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Subject: Happiness

Posted by [R315r4z0r](#) on Thu, 11 Oct 2007 23:00:01 GMT

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"OMG HE POSTED ANOTHER THREAD!"

Ok, what is happiness? This came to me when I was posting in that other thread.

You see, from basic definition people know what happiness is, correct? Well, for me, and I'm pretty sure I am not alone with this, I hate acting happy in public places, or even in places with fewer people. I just think it gives me a bad image. :\

I am unhappy about being happy. So if I am unhappy about it, than that means what I am unhappy about isn't happiness. So what is? (Is that clear?)

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Subject: Re: Happiness

Posted by [nikki6ixx](#) on Thu, 11 Oct 2007 23:07:50 GMT

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Owning every Van Halen and RUSH album, and a V8 vehicle can sum up 'happiness' .

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Subject: Re: Happiness

Posted by [Jecht](#) on Thu, 11 Oct 2007 23:13:48 GMT

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You aren't going to go emo on us are you?

Just kidding

Happiness to me is in pursuit at the moment. I'll know true happiness when I'm married, have a family, a house, and a career. A simple dream to be sure, but important to me none-the-less.

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Subject: Re: Happiness

Posted by [R315r4z0r](#) on Fri, 12 Oct 2007 00:22:46 GMT

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Jecht wrote on Thu, 11 October 2007 19:13 You aren't going to go emo on us are you?  
Lol, I was waiting for someone to post that XD

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Subject: Re: Happiness

Posted by [cheesesoda](#) on Fri, 12 Oct 2007 00:29:18 GMT

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Happiness? It's simple. It's when, even for a moment, you are more than content with what you have and where you are.

In a bigger picture, happiness is being more than content with where your life is at and where your life is headed. It's being proud of who you are. You can't appreciate life if you don't appreciate your existence. You can't be happy if you are pessimistic all of the time.

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Subject: Re: Happiness  
Posted by [R315r4z0r](#) on Fri, 12 Oct 2007 00:41:06 GMT  
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Your's sounds like the best definition.

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Subject: Re: Happiness  
Posted by [Ryu](#) on Fri, 12 Oct 2007 03:22:00 GMT  
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Completing Portal.

Man.. the ending song is so awesome.

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Subject: Re: Happiness  
Posted by [GEORGE ZIMMER](#) on Fri, 12 Oct 2007 03:25:12 GMT  
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Happiness varies from person to person. So you can't really say what happiness is without generalizing people.

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Subject: Re: Happiness  
Posted by [R315r4z0r](#) on Fri, 12 Oct 2007 03:26:00 GMT  
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Thus we tie into this thread:  
<http://www.renegadeforums.com/index.php?t=msg&th=26247&start=0&rid=4> 915

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Subject: Re: Happiness  
Posted by [Starbuzz](#) on Fri, 12 Oct 2007 03:27:57 GMT  
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Right now I am not happy.

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Subject: Re: Happiness

Posted by [R315r4z0r](#) on Fri, 12 Oct 2007 03:29:21 GMT

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You should call up Dominoes, and order that 5-5-5 deal. (Post count)

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Subject: Re: Happiness

Posted by [Starbuzz](#) on Fri, 12 Oct 2007 03:50:32 GMT

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razorblade001 wrote on Thu, 11 October 2007 22:29 You should call up Dominoes, and order that 5-5-5 deal. (Post count)

Sounds like YUMMY!

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For me happiness = satisfaction

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Subject: Re: Happiness

Posted by [DarkDemin](#) on Fri, 12 Oct 2007 07:20:20 GMT

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Happiness is a high concentration of seratonin in the brain.

/end thread

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Subject: Re: Happiness

Posted by [Jecht](#) on Fri, 12 Oct 2007 08:49:30 GMT

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Yay medulla oblongata!

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Subject: Re: Happiness

Posted by [jnz](#) on Fri, 12 Oct 2007 10:32:26 GMT

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I'm only happy when I'm eating

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Subject: Re: Happiness

Posted by [Carrierll](#) on Fri, 12 Oct 2007 21:22:41 GMT

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I'm only happy with my one good friend. At any other time it's en-masse internal parranoia about anyone or anything. I hate myself. :s

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Subject: Re: Happiness

Posted by [SlikRik](#) on Fri, 12 Oct 2007 21:44:42 GMT

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Happiness is the absence of dissatisfaction or malcontent. Basically, when you don't have a problem with anything, nothing's bothering you, all is right, you are happy. Happy doesn't have to mean dancing down the street greeting every stranger you meet with a handshake and a "HI HOWAREYA!"

