

Happiness is a Serious Problem

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Expectations:

Buddhist teaching: Pain in life comes from unfulfilled desires and expectations.

They try to do away with both

Desires are an indispensable part of good (moral and happy) life, even though they can easily work against happiness

If Expectations mean certitude:

1. Something will happen
2. We can take the good we have for granted
3. We feel entitled to the things we want

Expectations will undermine the most important source of happiness...Gratitude

Expectations lead to unhappiness

We can and should desire to be healthy and work at being healthy. But ideally we should awaken every day and be as happy about our good health as if we just received news of not having cancer

Greatest part of pain we suffer when a loved one dies is usually caused less by the person's death than by expectations unfulfilled- namely expecting the person to have lived longer.

I do not control my fate

When expectations are unfulfilled, they cause pain, and when they are fulfilled they diminish gratitude...the most important element in happiness.

In general, expectations lead to unhappiness.