

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

<http://members.ChooseHappiness.net>

The Attitude Behind the Option Questions

From

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Bruce Di Marsico

Client: I feel bad.

Practitioner: **What are you feeling bad about?**

Client: (Tells practitioner what it is that they're unhappy about.)

Practitioner: **What about that are you unhappy about?**

What's the worst about that that you're imagining?

What's the worst you're afraid is going to happen?

What about that would you be unhappy about?

What would you be unhappy about if it happened?

Client: Expresses belief that their unhappiness is universal

Practitioner: **I would have my reasons for being unhappy about it if I was and you have yours. What are yours?**

Client: I don't know.

Isn't everybody?

I just always was

Practitioner: **If you don't have a reason for believing it's something to be unhappy about, do you, right now, honestly believe that it's something to be unhappy about?**

Client: I don't have any real reason to be unhappy about it. How come I don't give it up?

Why don't I just stop being unhappy about it?

Practitioner: **What are you afraid will happen?**

Client: Well, if I wasn't unhappy it would mean...

It would mean I don't care.

It would mean my life has all been a lie.

I don't have any real reason for believing in this unhappiness anymore, but if I stop I'm afraid I'll be in trouble.

I'm afraid it'll mean things that I don't mean.

I'd wind up somehow denying that there really is something to be unhappy about, even though I don't know what it is, because I've always believed it.

Practitioner: **Why do you believe that if you were happy that it would mean something that you didn't want it to mean?**

Why would it mean that you're against what you're for, or that you're for what you're against?

Client: My unhappiness is insurmountable and infallible.

My unhappiness will always be there, it's invulnerable and can't be beat.

You want me to be happier than I want to be

You want me to be happier, and I don't want to be.

Practitioner: **Why are you here and what are you here for?**

Client: (Is relieved—was afraid that practitioner was going to start helping them more)