

The Psychology of Unhappiness

**By
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*Avoiding bad feelings is called suppression
Forgetting it ever happened is repression*

*Lying to ourselves is called denial
Often used to avoid an emotional trial*

*Redirecting feelings unto others is projection
It can many times cause a disconnection*

*Often, justifying to ourselves is rationalization
It's the mind's protection, using mental filtration*

*Reliving childhoods' memories is regression
That's fine as long as it isn't done in succession*

*The above combined is called depression
Which is sort of a mental recession*

*To reverse the above start with reflection
A vital step towards proper correction*

*This important journey of self-detection
Will certainly lead you in the right direction*

*It's a process of self-confession
To improve your inner impression*

*Sometimes you'll experience pain and crying
Just keep going and never stop trying*

*Make sure to include self-love and forgiving
It will give you a good reason for living*

*And it's wise to have some help and support
To ensure that you never attempt to abort*

*Now begin to accept, reframe and let go
Happiness is about going with the flow*