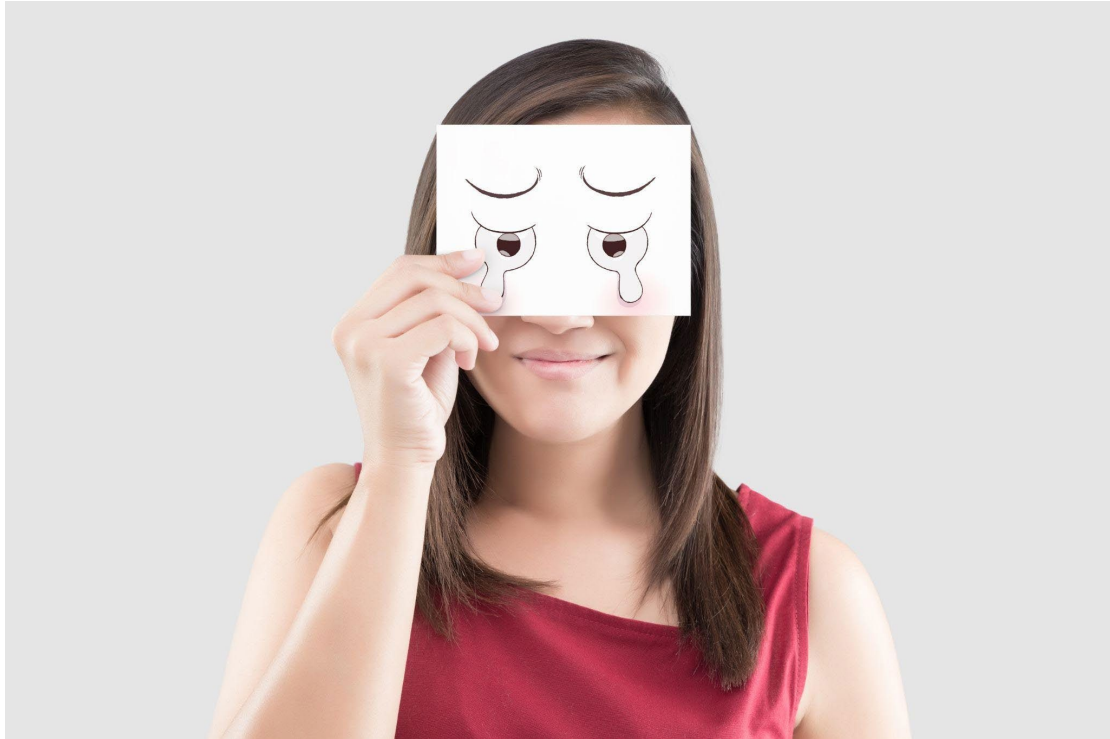


This Life is Also About Progress, But Are You Happy?

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"Unsuccessful, therefore unhappy!" This mindset is not difficult to understand. However, in today's world, why are many successful people still unhappy?

In my clinical work, I often encounter many unhappy individuals. Years ago, a successful and wealthy man in his sixties confided in me. He shared that after years of hard work in his career, accumulating wealth, he felt lonely and unhappy. I asked him, "What have you been pursuing all your life?" Without hesitation, he answered, "My career." I continued, "What have you gained in your career but lost in the process?" He pondered for a while and then admitted that his relationship with his wife and children was very distant.

There are two things in life that are quite similar, and not understanding the difference between them is often a significant reason for unhappiness. These two things are "needs" and "wants." To be happy, we "need" emotional fulfillment, which includes good family relationships and friendships. However, many people, in their pursuit of what they "want"—careers and wealth—neglect their families and undervalue friendships. Even though they achieve the careers and wealth they desire, their emotional "needs" remain unmet, leading to loneliness and unhappiness. If you feel unhappy, take a moment to pause and reflect on what you have been pursuing in life.

"I had everything in my childhood, but I lacked... "

Have you ever considered that there is a child inside you?

Throughout life, we search for many things, one of which is to find the child within ourselves. Look at these photos; which one resembles the child within you?



This is also a true story from years ago. A middle-aged woman confided in me: "I grew up in a wealthy family, lacking for nothing materially. However, my mother was an unhappy person; she was often at home but rarely spent time with me. My father worked long hours, and I seldom saw him. We had everything at home, but it felt like I had no parents!"

This woman worked diligently in her studies and excelled academically. As an adult, she achieved great success in her career, and her husband treated her well, yet she still felt profoundly unhappy.

Children who lack parental love often feel anxious, lonely, and unhappy. Although they may achieve success and have a happy family in adulthood, the feelings of anxiety, loneliness, and unhappiness linger. Why is this? Simply put, they seem to exist in two worlds simultaneously: in the "real world," they are successful and happy adults; but in their "inner world," they live with an anxious, lonely, and unhappy child.

If you are an unhappy person, please take a moment to pause and reflect. Seek out the child within your heart and see whether he or she is a happy or an unhappy child.