

# **The Option Method Institute**

Education based on the teachings of Bruce Di Marsico

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

## **Needs and Depression**

From

### **Collected Writings**

**Bruce Di Marsico**

## **Believing we need help to be happy**

Unhappiness is believing, in practice, that we need (help) to be happy or we need something (i.e. help) to avoid the need feelings or the condition of need.

Unhappiness is the fear of not believing that we need things, in case we are wrong and really do need help to not be unhappy. It is believing we may really have needs, that need to be satisfied, even though we don't like being that way (i.e., needy).

## **What is Depression?**

Depression is the feeling that something is missing, something is wrong.

Depression is the dilemma of really wanting to be happy, yet not being able to account for being unhappy.

Being unhappy and not wanting to be

“There is something basically wrong with me.”

“Will time take care? No, not really.”

“What more do I need? What is lacking what basic flaw?”

“I am a living contradiction to everything I know.”

“How can it be that I be unhappy knowing that there is no reason to be?”

Being unhappy about being unhappy

Disappointed in oneself for being unhappy

“I can be unhappy when I don't have a reason to be unhappy.”

Being afraid of yourself.

Being afraid that you are unhappy when you are not unhappy

Being afraid of being unhappy

Believing that you are afraid of being unhappy.

“I must be afraid of something that I know I have no reason to be afraid of.”

“I think I am happy, but I'm really not .”

“Something is very wrong with me if I am not happy or unhappy, therefore there must be a reason that I will never know.”

“There must be a power in me that can make unhappy regardless of all I do know.”

“I cannot be what I would be if I were not depressed.”

“ I fear that I wouldn’t be what I *would* be if I were not fearing it in the first place.”

“I deduce and fear that I must be unhappy if I am not feeling or acting as I believe I would be if I *were* happy.”

Depression is the only unhappiness