

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Active and Inactive Attitudes

From

Collected Writings

Bruce Di Marsico

Active and Inactive Attitudes

Summary

The four fundamental bodily attitudes:

- *Joy: The active bodily attitude of happiness*
- *Peace: The inactive bodily attitude of happiness*
- *Mania: The active bodily attitude of Unhappiness*
- *Depression: The inactive bodily attitude of Unhappiness*

The four fundamental motivations:

- *Paranoia: Unhappily moving away from*
- *Hysteria: Unhappily moving towards*
- *Avoiding: Happily moving away from*
- *Wanting: Happily moving toward*

Questions for reflection

Could there ever be a situation in which Mania was more practically effective than Joy?

Could there ever be a situation in which Depression was more practically effective than Peace?

Could there ever be a situation in which Paranoia was more practically effective than Avoiding?

Could there ever be a situation in which Hysteria was more practically effective than Wanting?

We could fear being directly self-defeating like a hysteric.

Collected Writings: "The Cause of Unhappiness"

Could it be that what we keep calling "too happy" to be safe is just mania?

Trying to balance yourself is manic-depressive.

Trying to balance others and your environment in order to balance yourself is paranoia-hysteria.

Collected Writings: "What Every Option Therapist Knows"

Depression is being unhappy about unhappiness.

Self-described "stupid" hysterics believe that unhappiness or evil is a natural lack of goodness (a void of goodness). Self-described "smart" paranoiacs believe that unhappiness or evil is a natural presence of badness (a power of badness).

Collected Writings: "Nature vs. Belief"

Paranoia tells you that there are many things to be unhappy about.

Collected Writings: "Believing and Knowing"

You hope that you're the crazy person who's constantly screwing yourself like this, and it's not God, who you strongly suspect. Or the whole world, which you've already learned is paranoia.

Talk: November, 11, 1995

Joy is being glad to be happy.

Collected Writings: "Unum Necessarium"

The only repetition people desire is that alternation of Joy (active involvement in unfolding) and Peace (restful satisfaction in completion).

Collected Writings: "Attention Span"

You probably have very few positive feelings about being run over by a bus. But there are lots of things that you simply value negatively. That's not a problem.

Talk: November, 11, 1995