

# Lexicon of Happiness

1. Which is/are the most important things in one's life?... Really? Why?
2. Which is/are the most important things for one's happiness?
3. Who is responsible for our own un/happiness?
4. Why do most people pretend to be happy but continue wasting their lifetime not being so?
5. Self-delusion is a very common phenomenon. Why would people cause this to themselves?
6. Why do many of us refrain from exposing their real "I" to the others?
7. Why are some people NOT eager to get a deeper insight and understanding of themselves?
8. Is it possible (and how) to overcome the fear of social disapproval and really become "us"?
9. Are humans ready to live in huge social groups like these that we do live in today?
10. What does the highly developed, interdependent society give to the single person?
11. How important is the social disapproval in one's life and for their happiness?
12. What is it that causes in many people the feeling of being enslaved, entrapped, and how can this be overcome?

13. How important are wealth and personal achievements for a human to be happy? Why?
14. What is the relationship between the easy, convenient life and happiness?
15. How does possession of things make people happier?
16. For what reason would people accept to be obviously manipulated and conditioned like dogs by a "higher authority"?
17. What does power mean for the person that does possess it?
18. Do we, humans, have free will and to what extent is it really free?
19. Why do people continuously detach themselves from their nature when this actually makes them unhappy?
20. Which is the best way to deal with the "Meaningless life"-problem?
21. Kindly suggest how many years you have left to live?
22. Please remove the question that you think is worst in this lexicon and suggest a question yourself!
23. Have you been absolutely honest with us and with yourself when filling in the lexicon?
24. Is there a meaningful reason for this lexicon to exist? Explain yourself please!
25. Write, cite, draw or glue something as a memory; suggest some good art piece related to happiness (some good musik, a film or a book, or maybe some good meal recipe)!

BE happy !

# Lexicon of happiness

1. Love - as the main driver of human behaviour. It's the essence of life. It points the direction of our activities.
2. One's happiness is - once again - about love in one's life. By love I understand a strong and warm feeling towards other person/people - but before that - towards oneself.
3. We are responsible for our life lives and thus - happiness. Only a fully responsible man can be happy. (for him/herself) happiness is also about <sup>having a</sup> sense of worthiness.
4. I suppose in many cases people do not even realize they pretend to be happy. I guess people often do not know (as they do not experience) what being really happy is about. Another reason can be that contemporary times promote the idea of happy humanity - if you're not in - you're out - excluded, isolated, solitary.
5. Because of not realising what they think often is a delusion? What they think they believe to be (often - the only -) truth. I believe self-delusion can be also a matter of fear of disdorsing the truth.
6. Because of fear of being rejected, excluded, disapproved of
7. They fear what they find beneath the mask they have on - for sure there is both beauty & ugliness which they would have to accept.
8. Honestly speaking - I do not believe in it. I suppose it would require from all of people a lot of courage and emotional intelligence. I do believe that we all speak the same language - the language of emotions - that's the place where we become "us".
9. They think that they are - but I don't feel so. In the bigger groups we live - the more distant from our real "self" we are.
10. A challenge to find oneself and one's own way through life.

11. It is highly important. Guess, too much.
12. It comes out of the lack of contact with oneself. One does not really know him/herself - thus - he/she follows the majority.  
How <sup>can</sup> one be free if he/she does not know it?
13. Our hungry ego causes that wealth & achievements are important and - key to happiness.
14. If easiness and comfort come from one's integrity → they contribute to happiness → I do what I say → I say what I think → I think what I feel.
15. How? I'd appreciate the answer.
16. Because of fear? Because of emotional weakness?
17. I wish I knew. I suppose people 'in power' feel differently - as the reasons of their position are different.  
Power for me would be my integrity.
18. Yes, we do. Our brain and our convictions limit it.  
I feel that only irresponsible people say there's no free will.  
(for themselves)  
Our decisions are the expression of our will. If we're not responsible for our decisions - we tend to say we had no choice or a free will.
19. Because they do not really know themselves and they do not distinguish what makes them really (un)happy.
20. Taking responsibility for one's life and the meaning of it!!
21. 50-60. As I wrote it I realised is not that much left.
22. I did not really get question (16) - for me it did not suit the context. I couldn't feel it.  
\* Define happiness. Is it sth conditional or unconditional?
23. Of course.
24. Song of the XX - Intro.