



Figure 4 Fourteen provisional types of happiness.

Hedonic

Hedonic happiness, the most widely researched form of happiness, is categorized by the subjective well-being or their sense of identity across the four dimensions of happiness. It only pertains to the affective aspect of subjective well-being, assessing feelings through both positive and negative affect (PA VS. NA). It is also split into two hedonic tones, pleasant vs unpleasant, representing joy and sadness. Hedonic happiness is based off of one's current mental state and is said to be the desirable mental experience.

Contented

Contented happiness is your inner harmony based on present emotions. It is associated with feelings of inner peace/calmness, primarily positive-affect feelings that are lower on the arousal spectrum. While this concept is more valued in Eastern cultures, contented happiness is a universal experience. Contentedness is extremely important to our overall happiness, as shown by the fact that many said that they would choose a calm /peaceful life over an exciting one.

Mature

Mature happiness involves engaging with suffering. Learning from difficult experiences gives opportunity for growth. Having to face distressing experiences can generate positive changes which makes people's happiness more precious. Taoism suggests distress is necessary for happiness to be present.

Chaironic

Chaironic happiness could be viewed as a kind of spiritual happiness, defined by Wong as "Feeling blessed and fortunate because of a sense of awe, gratitude, and oneness with nature or God." Wong suggests this form can overlap with mature happiness in that, for some people, the solace and even fulfillment they might find in their suffering is often interpreted as spiritual. Chaironic happiness is centered more on feelings of spirituality. You can try to facilitate chaironic experiences (practicing meditation) but you cannot force or will their appearance.

Eudaimonic

According to Aristotle, Eudaimonia is essentially about self-development and cultivation of character. Eudaimonic happiness possesses moral dimension by not revolving solely become one's best self but also around aiming toward acting and thinking for the greater good. Eudaimonic happiness is positioned as a desirable mental experience for one's self-development. It can also be tied into the idea of self-actualization that within every person is a seed of potential that can reach its fullest capability with careful nurturing.

Accomplished

Accomplished happiness is described mostly by being skilled. Although you don't have to be skilled in everything you do in order to be happy, feeling a sense of achievement can lead to motivation. Being motivated to live a quality life and thrive will better both your character and your outlook on everyday events. This creates a positive environment that you can actively feel good about and find happiness within.

Harmonic

Harmonic happiness includes both balance, usually pertaining to two opposite forces, as well as harmony, which pertains a broad diverse range or forces. Lomas mentions that harmonic happiness is an essential aspect among all aspects of well-being. Some examples are:

- Balance between two extremes, for example courage > timidity
- Work life balance

Relational

Relational happiness is a shared experience that brings in a consideration of social well-being. In general, it is conceptualized as existing within the person as a Psychological state, but rather than an intrapersonal state it involves interpersonal synching and togetherness. Research suggests in the more collective cultures such as in the East relational happiness is emphasized. Overall, love between living beings is the fullest manifestation of relational happiness.

Nirvanic

Nirvanic happiness is towards the outer bounds of humans' well-being and is generally defined as a desirable mental experience of quality with respect to one's relative freedom from suffering. Nirvanic happiness is not simple enough to be categorized as just a feeling but is rather a way of being and is a different existential order compared to other human states. This concept is very prominent in Buddhist religion as they believe nirvana is the ultimate form of happiness a follower can experience. Buddhists believe that this enlightened state can be reached in their current lifetime during samsara, the endless cycle of rebirth.

Evaluative

Evaluative happiness falls under the thinking category due to its cognitive relation in areas such as perception and attention. Distinct from hedonia, evaluative happiness is a more holistic term, involving broader constructs like life evaluation, life satisfaction, and quality of life. Short and roughly defined, it asks the question of whether an individual is happy with their overall life and its progression.

Meaningful

Meaningful happiness is often associated with eudaimonia but must not be confused for it due to eudaimonia's emphasis on character development. You can have meaningful happiness without making life or character development, or pursuit of virtue. Those with meaningful happiness may not be achieving their lifelong dreams, but find what they're doing in the moment still meaningful. Because this joy is found outside of our personal development it is often in selfless acts we find it.

Intellective

- Intellective happiness pertains to the cultivation of character and virtue that is central to eudaimonia.
- Its importance was addressed by Aristotle, who suggested that the highest form of happiness comes from the exercise of virtue; consisting of reflective study and contemplation.
- Further, creates intellective happiness where one can attain the rare states of being through reflection and understanding.
- Intellective happiness, being interactive is used in the same context as contemplative, has connotations with meditative states, creating a desirable mental experience relating to one's intellectual being.

Absorbed

Absorbed happiness is under the umbrella of Thinking and focuses on finding a flow (intrinsically valued activities such as playing a sport or music). These activities require total involvement, so you focus on the task without intrusions from extraneous thoughts. Because of this, absorbed happiness is liberating and leads to a loss of subjective sense of self and time. This term also encompasses the various forms of meditation, as they either focus your attention or open your mind to your surroundings.