

Lexicon of Happiness

1. Which is/are the most important things in one's life? ... Really? Why?
2. Which is/are the most important things for one's happiness?
3. Who is responsible for our own un/happiness?
4. Why do most people pretend to be happy but continue wasting their lifetime not being so?
5. Self-delusion is a very common phenomenon. Why would people cause this to themselves?
6. Why do many of us refrain from exposing their real "I" to the others?
7. Why are some people NOT eager to get a deeper insight and understanding of themselves?
8. Is it possible (and how) to overcome the fear of social disapproval and really become "us"?
9. Are humans ready to live in huge social groups like these that we do live in today?
10. What does the highly developed, interdependent society give to the single person?
11. How important is the social disapproval in one's life and for their happiness?
12. What is it that causes in many people the feeling of being enslaved, entrapped, and how can this be overcome?

13. How important are wealth and personal achievements for a human to be happy? Why?
14. What is the relationship between the easy, convenient life and happiness?
15. How does possession of things make people happier?
16. For what reason would people accept to be obviously manipulated and conditioned like dogs by a "higher authority"?
17. What does power mean for the person that does possess it?
18. Do we, humans, have free will and to what extent is it really free?
19. Why do people continuously detach themselves from their nature when this actually makes them unhappy?
20. Which is the best way to deal with the "Meaningless life"-problem?
21. Kindly suggest how many years you have left to live?
22. Please remove the question that you think is worst in this lexicon and suggest a question yourself!
23. Have you been absolutely honest with us and with yourself when filling in the lexicon?
24. Is there a meaningful reason for this lexicon to exist? Explain yourself please!
25. Write, cite, draw or glue something as a memory; suggest some good art piece related to happiness (some good musik, a film or a book, or maybe some good meal recipe)!

BE happy !