



**EAST WEST**  
**Herbal Apothecary**  
All Natural CBD and Kratom Products  
[www.EastWestHerbalApothecary.com](http://www.EastWestHerbalApothecary.com)

# WHAT MAKES YOU HAPPY ?



BY  
DR JEFF HARGIS

Brought to you by:

East-West Herbal Apothecary  
<https://www.EastWestHerbal.com>

# What Makes You Happy?

An Examination Toward Happier Living

By

Dr Jeff Hargis

Brought to you by:

East-West Herbal Apothecary  
<https://www.EastWestHerbal.com>



**EAST WEST**  
**Herbal Apothecary**

All Natural CBD and Kratom Products  
[www.EastWestHerbalApothecary.com](http://www.EastWestHerbalApothecary.com)

What do you truly desire in your life? A simple and sometimes troubling question, without an easy answer. My research has indicated that it actually comes down to six basic but complex emotional needs.

Everyone has emotional needs that must be satisfied to achieve happiness. Emotional needs are harder to fulfill than survival needs like water, air, food, and shelter because they are less tangible.



These needs are **Comfort, Change, Relationships, Feelings of Importance, Personal Growth and Contribution**. In order to realize these emotional needs that make us happy, we must define them.

**Comfort**, or safety, is defined as “a state or situation in which one is relaxed and experience little or no physical or emotional pain”.

**Change** is about movement: the more we move, the more joyful we feel. In this context we’re talking primarily about emotional, intellectual movement rather than physical movement. Such movement is necessary for us to feel energized and motivated to learn new things, in other words, to become a better person.



**Ackerman (1997) has identified three types of change:**

- **Developmental** – Either planned or emergent is first order and is incremental.
- **Transitional** – Seeking to achieve a known desired state that is different from the existing one.
- **Transformational** – Is radical or second order in nature.

## Relationships

All strong relationships have the following three things in common, according to Meredith Hansen, Psy. D, a psychologist and relationship expert.  
Trust. Commitment. Vulnerability.



“Trust allows a couple to know that their partner is there for them, truly cares about them, is coming from a good place, and supports them,” she said.

## Self-worth



Having **self-worth** means that you value yourself, you feel yourself worthy. **Self-worth** is defined by Merriam-Webster as: “a **feeling** that you are a good person who deserves to be treated with respect”. **Self-worth** is believing that you are a good person who deserves good things. **Self-worth** comes from self-understanding, self-love, and self-acceptance. It is independent of the words or actions of others.

**Personal growth** is the process by which a person develops himself or herself to full potential. **Personal growth** is an important part of a person's growth, maturity, success and happiness.



**Contribution** is any act or intention to act that improves the position of others. It can be a physical or emotional improvement. If the interaction has made the other person feel better, even in a small way, you have **contributed** to someone else's life. **Contributing** makes us feel good.

When we make a difference, we create **meaning** for our lives. In this way we connect with the world and hence expand our sense of identity. **Contribution** connects us with others. It is a prime reason for engaging with others in voluntary work.

**How do we achieve these emotional necessities that we so desperately seek?**

Let us explore the process of **Perception, Thoughts, Context, Emotions and Actions.**

**Perception** is the foundation for development of our reality.

**Perception** is the **context** of information that we receive and interpret. Different people perceive reality in different ways based on interpretations.



It takes 500 milliseconds, or half a second, for sensory information from the outside world to be incorporated into conscious experience.



As we are forming a **Thought** based on the **Context** of our **Perception**, our **Perception** creates our **Thoughts** creates **Emotions** that lead to **Action**. Reality on the other hand, is the true state of things - how things really are, whether we perceive them to be as such or not. It is we who supply perceptions and build context to form beliefs. Confusing right? Don't feel bad even the experts fall down the rabbit hole at times.

With that being said let us take a closer look at these daily desires and their adversaries.

How can we achieve our desires and attain happiness?

There isn't a single cause for unhappiness or depression. In most cases, it's a symptom of **underlying causes**, conditions such as unhealthy diet, unfortunate lifestyle choices or an unpleasant memory that we have not put into **context**. Putting aside biochemical imbalances (a topic perhaps for a later time) let's stay on theme.

### **Contributing causes of Depression May Include:**

1. Substance abuse
2. Chronic stress
3. Bereavement
4. Medication side-effects
5. Genetic diseases (such as Huntington's Disease or multiple sclerosis)
6. Nutritional deficiencies (including B vitamins, magnesium, zinc, and protein).

