

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Symptoms vs. Unhappiness

By

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Symptoms vs. Emotions

One way in which people feel bad is to only feel bad because they've *deduced* (reasoned to the conclusion) that they must be unhappy, based on symptoms.

To elaborate:

The symptoms of fear can be such bodily signs as a tight gut, fast heartbeat, and hyper-alertness.

The symptoms of anger can be such bodily signs as tense muscles, broad and fast movement, and a loud voice.

The symptoms of sorrow can be such bodily signs as limp muscles, tightness in the chest, and tears.

The symptoms of depression can be such bodily signs as low energy, lack of appetite, and desire to sleep more than usual.

All these bodily signs can arise from non-emotional causes; for example, a fast heartbeat can be caused by exercise, low energy can be caused by an illness, tears can be caused by onions.

All these bodily signs can arise from emotions that don't feel bad; for example, hyper-alertness can be caused by fascination, broad and fast movement can arise from excitement, desire to sleep more than usual can be caused by great satisfaction.

All these bodily signs can arise from past habits of emotions, not currently operative; for example, a pattern of being afraid of dogs may habituate the body to take on the bodily attitude of fear when a dog is seen, even if there is no fear in the present.

All these bodily signs can arise for reasons you don't know, or can't know or don't understand, or can't understand.

These symptoms can be used as reasons to be unhappy. This happens when someone reasons that they *must* be unhappy, because they are feeling bodily signs that are similar to the symptoms caused by unhappiness, i.e., they are deducing that they are unhappy.

Additionally, others may deduce that your visible bodily signs mean you must be unhappy; they may tell you that you're unhappy, or ask you why you're unhappy, or what you're unhappy about. And you're not unhappy. Bruce Di Marsico gives examples such as: you are sitting, relaxed, at an active party, and someone deduces that you are depressed because you are not active like the other partygoers; you are excited about a contrary opinion you are offering, and someone deduces that you are angry because you have a high energy level.

In these cases, Bruce Di Marsico notes that the simplest thing to do is merely correct the misapprehension: “No, I’m not depressed, I’m relaxing”; “No, I’m not angry, I’m excited”

Bruce Di Marsico sometimes called the mistaking of symptoms for unhappiness the attitude of the “psychological hypochondriac.” When questioning your unhappiness, one of the first things to find out is if you are actually unhappy, as opposed to merely *deducing* that you are unhappy based on symptoms, and using that deduction as a reason for unhappiness. You can simply ask yourself, when you think you might be unhappy, “Am I actually unhappy about something, or am I just presuming that I am?”