

Aspects to Well-being

There are many aspects to happiness (or well-being). Typically, a person does not experience total satisfaction in every area of life. Over time, some areas present challenges, while others are pleasurable. It is important that a person experiences satisfaction in many, but not all, areas of life. This graphic offers one example of the domains of life that are important to overall well-being.





There are differences in the ways that optimistic and pessimistic people think:

HAPPY THINKING	
Pessimistic Thinking Style	Optimistic Thinking Style
Problems are permanent “This always happens” “This will last forever”	Problems are temporary “This occasionally happens” “This will pass”
Problems are pervasive “This affects my whole life” “This is catastrophic”	Problems are local “This one situation is affected” “This is bad, but it is not the end”
Problems are personal “This is my fault” “This happens to me”	Problems are not personal “This is not (entirely) my fault” “This happens to many people”
Problems are uncontrollable “It’s too big” “There is nothing I can do”	Problems are (somewhat) controllable “One step at a time” “There is something I can do”