

Causes of Happiness

Post by "Kalosyni" of March 25, 2026 at 1:39 PM

Happiness causes, which (according to the above article) are unique to each person, meaning that the specifics and the quantities are variable and different for each person - there is no "one-size-fits-all" prescription for happiness. And this also shines the light on how some people can be happy even when they do not have certain externals, because they have figured out how to compensate from other areas of their lives (either other externals or through internals).

External Causes of Happiness:

Having sufficient necessities, such as enough food to eat, adequate housing, and safety, etc.

Having good health

Having good friendships

Having good family and spousal relationships

Enjoyment of common pleasures: tasty foods, enjoyable scenery or living environments, enjoyable music and art, etc.

Enjoyment of intellectual pursuits or hobbies

Internal Causes of Happiness:

Good attitudes

Good feelings

Good thoughts

Good moods

I think that Epicurean philosophy would say that happiness comes from a combination of both External and Internal causes.