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Subject: Re: Happiness

Posted by [CarrierII](#) on Sun, 14 Oct 2007 15:35:44 GMT

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SlikRik wrote on Sat, 13 October 2007 01:49CarrierII wrote on Fri, 12 October 2007 18:20Hmm. I find it easier to be a pessimist, but this is probably the results of;

1) I don't eat a proper diet, and cannot therefore produce enough serotonin to make me happy, chemically.

2) I, having experienced a lot of... betrayal and general pratishness (great word) in my life, I look to the negative, as that way, anything postive comes as a pleasent suprise.

And that really makes no sense to me.

Note: no offense meant with any statement made.

In my opinion, I feel being an optimist is much easier since optimism leads to an overall happier life experience, while if you're a pessimist, shit just sucks all the time, leading to crappy moods and an overall unenjoyable life experience. Taking this into consideration, science has shown that bad moods lead to stress, which can lead to health problems.

I can see where you might think that being a pessimist leads to a better more enjoyable "happy" experience, as you stated, like a treat. To me, that's like thinking of life in terms of bad and good times. I think of life in terms of most of the time is good, and those rare treats are better.

And finally in reference to the point about betrayal and pratishness (excellent usage there), even though we all have had some time where we've felt betrayed, some may have been more than others. However, "Hume teaches that no matter how many times you drop a rock and it falls to the floor, you never know what is gonna happen the next time you drop it. It might fall to the floor, but then again, it might float to the ceiling. Past experience can never prove the future." (If you can tell me which game that's from, and who said it, during which part of the game, you have my undying respect.) Basically, yea sure theres real douchy people out there, but being an optimist, I tend to forget the crap and just remember the good. I agree, sometimes it's VERY hard to forget what some people have done, but it's really best not to linger on it, because as I said above, doing so leads to bad moods, which leads to stress, which leads to health problems, etc.

And I really don't know where I'm going with this, so I'm just gonna stop rambling about how happy I am.

I see where you're coming from, but "much" is an understatement, really (my post). Every person excluding my family that I have trusted has betrayed me until I met Cassie at the age of 15 and a half. I'm not exxagerating. Not to mention everyone bullied me.