

Learn about Happiness

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1. What is happiness?

When we talk about happiness, we are talking about both a feeling and a decision. It is a feeling because the person feels joyful, motivated, and content.

But it is also a decision, because it is the person who allows themselves, who gives themselves the opportunity to experience that emotion, that feeling.

2. Is it possible to be happy and how is happiness achieved?

Everyone has the possibility of feeling happy; but happiness is not a permanent or indefinite state. Each person decides, in the face of the situations that arise in life, whether to give themselves the opportunity to feel happiness. This is achieved when the person adopts a positive attitude towards the situation they are experiencing at that moment in their life. For this reason, it can also be said that it is a decision.

3. How long does happiness last?

Firstly, it is not possible to measure or quantify how long happiness lasts, because it varies



from person to person, from one moment to another, but also from one situation to another. A person can feel happy, for example, because they meet someone they haven't seen in a long time; also, because they achieve something they had set out to do, but it is also possible for another person to feel good, even if they don't necessarily feel happy.

4. What factors cause happiness to be "lost"?

There are many factors that can cause happiness to be lost, and this can also vary according to the person and the situation. However, some factors that generally contribute to the loss of happiness are:

- Accidents
- Illnesses
- The death of loved ones
- The loss of employment, housing, family, and/or friends
- In general, painful or sad



5. Can you be happy while being sad?

In reality, they are opposite emotions or feelings; for that reason, it is not possible to be happy and sad at the same time. It is possible to move from one emotion to another. That is, one can move with relative ease from sadness to joy; Also from joy to sadness depending on the situations that arise for the person.



6. Are Happiness and Joy the same?

In reality, although they are often considered the same, it is possible to differentiate them because happiness tends to be deeper and more lasting than joy. Joy is more ephemeral; it is shorter; it is an instant.

7. ¿Qué hacer para que la felicidad dure?

The possibility of happiness lasting fundamentally has to do with the attitude each person adopts towards the reality they are experiencing. There are no magic formulas or manuals that indicate a "step-by-step" process to achieve it. It has to do with the disposition, the will, and the conscious decision that the person adopts. Furthermore, it is not something, as already mentioned, that can be measured or quantified. Happiness, like meaning, is particular to each person; as well as being unique and specific to each situation.

Recommended readings:

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