

## The Pressure to be Happy

The pressure to be happy is causing many people to be unhappy. Most of what factors into our happiness and our unhappiness is out of our control. We do have control over our feelings, but this is not always enough to ensure happiness. People are often susceptible to the persuasiveness that being happy will capture all your problems.

### 3 reasons why trying to be happy could be making us unhappy

- It can make us feel like we are failing

If we expect to be happy all the time, then it is easy to feel like we are failing when we are feeling unhappy. Difficult emotions are a normal part of life.

- It can lead us to hide our true feelings

If we feel pressure to be happy it can cause us to hide from our true feelings. Moments of real connection can come from acknowledging our struggles. Being unafraid to truthfully share what is going on can allow a deeper connection to others. This shared vulnerability can create more solid, supportive and loving relationships.

- It can lead us to constantly evaluate how we feel

It can be easy to constantly compare ourselves to others and to focus on the things that are not quite right. Happiness comes and goes. Our life goal should be to feel everything, the good and the bad.

