



Figure 4 Fourteen provisional types of happiness.

## *Hedonic*

Hedonic happiness, also referred to as subjective well-being, is regarded as experiencing “highly arousing” emotions through simple things. For example, eating an ice cream or spending money on a new Gucci belt, these experiences are all short-lived and require a person to always pursue these types of pleasures and therefore avoid “boredom”.

## *Contented*

Contented happiness is similar to hedonic happiness, but is classified as its own form because it includes states such as tranquility and equanimity which are not usually associated with hedonic happiness. It is conceptualized as low arousal positive affect because it includes feelings such as calm and relaxed. There was a study done where it was found that people prefer a calm life over an excited one which supports the idea that contented happiness is also related to inner peace and balance.

## *Mature*

Mature happiness is happiness achieved through the distress from personal development. It is finding balance with the negative and positive aspects of life by understanding life's challenges can be a source of fulfillment. Through complex experiences and emotions you can find this deeper form of happiness.

## *Chaironic*

Chaironic happiness is a concept proposed by Wong that encapsulates a desirable mental experience involving self-transcendence and oneness with nature or God, The idea is often described as a spiritual happiness that can be facilitated by mediation, grace being freely given by a divine being, or through recollection of valued memories or objects.

Chaironic happiness is considered a more intense, elevated state, and is often viewed as a more spiritual form of happiness. It focuses on the feelings of spirituality and is considered to be more profound than other forms such as hedonic happiness.

## *Vitalic*

This pertains to the feeling of physical well-being. To thrive in physical well-being means to have high levels of bodily energy.

## *Eudaimonic*

Eudaimonic happiness focuses on the idea of becoming one's best self and becoming "good". This type of happiness is more focused on mental well-being and the concept of self-development. The goals of eudaimonic happiness is to aim towards acting and thinking in ways and perspectives that will ultimately foster goodness.

Eudaimonic happiness is not derived from accomplishment or skill but from the pursuit of goodness or personal virtue.

## *Accomplished*

Accomplished happiness is one that focuses on skill and mastery. Although skills aren't always needed, it allows people to thrive in an environment in which skill may be required or relevant. With skill also comes reward and achievement, contributing to one's happiness through a mental experience, whereas skill is also relevant physically.

## *Harmonic*

Harmonic happiness refers to the way in which the elements of one's life are working together and maintaining balance. In relation to the other forms of happiness harmonic happiness is rather the sense of balance/togetherness/fulfillment one may feel of all of them acting together.

Full and harmonic happiness revolves around the notion that complete well-being stems from balancing the many forms of happiness to the point of harmony. In this case, harmony is not just the midpoint of a spectrum but rather the ideal point of a spectrum of a particular form of happiness. To achieve full well-being this is done for all forms of happiness. Harmonic happiness differs from the other forms of happiness in that achieving the other forms of happiness one is moving towards a direction rather than an ideal point.

## *Relational*

Relational happiness, as opposed to the individualistic classifications of happiness, can be conceived as a shared experience with reciprocated love being one of the best examples of it. Relational happiness is more or less belonging to a social group amongst several humans and one person could not individually feel good if others within the group do not. Following the saying "a person is only as happy as their unhappiest child". Similar to a musical chord, the feeling is made of the notes together and not any individual one. If one note is off, the chord is off.

## *Nirvanic*

Nirvana is a state of ultimate happiness taught in the religion of Buddhism. It is a desirable mental experience of quality with freedom from suffering and it is believed to be achieved by following the Noble Eightfold Path.

## *Evaluative*

Evaluative happiness is an aspect of the subjective well-being and can be described as a desirable mental experience of quality with respect to appraising one's life. This is mainly a cognitive phenomenon, and reflects one's overall assessment of the life such as life evaluation, life satisfaction and the quality of life.

## *Meaningful*

Meaningful happiness is a mental experience where one finds purpose and belonging in life. In the midst of challenging experiences, one can find meaningful happiness when they find real purpose in daily endeavors. Meaningful happiness does not necessarily include the eudaimonic cultivation of character.

## *Intellective*

Intellective happiness comes from the highest known exercise of virtue, namely the reflective study and understanding of what is best and most noble in life. Someone can soar up into elevated and rarified states of being through reflection on, as well as understanding, some great good.

## *Absorbed*

Absorbed is a form of happiness related to thinking. It refers to the mental state of complete focus and serenity to the point where one would ironically not be thinking. One normally enters this form of happiness by fully engaging in activities like a sports or a hobby and especially meditation a focusing on nothing but breathing should easily allow you to get "lost" in the present.