



How to be happy

by Bernd Schmid

This is about a present you can create yourself which does not cost you much –at least not in a materialistic respect- and it is something you can dedicate personally to the one you like to donate it to. This present can be very beneficial to people with whom you share boundaries. And here, you may even count your own person.

This present can be of private or professional nature. Here is more about the first option.

In quiet times, some space opens up for us to have desires and demands concerning life in general and in particular those people important to us. Unfortunately we often have to watch how especially the misdirected wake of neglected desires leads to severe disorder and conflict of relationships. For unrealized wishes easily disguise as defaults of our environment and as disappointment, anger and reproaches, respectively. Meanwhile, those who are affected by that often do not quite know what is actually missing, however, they tend to think that his well-meaning fellows or relatives could nevertheless „know“ if only they really wanted to. Is it not understandable that want our fellows to see our unfulfilled desires and care about them with friendliness, even about the ones that are hidden and covered? When we find this desire disappointed, we tend to have doubts about the truth of love and relationship.

This does not have to be the case! This little present can be a short-term remedy, clarify matters or serve at least as an occasion for an improved dialogue.

Give a “guidebook” to your partner, a “guidebook” for an important person: yourself.

Instructions:

Before you get started on taking on claims in a relationship in order to understand each other better and achieve more happiness together, please make yourself familiar with the oddities of my own character!

The information provided here is not fully complete, however, it is the result of long-term experience and expertise at close range. These descriptions and instructions do not apply to all cases, however, for the less experienced people interested in strengthening relationships they can provide guidelines for a more promising social interplay.

Often, mere intuitive attempts of control or inappropriate transfer of character descriptions that apply for other characters only (i.e. your social counterpart himself), are not so useful for achieving satisfactory results: they entail the danger of misunderstandings and dysfunctions that cannot always be discovered early in order to avoid the following evils: heated ill-temper, icy behaviour or even total break-down of any cooperation.

So this is about behaviour that is appropriate to my very personal character. Just like:

"If you want our relationship to work in the long run, please do mind the following oddities about me and please also consider the instructions of usage and care!

Please mind these instructions at the beginning of each new stage of relationship until you can confidently judge on what does me some good.

However, if despite considering these in my company we cannot get along or you cannot account for my behaviour in a certain context, I am willing to talk to you in this or that way in this or that time. If you ask your questions on time and if you ask in an interested rather than an irritated manner, you can count on me committing to a friendly dialogue. I will do my best to get misunderstandings out of the way and to

restore reliable cooperation. If any trouble occurs that is due to a mistake in the instructions about my own person or even to me temporarily not acting upon its principles, I will certainly take on responsibility and I will be happy to adjust.

So here I would like to present a few attempts to describe what I am and how to best cope with me (to be revised and amended later on):

- *In general, my temper is rather like...*
- *When I meet people of differing temper, it is important to me that...*
- *I am of no intricacy/not seeking any trouble in the following chapters of life...*
- *My talents and resources for good and delightful company are...*
- *To win me over, all you need to do is.....*
- *I have more trouble with....., but I find it still acceptable / possible to..... ,*
- *Do not expect anything from me in these fields:*
- *Although I am neither skilled nor experienced, I am very interested in....*

The following can open up more possibilities according to various occasions or issues:

- *We need to be particularly careful when dealing with the following issues...*
- *We might have to face extreme sensibility or trouble when*
- *But the other will hardly take notice until...*
- *We should watch out for early indicators such as.....*
- *When confronted with trouble, the most feasible solution is to....*
- *Things might get even more complicated if.....*
- *In a most delicate situation the following attitudes and approaches have proven useful to return to a well-meaning and more productive exchange...*
- *Even if we totally lose control, we can still...*

Good luck with it!