

Social Media - Facebook

Post by "Cassius" of September 30, 2022 at 12:55 PM

[Quote from Kalosyni](#)

And so how would we list The Factors of Happiness

That leads back into the question whether happiness is a feeling or an abstraction - the "map vs the territory issue.". As a feeling, we can say we feel happy and that's that.

But as an abstraction we can list generalities that generally lead people to consider themselves to be happy, but it's probably not possible to create a definitive list because each situation is different. (And I really should not hedge with that "probably.")

As a map the word happiness helps us define the goal, but I think we have to remember that there is a major limit to what we can list within a definition - no definition can fully convey a feeling.