The Doctor Bliss Doctrine
Feeling Happy Feeling Sad

How To Be Happy When You are Not Happy lesson from the Happiness Alliance happycounts.org
Why am I feeling sad when I want to be happy?
What do I do with my feelings?
Feel
Express
Consider
Act
Feel your feelings
Express your feelings

Consider your thoughts
Act wisely rather than react
Feel Your feelings
Feelings that can be difficult to feel

Sad
- Depressed
- Dejected
- Despair
- Despondent
- Disappointed
- Discouraged
- Disheartened
- Forlorn
- Gloomy
- Heavy
- Hearted
- Hopeless
- Melancholy
- Unhappy
- Wretched

Confused
- Ambivalent
- Baffled
- Bewildered
- Dazed
- Hesitant
- Lost
- Mystified
- Perplexed
- Puzzled
- Torn

Jealous
- Yearning
- Envious
- Longing
- Nostalgic
- Pining
- Wistful

Anxious
- Cranky
- Distressed
- Distraught
- Edgy
- Fidgety
- Frazzled
- Irritable
- Jittery
- Nervous
- Overwhelmed
- Restless
- Stressed
- Tense

Upset
- Disquiet
- Agitated
- Alarmed
- Disconcerted
- Disturbed
- Perturbed
- Rattled
- Restless
- Shocked
- Startled
- Surprised
- Troubled
- Turbulent
- Turmoil
- Uncomfortable
- Uneasy
- Unnerved
- Unsettled

Shame
- Ashamed
- Embarrassed
- Chagrined
- Flustered
- Guilty
- Mortified
- Self- Conscious

Fearful
- Afraid
- Apprehensive
- Distrustful
- Dread
- Foreboding
- Frightened
- Mistrustful
- Panicked
- Petrified
- Scared
- Suspicious
- Terrified
- Wary
- Worried

Insecure
- Fragile
- Guarded
- Helpless
- Leery
- Reserved
- Sensitive
- Shaky

Tired
- Fatigued
- Burnt Out
- Depleted
- Exhausted
- Lethargic
- Listless
- Sleepy
- Tired
- Weary
- Worn Out

Hate
- Aversion
- Animosity
- Appalled
- Contempt
- Disgusted
- Dislike
- Horrified
- Hostile
- Repulsed

Annoyed
- Aggravated
- Dismayed
- Disgruntled
- Displeased
- Exasperated
- Frustrated
- Irritated
- I rked
Express your Feelings
Express your feelings in a safe place.

Allow yourself to have all your feelings.
Allow yourself to have any and all thoughts that come up without judgement.
Feelings and thoughts are not the same thing as actions.
Write down your feelings and thoughts – take 3 pages and fill them up.
Talk to someone who does not judge you and who you trust about your feelings.
Consider
The impacts of your feelings, desires, thoughts, ideas.
Play it all out in your mind.
What would happen if you actually did each think you thought about doing?
What would be the outcomes?

Would it be worth it?

Spend time talking about what you are considering with someone who does not judge you.
Act Wisely

Wise Actions do not harm you or others
Wise actions do not cause you or others harm.

Reactions often result in the same but different kind of harm that triggered the reaction.
Once you have taken the time to feel, express and consider, you will know you are ready to act wisely with considered wise actions instead of reacting.
Dr. Clinton Bliss is a primary care and emergency medicine doctor with over 30 years experience. The Doctor Bliss Doctrine comes from his experience with patients from across the spectrums of life.