

Chapter 16 | Lesson on Happiness

Is happiness possible when everything goes wrong, when friends betray you, when tides and trends are turning against you, and both the work situation and life at home are full of problems? In the midst of pain, discomfort, and sleeplessness, I find myself once again blessed with many spiritual blessings.

I have just come up with a brief *Chaironic Happiness Scale* to measure this kind of spiritual bliss. Please answer yes or no to the following:

WONG'S 4 TYPES OF HAPPINESS

1. Hedonic

The pleasant moments such as "eat, drink, and be merry"

2. Prudential

The "flow" or enjoyment of doing what one does best

3. Eudaimonic

A sense of fulfillment or flourishing from the pursuit of meaning & virtue

4. Chaironic

The feeling of being blessed or favoured by God

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| 1. Are you spiritually attuned? | Yes / No |
| 2. Are you at peace with yourself, with others, and with the world? | Yes / No |
| 3. Have you ever experienced the ecstasy of worship and praise? | Yes / No |
| 4. Do you feel pure joy when you are in close communion with God or nature? | Yes / No |
| 5. Are you familiar with the inner blessings that come from meditation and prayer? | Yes / No |
| 6. Do you feel transported to a transcendental realm of joy as you watch the glorious sunrise or the majestic starry sky? | Yes / No |
| 7. Have you experienced the aesthetic chills or sublime feelings in appreciating artistic creations? | Yes / No |
| 8. Do you experience joy when you hold a baby or see children playing happily? | Yes / No |
| 9. Have you ever paused and felt grateful for being alive on such a beautiful planet? | Yes / No |
| 10. Have you ever been pleasantly surprised by an unexpected gift from a stranger or from your spiritual community? | Yes / No |

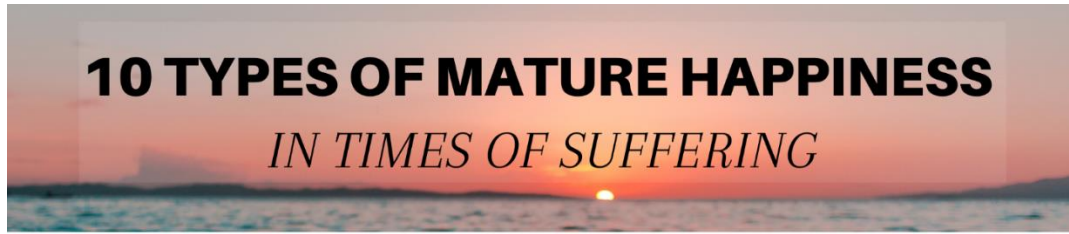
10 Types of Mature Happiness in Times of Suffering

When all you hear everyday is bad news, only deep-rooted happiness can get you through the day. Why not discover this new experience?

Ongoing research into many different types of happiness is a welcoming new development. However, most positive psychologists still limit themselves to happiness research in normal life circumstances. The age of COVID-19 beckons them to explore the following types of mature happiness that can really contribute to SWB and health during adversity. There is no excitement and no pure positivity in these types of deep-rooted mature happiness (figure 1).

Figure 1

10 Types of Mature Happiness in Times of Suffering



- 1) Feeling blessed or chaironic happiness—
surprised by the joy or a state of bliss from God or from nature.
- 2) Feeling good for doing good or thinking the right way
even when it is unpleasant.
- 3) Ambivalent emotions like bitter-sweet or love-hate feelings,
but still embraced and valued.
- 4) Feeling relieved—a deep sense of freedom and release that
the worst is over.
- 5) Calmness or inner peace that results from letting go
and accepting life as it is.
- 6) The “aha!” feeling of finding one's true self after
confronting one's shadow.
- 7) Feeling reconciled after asking for forgiveness
and expressing gratitude.
- 8) Feeling whole after repairing all the broken pieces.
- 9) Feeling a sense of harmony and attuned with the self and with others.
- 10) Feeling content or fulfilled that one's life has mattered,
and one has been true to one's core value.

◆ Dr. Paul T. P. Wong