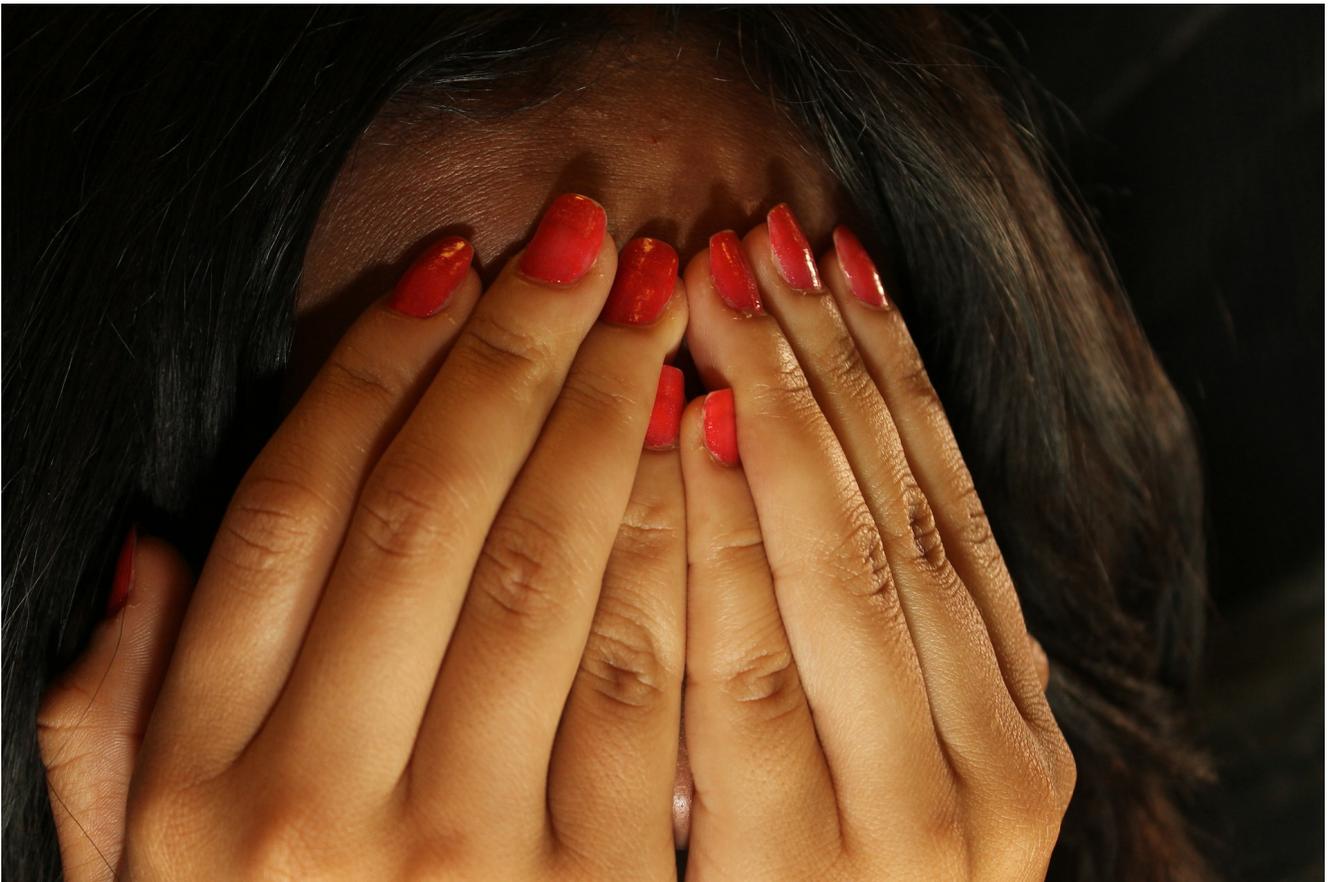
One or all of the above conditions can play a major role in preventing the fulfillment of happiness.

There is a pecking order of debilitating emotions that prevent happiness. The first and lowest level is shame. This is the level where we feel most helpless and alone and feel that we have no control of our lives. The highest of these emotions is anger. This is the level that give us the false sense of control, false in that this is the level where we have truly lost control of our actions and emotions. Both of these emotional levels are destructive of our physical and emotional happiness. So, at what level do we find redemption? It is in the middle at acceptance, where we do not allow context to give more importance to a thought than is warranted.

An example could be showing off a family heirloom to a friend. It is a sentimental vase that has been in the possession of the family for a long time and has been passed on from one generation to the next. This mawkish artifact is now in your possession for safekeeping. As you present the vase it slips through your fingertips, falls to the floor and shatters into pieces. As you look on in terror, perception of what has happened begins to form thoughts. Thoughts transfer into context causes action.

Using our emotional continuum sliding let us examine the possible sequences.

**Scenario one: Shame:**



You fall into catatonic depression. You will forever be known as the person who destroyed the family legacy with your carelessness. Years of therapy and anti-psychotic medication may result.

