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Friends, I am sure that you will start wondering about the Article after reading the title but don't worry. I don't intend to give a lecture on 'economics'. The other day, when I was discussing with my friend about happiness and its role in our Life, I suddenly commented that no body is interested in defining for himself as to what happiness is and how he should achieve it. No body tries to assess the reality of expectations in Life and at the same time the root cause of unhappiness. Hence the real problem continues as it is and recurs again over a period of time. My Friend was in a hurry and the topic was left in abeyance. This Article is about discovery of root cause of most of the unhappiness in our Life.

Man's **basic nature is of happiness** and every one makes all out efforts to seek happiness but the problem is that he **does not know what happiness is and where he will get the same**.

We never give much thought to **what is happiness?** Many a time's happiness is equated with wealth and or material possessions. Such happiness is obviously short lived. Happiness is in the journey and not necessarily at end of the destination. Every happiness & luxury has an element of inbuilt stress. **Readers may also read my Article 'Money, Possessions & Happiness' uploaded in Spandane section of my website www.spandane.com.**

It is natural to enjoy life up to the limit but when we are dragged after search of artificial happiness or so-called enjoyment, and then our downfall begins.

One of the root causes of unhappiness in LIFE is due to not understanding / not digesting / not accepting the concept of 'Mutually Exclusive'.

This term '**Mutually Exclusive demand**' was taught in college (1968) by Economics Professor. Another term '**Complimentary demand**' was also explained. **However these terms play the crucial role in our journey towards happiness.**

It is the general tendency that **expectations are made** from Life **disregard to** our inputs in terms of our abilities, family background, basic intelligence, ability /willingness to exert, fate/luck element etc. Our **weaknesses** are seldom talked about. We don't even consider our **opportunities and threats** in Life. In short, we do not carry out our '**SWOT Analysis**'. Many a times our near & dear ones are also not interested in **analysing our SWOT** and guiding us. They generally resort to '**Priya**' approach instead of '**Shreya**' approach.

The first step towards achieving **Happiness** is to define what will make me happy. It has to be your **own definition** and may not /need not be seconded by masses. Once you decide this, find out whether your **expectation** about happiness is **realistic** considering your **inputs** listed above and also considering your **weaknesses**, your **determination** to convert them in **Strength**.

At this juncture, one should understand and digest the term '**Mutually Exclusive**.' **One has to be ready to leave something to get something**. You should consider yourself lucky if you really get something after leaving (sacrifice) something. Because, there may be **many unfortunate people who do not get some thing even after leaving something**.

Rarely, we get everything as per our wish. The answer of 'what we get' divided by 'what we wish' is never one. We should take any decision only after considering what we will loose if we achieve our wish. **Once this homework is done, you are on a right path towards happiness.** It may also happen that you may land up **getting something which is not exactly you wished**. Under such circumstances, you should follow one more golden rule namely '**Love what you get, as you may not get what you love.**'

The concept of '**Mutually Exclusive**' has a varying **time zone** from very short term to long term. e.g. when you exercise the option of Tea, you can not enjoy Coffee simultaneously. May be after some time, it may be possible to exercise the option for coffee. Thus you should not repent on your choice if tea quality is poor and allow your mind to get disturbed. In this case the concept has a very short time horizon.

Let us look at another example. If you get the job of a Manager as per your qualifications, there is no point grumbling about more responsibility, inadequate staff, prolonged working hours, job tension etc. **Every thing has an inbuilt cost and you have to accept it along with the said achievement.**

A student pursuing higher qualification can not complain about paucity of time for entertainment, picnics, friends, sports, facebook surfing etc.

A working woman can not complain of **dual responsibility** at office and at home because it is quite likely that her husband may be more busy than her in his occupational life and can't offer helping hand inspite of his best intention.

A working woman **can not enjoy motherhood** beyond a point if she has to resume job for financial reasons/ non availability of leave etc. or she is a career lady. One has to be ready for such eventuality before decision is taking about a child. There is no point having guilty feeling for inability to spend enough time with a child.

Husband and wife, both loose their freedom enjoyed prior to marriage. One needs to redefine the freedom under the prevailing circumstances. Thus **one has to be ready to sacrifice individual freedom on getting married.**

Once this relationship between '**what you will have to loose to get something**' is clear in your mind, then one main reason of becoming unhappy with the present situation automatically gets addressed.

I am sure that if this concept of 'Mutually Exclusive' is kept in mind, then most of the reasons of unhappiness would get answered automatically.

Best wishes from Spandane team.