

Experimenting with ones self to find a balance in life sounds great on paper just like we have heard in sunday school. But when we face real life when all bets are made all lots are cast all lines are drawn; you have a decision to make. Stand up to the wind and figure out how to face the storm, or lie on your back and let it over whelm you. These and other ideas are what Carlin Flora talks about in her “The Pursuit Of Happiness” article published by Psychology Today.

This article talks about 15 points and misconceptions of peoples view on happiness.

Flora claims that some people are born happy, they are naturally born happy freaks who see beauty in all things good and bad. This isn't the case for most of us though. Many working towards a goal as the next step in happiness, Marriage, Job, Car, Children only to find out that more is never enough. Classic example of the grass is always greener on the other side syndrome. Flora continues by explaining that to enjoy and understand happiness one must be able to cope with and understand pain.

As she quoted Russ Harris,

“Happiness is not your reward for escaping pain. It demands that you confront negative feelings head-on, without letting them overwhelm you”

Moving between pain and happiness should not feel as bad and good but as two natural parts that just are part of life. Once we can except that we shall be truly happy.

Just as from before “Things” or “Stuff” cannot bring happiness but they can bring some comfort. But these are usually bad for you like eating ice cream because you are depressed about being alone. This will just leave you worse off in the end and further away from your happiness and goals. I love when she stated that Happiness is relative, meaning you can be rich and really have happiness but you can also live in a hut in Mexico and feel the same way. Having too many choices keeps us wondering about all the opportunities missed. She goes on to say “Time skews our perceptions of happiness”. To say that we see what will bring peace to our lives in 20 years is a very uneducated answer to say the least.

Thinking to my self that I see that through this article and learning Buddhism in my World Religions class; we can see that the pendulum of life is the wrong approach to take on life. The pendulum is

when you are at one extreme the only counter action would be to swing to the opposite end of the spectrum. Its all about seeing where the middle ground is and understanding life is hard at times. Of course my initial reaction to this is that I am perfectly happy. I have always been a very optimistic person, and I don't need to learn from this random Flora lady telling me how and when to live my life. But I can see that I have put emphasis on things that don't matter in life like computers, cars, ect... These are making me unhappy by wanting more and more. Wow psychology does apply to me! Who would have known.