


You're entitled to be happy if you want to be!

Relevant to: Depression:  Anxiety:  Irritability/Anger:  General emotional control: 

We have somehow lost track somewhere along the line. We have been told that we have to build a life worth living, as though the one we've got right now isn't worth living, whereas in fact life is worth living even if we make no effort whatsoever.

We're told that you have to do well at school, have people like you, find a great partner, you have to have self-fulfilment in your career, you have to visit San Francisco Los Angeles Cape Town Venice London Paris Sydney the Maldives and still that's not enough. Your social media posts have to be better than everybody else's and so on.

Whereas, the miracle is that you are here at all, evolved after millions of years to the super refined state that you are in. You need to do no more, your very existence is amazing. If you want to sit on the sofa and watch TV for your entire life then that's absolutely fine. If you want to build a more rewarding life, that's fine too.

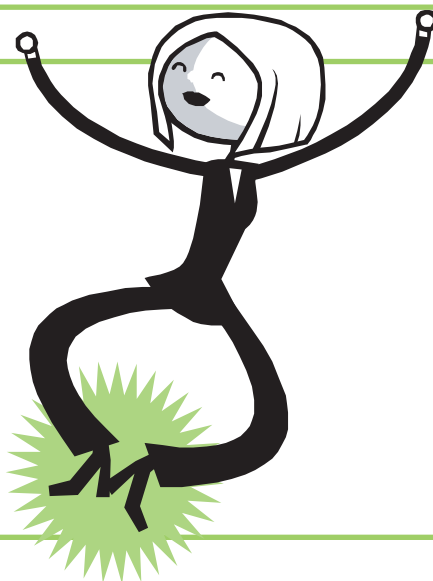


If you want to get up and do great things then by all means get up and do them but don't do them because you think you have to – do them because you want to do them. Nobody goes around telling gorillas and chimpanzees and bonobos that they must lead fulfilling lives and travel the world visiting places, and they do just fine.



But, people say, what happens when you get to the end of your life and look back at it? Well frankly, when you get to the end of your life, that's probably it, nobody is going to mark it and give you a prize if you have visited a particularly large number of cities or fulfilled yourself in some unusual way. And it's the end of your life after all, so even if you do remember to look back at it you're not going to be doing so for very long!

So, it seems like we don't have to do anything to be happy, we are entitled to be happy just because we are here. We didn't ask to be here, grateful as we may be, so there is no particular debt we have to repay. There is no 'thing we have to do' before we are entitled to feel happy and relaxed, so why not do just that!



Suggested project.

Over the next week, see how much you can keep your mood at a fairly good level, even if things aren't going how you would like them to go. Having your mood at a fairly good level helps you to cope with anything that happens.

Mythbuster.

The myth: It is impossible and wrong to feel ok if things aren't going well.

No, it may be quite difficult to feel good when things aren't going well, but it's neither impossible nor wrong.