

Happiness and the Human Spirit

Discussion Questions

- Describe what you see as some of the symptoms of Spiritual Deficiency Syndrome.
- There are people who are religiously observant, but appear to be very unhappy. Discuss why this may be the case.
- We are constantly making choices. Sometimes we choose unwisely because we are motivated by our desires and we cannot think objectively. What can we do to avoid making unwise choices?
- In our productivity-driven culture, we tend to value ourselves for what we produce. We are now living longer than before, and an increasing number of people live for many years after retirement. How can we retain a sense of value and be happy if we feel useless?
- In Happiness and the Human Spirit, there is a reference to a book called The Spirituality of Imperfection. Discuss some of the many ways we can interpret this title. Discuss the relationship between spirituality and perfection.
- “In everyone’s life some rain must fall.” Is it possible to maintain happiness in the face of adversity? If so, how?
- How can we shake off the unhappiness of a difficult childhood, where we suffered deprivation or abuse?
- Much of our happiness depends on being liked by other people. Where do you think the desire to be liked comes from? How can we avoid being “people-pleasers” to gain the goodwill of others? In what ways can we benefit if we use our energy and focus on things other than what people think of us?