The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

The Experience of Unhappiness

By

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Unhappiness always has an emotional feeling. Those beliefs we hold that are, for us, practical beliefs, have no emotional feeling. If there is a belief, and it has no emotional feeling, then we cannot experience it as an emotional problem.

Bruce Di Marsico: "Unhappiness is what it feels like to <u>try</u> to believe a way that you don't".

A belief is a whole-bodily attitude. Unhappiness is the experience of having one attitude and trying to have another. When you are actually changing attitudes, there is no feeling of unhappiness. Consider experiences with a food that you used not to like, but like now. You didn't try to like the food. At some point, you discovered that you liked it. You can never force the issue by somehow making yourself like the taste of food that you don't like the taste of.

The feeling of unhappiness is the feeling of trying to have a taste for values that you don't have a taste for. You may be converted to new values, but trying to be converted has nothing to do with actual conversion. At root, the feeling of unhappiness is the most subtle feeling of being against yourself: of trying to have values that you do not have, which is the most root (and minute) feeling of dilemma. "I am bad" is "My values will somehow lead me to act against what I value", an impossible action.

Bruce Di Marsico: "Happiness is not believing that what you feel is perfectly reflective of all you know." As a corollary, unhappiness is believing that what you feel could somehow not be perfectly reflective of all you know (and hence needs to be changed.) You would never <u>not</u> act on the basis of all you know.

When you actually want to change values, this is always perfectly simultaneous and coincident with actually changing values. Bodily patterns of behavior may take time to be fully conformed to your values, but if your behavior apparently doesn't match your values, this doesn't mean you don't value what you do value.