

Unhappy

Unhappiness is a condition in which we feel that life is without meaning. There are many aspects of this condition—from depression, which can be serious, to a blue mood. When you are unhappy you're turned in on yourself—the unhappy person is (or temporarily becomes) a narcissist. The unhappy person cannot love.

Examples

1

I was unhappy when I got divorced. Years of habit, planning, child monitoring were replaced with an open future which, though in some ways bracing, was far too challenging and lonely. I was at my most unhappy on the night when my wife moved, with our three children, to a house in a neighboring town. I felt utterly alone and without direction. But to my surprise I found—if not a direction at least a substitute strategy. I got in my car and went to Hardees. I ordered a chocolate frosty and read the local paper. I felt better. Was I *that* shallow? Was my unhappiness so easily dispelled? In the following days I discovered that I was not that shallow. I had covered my pain with a temporary cure at Hardees. But from that time on it got steadily easier, to discover the Hardees cure.

2

I am unhappy when I say the wrong thing at the wrong time. This happiness may be fully undeserved, as when I have simply misspoken myself, referring, as I leave the house or go to bed, to some point of conflict and dissatisfaction between me and my wife or friend. Once I have made the mistake, and the cat is out of the bag, there is no going backward with palliative commentary. 'I didn't mean to put it that way, Joe,' won't cut it after you have reminded Joe of a time when he nudged you out of the running for a raise. You have to live your mistake, and build around it. There is no other way.