

WHY PEOPLE ARE UNHAPPY

Written by admin

Saturday, 14 June 2014 09:56 - Last Updated Friday, 18 July 2014 07:07



"Indeed, man wishes to be happy even when he so lives as to make happiness impossible". Augustine

"But on Cain and his offering God did not look with favor. So Cain was very angry, and his face was downcast. Then the Lord said to Cain, "Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it."
(Genesis 4: 5-7)

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Unhappiness comes from several different places:

- Comparison with everyone else—their accomplishments, the respect and the attention they garner, and their apparently perfect lives..

- Dwelling on the past or obsessing about the future.

- Dissatisfaction with how one's time is spent and the impact one is making on the world.
- Lost hope in one's potential.
- Expecting and finding the worst in people.
- Turning oneself into a victim or a martyr, blaming everyone else.
- Spiraling into negative thinking, seeing everything as a sign of doom and hopelessness

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Assuming there should be a point in time when none of the above happens anymore is a fallacy.

Find the seeds of your unhappiness, clear the old voices and experiences. Put all the energy into building your personal and emotional security. Develop a **positive mindset and nurture positive moments and accomplishments, and do not dwell on the negatives.**

Cain's downfall was his jealousy of Abel and his obsession that he was more blessed than he was. He should just have focused on improving himself. What is the root of your unhappiness? Whatever it is, focus your mind on a better future. "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come". 2 Corinthians 5:17
E.S.V

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“If you focus on results, you will never change. If you focus on change, you will get results.” ~Jack Dixon