## **Scenario two: Anger:**



We travel to the high end of the scale: anger. You explode into a fit of rage, thinking to yourself that you should have never been burdened with the task of being the caretaker of such an important item. You find yourself kicking the fragments of the shattered vase across the floor. In this moment, you have created a larger mess by scattering the fragments throughout the entire room, making it more difficult to clean up and have now lacerated your foot requiring a trip to the ER. Now you have stitches in your foot and are in need of bed rest and physical therapy for the next six weeks, resulting in the loss of your job and financial hardship.

### **Scenario three: Acceptance:**



We put the breaking of the vase in to the proper context. You feel bad about the accidental dropping of the vase; there is nothing more to do about it but to clean up the mess. Your family name will not be erased from history. You will not be ostracized from the family Christmas dinners. The sun will rise tomorrow, in spite of the fact that the vase is no longer in your care.

This is an example of how **Perception, Thoughts, Context, Emotions and Actions** play out daily lives and can serve as a guide in our quest for happiness.

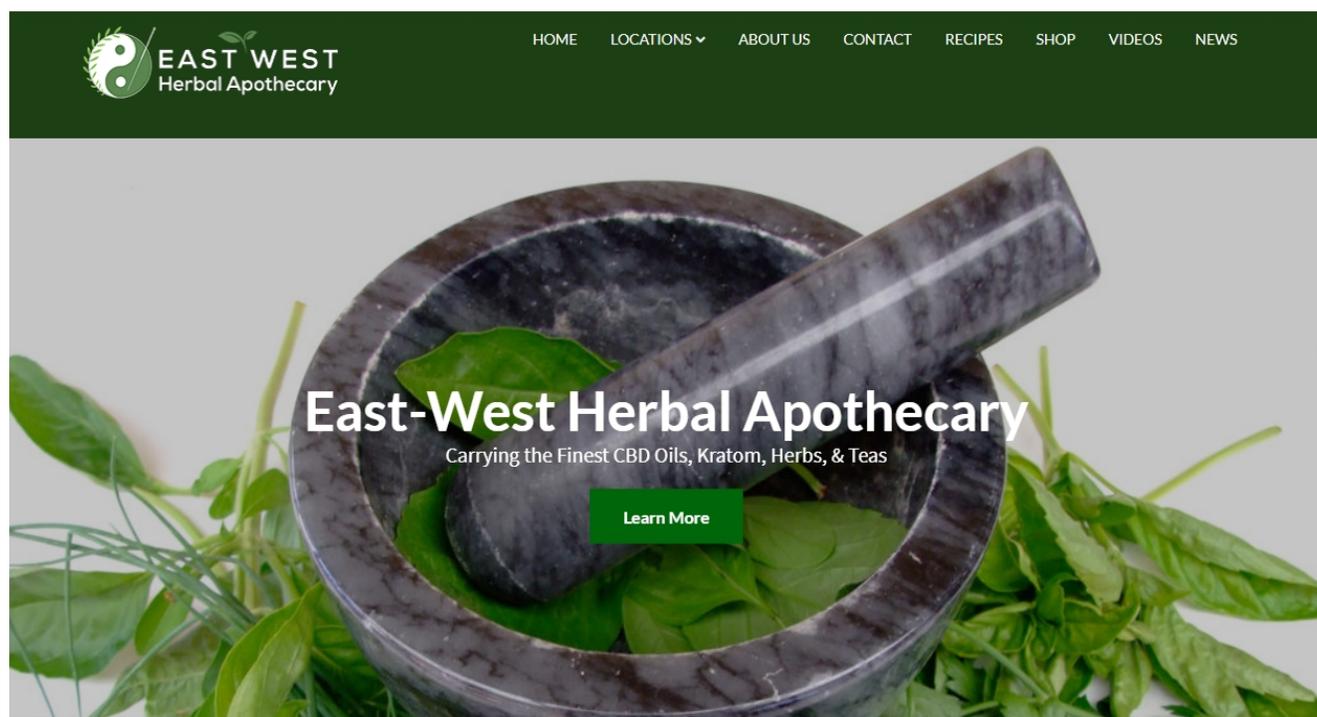
The same principle applies to the core of our original quest: the pursuit of happiness by means of *Comfort, Change, Relationships, The Feelings of Importance, Personal Growth and a Contribution*. The perception of the thoughts that you put into the proper context will improve the emotions resulting in conducive actions.

Learn to take comfort in the fact that your home is your sanctuary. Cultivate the relationship with those around you. Accept the fact that the one thing that is promised to you is change. Look at this in a positive light and know it can offer new opportunity for Personal Growth. Recognize and understand your self-worth and it's value of contribution when you share yourself with others around you.



To learn more about how you can identify and achieve a healthier and happier life, join us in the journey at East West Herbal.

We can be found online at [EastWestHerbal.com](http://EastWestHerbal.com).



And check out our free ebook, *Natural Nootropics: Herbal Supplements to Enhance Mental Performance & Cognition* at <http://eastwestherbalapothecary.com/noo> and learn more about how natural substances can improve your mood, cognition, and life.

