous and learn something else somewhat different.

You can't *make* yourself happy

The truth of the matter is feeling bad causes feeling bad and it doesn't help us learn. Especially those things that are natural to us and that we want naturally. You can't try to sleep in order to go to sleep. Sleep doesn't work by trying. It isn't caused by trying. The whole concept of sleep is allowing yourself to sleep, permitting yourself that deserved rest. That's what makes sleep so beautiful. And if sleep's not beautiful; who wants it? So you can't make yourself sleep. These are certain things, there are certain phenomena in your body you can only do by

allowing it to happen. And that goes for happiness. Happiness comes by freeing yourself up and just allowing it to be.

If you're allowed to be happy, you'll be happy. The only reason you're not really, really, really happy now is because you're not really, really allowed to be happy now. That's all. In so far as you're allowed to be, you will be and you are. That's all. It's that simple. And then you might want to look at why in the world would you not be allowed to be. It'll be funny but it'll still be real for you. And it'll be effective for you to look at, as long as you are willing to be happy.

Happiness won't make you do anything you don't want to do

When you question your unhappiness, you're not looking to torture yourself some more to find out some more fault of your own. What you're looking to find out is what mistake you're making. In other words, what are you honestly believing that's wrong? That's all. Just what are you honestly believing that is inaccurate? Not what are you honestly believing that makes you an idiot, or what are you honestly believing that makes you at fault. You're not at fault. So one of the things we start with, with anybody we're trying to help with their unhappiness is that they're not at fault. I refuse to accept that any of my clients are at fault for their unhappiness.

But they are, indeed, the cause of it. But it's not wrong and it's not bad to find out that we're the cause of something that we were accidentally letting happen. If you found out you were mailing your rent check to the wrong person all the time, you might be glad to find out. If you found out that you were withdrawing money from your bank account when you thought you were depositing it, maybe you'd like to find out. There are lots of things that we might be making mistakes about that we were just ignorant about, and one of the things that we were always ignorant about was our emotions.

When our emotions didn't work the way the priests, doctors, and professionals told us they should be working, then we felt we were really in trouble, and that was scary. And that's when people seek professional help, when the suffering person is just tired of suffering and they want somebody who will finally help them. And that's all. So we never believe that the unhappy person is at fault. Because they're not. Even though, they are inadvertently and unwittingly causing their unhappiness, they're not at fault.

We demystify unhappiness. Through the Option Method they look at ways they can be free of unhappiness. No, I don't have to be afraid of that. It won't make me do this and when I feel this way it's not going to make me throw myself off a cliff, when I feel that way it's not going to make me kill, when I feel this way it's not going to make me do anything I don't want to do.

One of the things that people can get to be very comfortable and reassured about is that they don't do anything that they don't want to do. You only do things that you

want to do. That will take you really far just testing yourself, enjoying that, trying that out. Am I free to do this if I wanted to? Am I free to do that if I wanted to? Yeah, but I don't want to.

“Shoulds” have no value

Do I need any protection to not do things that I don't want to do? Do I need to be held in restraint from not doing things that I don't want to do? Do I need a should for any reason whatsoever? Do I need a should to tell me to do something I want to do? No, I already want to do it. Do I want a should to tell me to do something I don't want to do? No, thank you.

So what value are any should's in my life (to tell myself that I should this or I should that)? I don't really even value “should's” because with things that I love, I don't need to believe I should. And things that I don't want, I don't want to know that I should. It's really only another way of saying I don't want to.

If we really believe we should do something, you know psychologically what happens in our bodies? Our bodies believe us, and start acting like we don't want to do it. You see because what you've told your body was “I wouldn't want to do this in a million years,” I just think I should. And your body says, okay, and now acts like you wouldn't want to do it in a million years.

So once you believe you should go on a diet, you should lose weight, gain weight, anything else. Forget it. Your body will obey you. We've got this “unfortunate” relationship with our body: it believes us, and anything we believe, it believes. And if we believe we should do something, we have effectively taught our self that we don't want to. If you believe you should put on seat belts, you're believing you don't want to. If you're believing you should eat your spinach, you're believing you don't want to eat spinach—or else what are you talking about? If you're not trying to tell yourself you don't want to, what are you telling yourself?

So, it's no mystery why “should's” would undermine and make us unhappy. We are telling ourselves that we should and believing that it has more validity than our wants. We think that we can make ourselves do what we want by telling ourselves that's what we *should* do, to reinforce our desires. And that's really a way of telling ourselves we don't want to.

Questions for Reflection

Are there things you fear doing if you were happy, or if you were perfectly free?
Do you want to do them *more* than you want to avoid the natural consequences of such actions?

If so, then what is the problem in doing them?

If not, then do you really want to do them?

In particular, many people fear that if they were happy, they would not be safe.
For you, would happiness include being safe in the way you want to be safe?

Are you allowed to be happy?

Are all people allowed to be happy?

Is there anyone you can think of who is not allowed to be happy?

Meditation for the Week

- Happiness won't make you do anything you don't want to do