

Reality Isn't Your Enemy

Reality. It has good points and bad points.

I don't believe accepting reality- good *and* bad- makes a person unhappy. In fact, it seems to affect me the opposite.

Now, *stating* reality to those who don't want to hear it can make them very unhappy, and they often project their misery on you for pointing out reality to them. But that's their problem.

What is, is. Yes, you can work to change it if you don't like it. I hope you do. But pretending reality is something other than it is probably isn't healthy, and probably won't even make you happy in the long run.