

# **The Option Method Institute**

Education based on the teachings of Bruce Di Marsico

[www.ChooseHappiness.net](http://www.ChooseHappiness.net)

## **The Cause of Unhappiness**

### **Only Personal Happiness Exists**

From

#### **Collected Writings**

**Bruce Di Marsico**

## **The Cause of Unhappiness**

*March 6, 1991*

The cause of unhappiness is a belief. What happens, no matter how undesirable or destructive to our life, health, desires or loves, does not cause unhappiness. The belief that we have to be unhappy is the only cause.

To state it simply: If a person did not believe he or she had to be unhappy, they would not and could not be.

We merely believe we need to have things or avoid things in order to avoid unhappiness, which we would not have to fear if we did not believe we needed to be unhappy.

## **The only kind of happiness is personal happiness**

*February 1, 1991*

The only kind of happiness there is, is personal happiness.

Just as the taste in your own mouth is yours alone, so is happiness. There cannot be an objective happiness or a general happiness common to all people. The abstraction can no more exist than, say, health in the abstract. Only each person is able to enjoy his or her own health. "Health" cannot reside in another person and be *your* health.

Happiness means *my* happiness. Whereas another's health can be appreciated for the benefits it may afford you, the benefit of happiness is personal happiness alone. Even if another were to happily do you a kindness, only in your own happiness could you enjoy it. Your enjoyment is always your personal enjoyment.