

I Have Everything I Ever Dreamed Of ~ Why Am I Not Happy?

Signs of Discontent

You don't need a degree in psychology to know when you're off-track, but sometimes it creeps up on you. It can seem like you wake up one day and realize that things are not right. These are a few of the signs:

- You don't want to get out of bed.
- You have a hard time motivating yourself to do routine tasks.
- You have doubts about yourself.
- You feel mildly depressed for days at a time.
- You sometimes overeat and/or use alcohol and drugs to feel better or escape.
- You often feel chronically tired, deenergized, and listless.
- You worry about how you will keep things together.
- You feel bored or restless.
- You wish you were somewhere else.
- You often have headaches, stomach upset, and other body aches and pains.
- You sleep too little or too much.
- You have frequent bad dreams or nightmares.
- You oversleep.
- You complain and nag.

Feeling dissatisfied with your life is not a pleasant experience, but it can lead you in a positive direction. These feelings may be important because they are telling you that your actions are out of synch with your values, goals, or talents.

Rediscover What Is Important to You

Imagine that your life is handed back to you and you are able to do anything you want. What is important to you? What values will direct you? Consider each word on the following list individually. It is not necessary to force-rank them or compare them against each other. Assign a rating to each word:

1 = Critically important to me

2 = Important to me

3 = I can live without it

_____ Acceptance by others

_____ Accomplishment

_____ Activity

_____ Admiration

_____ Appreciation

_____ Authority

_____ Beauty

- _____ Being liked
- _____ Being well-paid
- _____ Calm
- _____ Casualness
- _____ Certainty
- _____ Challenge
- _____ Choice
- _____ Comfort
- _____ Community service
- _____ Competition
- _____ Creativity
- _____ Enjoyment
- _____ Ethics
- _____ Excellence
- _____ Excitement
- _____ Fame
- _____ Financial security
- _____ Fitness
- _____ Flexibility
- _____ Fortune
- _____ Freedom
- _____ Fulfilling my potential
- _____ Fun
- _____ Growth
- _____ Harmony
- _____ Health
- _____ Helping others
- _____ Honesty
- _____ Independence
- _____ Informality
- _____ Leisure
- _____ Making a difference
- _____ Mastery
- _____ Morality
- _____ Nature
- _____ Novelty
- _____ Originality
- _____ Peace
- _____ Personal development
- _____ Pets
- _____ Pleasure
- _____ Popularity
- _____ Power
- _____ Prestige
- _____ Privacy
- _____ Prosperity
- _____ Quality

- _____ Recognition
- _____ Relaxation
- _____ Respect
- _____ Risk
- _____ Solitude
- _____ Spirituality
- _____ Stability
- _____ Status
- _____ Stimulation
- _____ Surprise
- _____ Time for friends
- _____ Time for my family
- _____ Uniqueness
- _____ Variety
- _____ Wealth
- _____ Wisdom

Now make a list that summarizes *your* most important values. If you think of something that isn't listed, feel free to add it.

The final part of this process (and this is a very streamlined version of what is possible) is to compare how you are currently spending your time with your list of most important values. How well do they match each other? What clues can you find that will help you find more satisfaction in your life?

Things that don't match:

What I can do about it:
