

Lexicon of Happiness

1. My family

2. A home, food, friends + family. A sense of purpose, fun and pleasure.

3. We are responsible for our own happiness

4. Because they are not aware that they are unhappy. If they know they are unhappy they don't know how to or think they can't make themselves happy. Some people have depression.

5. Because they believe what others say more than they believe their own thoughts. Also because beliefs are unchallenged - if you never discuss them with others.

6. They fear rejection and feel that their true selves are unacceptable to others.

7. Because it is sometimes painful and people are afraid.

8. Yes it is how - you have to be content to be alone only then can you risk social rejection. If a friend doesn't like the real you then they are not a suitable friend. If you pretend to be different then your friend is not a friend of the real you.

9. I think it is very difficult to live in very large social groups.

In a big group the feeling of belonging and individual importance is weak.

Overcrowding and competition for resources can cause hostility and aggression.

In big cities, people can become isolated and uncaring towards others because they don't see strangers as being part of 'their' group. Also people don't feel so accountable - they think 'someone else will help'.

10. A very complicated, varied society with subtle, sometimes hidden, rules.

Lots of choice - many people, different lifestyles, attitudes, jobs, varied social activities.

11. For some people it is very important, for others less important.

I think the need for social approval decreases as you get older.

Some people love to be disapproved of.

12. People are not always aware of choice. They are not always aware of how others - friends, family, media persuade them to do things or think things. We tell ourselves that we should do things or ought to do things but we should choose to do things. Our society is very materialistic. People believe that happiness is found in things so they want lots of money to buy things. This means that often they work too many hours in jobs they don't like so that they can buy things they don't need. I don't know how it can be overcome. I tried to teach my children about advertising and about the importance of enjoying your work.

13. Wealth - Beyond ~~ex~~ enough money to have home, food, clothes, fun - money does not make you happy. Personal achievement does make me happy and proud of myself.

14. No relationship! Sometimes difficult, inconvenient life makes you happy - like camping!
Easy and convenient can be boring
boring

15. Some things give pleasure - beautiful objects

Some things enable you to have enjoyable experiences eg a bicycle can enable you to have a fun trip with a friend.

Some things enable you to enjoy culture - eg TV, music.

Some things help you do something eg a sewing machine can help you enjoy making something

Some things connect you to others eg mobile phone.

16. Because they don't know they are being manipulated

or because it is perhaps easier than thinking for yourself.

or because it makes them feel socially accepted because they are like everyone else

or because they fear the consequences of not doing what they are told.

17. It is a responsibility and should be used very carefully to make sure it is used for good not bad. Some people like power because it makes them feel safe.

18. Yes we do but we consider the effects of our actions on others so we moderate what we do. Some people exercise free will more than others but we all have it.

19. They don't realise what they're doing.

20. Find the things in life that absorb you and give you a sense of meaning or purpose and do them more. Explore and try lots of different things til you find what works for you.

My new questions

~~What~~

What is happiness?

On a scale 1-10 how happy are you right now.

23 I think so

24