The less dissatisfaction you are currently experiencing, the happier you are. It's kinda like the opposite of light, where black is the absence of light. If you think of happiness metaphorically, being happy would be like light, and being angry or sad would be black, but as I said, in the case of happiness, light is the absence of dark.

Personally, I am an optimist, I find it's a lot easier to get through life when you look at the positive of everything, and only acknowledge the bad when it's really bothering you. Having said that, I am happy all the time, unless there's something really pissing me off. I am happy sitting here on my nice comfy bed with my uberlaptop, since nothing is really bothering me.

EDIT: After reading everyone else's posts... You're all emo.

J/k, but seriously, sure there's times when I'm more happy than others, for example, if I'm sexing a chick, obviously I can't get any happier than that (that has multiple meanings...), or if I'm chillin with my best friends and we're doin something fun, obviously I'm happier than I am just sitting on my bed. However simply sitting here, I would consider myself happy.

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Subject: Re: Happiness

Posted by [Carrierll](#) on Fri, 12 Oct 2007 22:20:36 GMT

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Hmm. I find it easier to be a pesimist, 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.

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Subject: Re: Happiness

Posted by [SlikRik](#) on Sat, 13 Oct 2007 00:49:18 GMT

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CarrierII wrote on Fri, 12 October 2007 18:20Hmm. I find it easier to be a pesimist, 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.

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Subject: Re: Happiness

Posted by [warranto](#) on Sat, 13 Oct 2007 01:13:40 GMT

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Please don't quote Hume with any sort of complete seriousness as to what he discussed. Even Hume himself tried to reconcile many of his skeptical views He made that reference to inductive

reasoning as a skeptical means of showing that the trust we place in science is misplaced. (Basically why are we trusting something as a scientific truth when there is no basis that it will continue to do what it has done in the past, thereby rendering science dead).

On topic:

Happiness is simply a "good feeling" that causes us to enjoy what is going on. It's a description more than a "thing".

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Subject: Re: Happiness

Posted by [nopol10](#) on Sat, 13 Oct 2007 01:19:16 GMT

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Happiness to me is just being able to do something which I want to do and then doing it well.

Basically, I agree with warranto.

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Subject: Re: Happiness

Posted by [SlikRik](#) on Sat, 13 Oct 2007 03:04:36 GMT

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warranto wrote on Fri, 12 October 2007 21:13 Please don't quote Hume with any sort of complete seriousness as to what he discussed. Even Hume himself tried to reconcile many of his skeptical views He made that reference to inductive reasoning as a skeptical means of showing that the trust we place in science is misplaced. (Basically why are we trusting something as a scientific truth when there is no basis that it will continue to do what it has done in the past, thereby rendering science dead).

I must admit, I know virtually nothing of what Hume said, I just took that quote from a game I once played in which a character said just that. I just think it's personally just a fun quote.

Going by what you just said, I'd generally disagree with Hume. I put 99% of my trust in science.

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

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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.

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Subject: Re: Happiness

Posted by [R315r4z0r](#) on Sun, 14 Oct 2007 22:31:19 GMT

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I find it better to be pessimistic. Because with the luck that I have, every time I do something, most of the time the opposite happens.

So being pessimistic, is sort of being non-pessimistic... lol.

But yea, thinking positively usually leads to disappointment and all that jazz.  
By expecting the worst, your always prepared.

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Subject: Re: Happiness  
Posted by [Jecht](#) on Mon, 15 Oct 2007 00:54:18 GMT  
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razorblade001 wrote on Sun, 14 October 2007 17:31I find it better to be pessimistic. Because with the luck that I have, every time I do something, most of the time the opposite happens.

So being pessimistic, is sort of being non-pessimistic... lol.

But yea, thinking positively usually leads to disappointment and all that jazz.  
By expecting the worst, your always prepared.

You're a realist. I think along those lines too.

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Subject: Re: Happiness  
Posted by [Canadacdn](#) on Mon, 15 Oct 2007 01:49:51 GMT  
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Jecht wrote on Thu, 11 October 2007 18:13You aren't going to go emo on us are you?

Well, his name IS razorblade...

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Subject: Re: Happiness  
Posted by [Starbuzz](#) on Mon, 15 Oct 2007 02:43:07 GMT  
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ROFL!

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Subject: Re: Happiness  
Posted by [SlikRik](#) on Mon, 15 Oct 2007 18:35:25 GMT  
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I think you're missing the point of optimism.

I don't hope for the best (then get let down). I take what comes, and find the best in that.

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