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*Addicted to Unhappiness: Free yourself from the moods and ...*

There are a number of possible explanations for this “ addiction ” to unhappiness: Deep-rooted insecurity or lack of self-esteem may cause some people to feel undeserving of happiness.

*Are You Addicted to Unhappiness? | Psychology Today*

Are you addicted to unhappiness? Unhappiness is deceptive: you can be unhappy, and that could be making you 'happy' Published: January 30, 2019 14:57 Karishma H. Nandkeolyar, Assistant Online Editor

*Are you addicted to unhappiness? | Health – Gulf News*

So I am addicted to unhappiness This book is for those who are thesis driven readers, who enjoy learning why we do the things we do i.e. respond aggressively, take criticism, self sabotage all acts of a person who probably unknowingly addicted to unhappiness constantly recreating negative events and experiences.

*Addicted to Unhappiness: How Hidden Motives for ...*

Here are some tips from a neuroscientist to wean yourself off an unhappiness addiction: 1. Activate the reward center of the brain with gratitude instead of negativity. Shame, guilt, and worry trigger the same brain chemicals gratitude does.

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The thing is that we are not addicted to unhappiness, we are conditioned and programmed for it as a thousands of years old survival mechanism.

*The Worst Addiction: Unhappiness | Choice OS*

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