

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

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People are always doing what they want

From

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What is the full meaning of "People are always doing what they want?"

a) People are always doing what they want insofar as they are doing it. If someone has got strings tied to their wrists and is being moved like a marionette, then whoever holds the strings is doing the movement of the body, not the person whose body is being moved.

b) Sometimes, people are doing what they want based on the mistaken belief that it is necessary to do what they want to do in order to feel the way they want to feel. For example, someone may want to be feel stupid when his boss yells at him because of his mistaken belief that this is only the only way he can motivate himself to not "mess-up" at work, and that it is necessary to avoid "messaging-up" at work in order to feel the way he wants to feel.

Note, in this context "feeling" always means "emotional feeling". Pain, insofar as it is a physical sensation, is called by some a physical feeling. Feeling bad or good about the physical sensation is the emotional feeling of pain.

c) Even when people are acting based on this mistaken belief, people are still aware of what they *really* want (sometimes called "in touch with their desires"). By "really want" is meant: what desires they are aware they would act on if they did not believe that it was necessary to do anything in order to feel the way they want to feel.

For example, someone who believes it is necessary to feel anxious in order to motivate herself to drive safely, would in most cases admit that if she truly believed that she could drive just as safely with (non-fear based) caution, she would merely be cautious, and not be cautious and also feeling bad. So what she really wants is to be cautious, but she believes she needs to be anxious. It could even be said that "She chooses to be anxious only because it keeps her in touch with her desire to be cautious"