

# Choose your side

**“Negative” or “positive” focus – in life, work, attitude, family, friends, politics.**

We have a choice of what to focus on, not just emotionally, but on our moral direction, which I think has an influence on all of our happiness. In the below table, the focuses we have in life, work, attitude, family, friends and the wider world can be arguably considered "positive" or "negative". Which column, below is more likely to lead to lasting happiness for you, or for others?

|                          |                      |
|--------------------------|----------------------|
| Love                     | Hatred               |
| Generosity               | Greed                |
| Wisdom                   | Ignorance            |
| Altruism                 | Selfishness          |
| Courage                  | Fear                 |
| Calmness                 | Anger                |
| Truth                    | Lies                 |
| Compassion               | Uncaring             |
| Peace                    | Conflict             |
| Environmental protection | Environmental damage |
| Hope                     | Despair              |
| Co-operation             | Rivalry              |

Yes, there is a crude binary here and life is often more complex, but it's just something to consider. One column above is probably more likely to bring happiness than the other, if you demonstrate the items in your life. Look out for one of the columns rather than the other in the news and people you deal with, and this will also possibly help your happiness.

The top three rows in the table above are the Buddhist “positive” or wholesome roots of mind and the three “negative” or unwholesome roots of mind, and I've expanded on this with extra rows.

As the Jedi character Qui Gon Jinn says in Star Wars The Phantom Menace, “Always remember, your focus determines your reality.” This isn't just concentration and awareness on your tasks, but on what you perceive as the positives and negatives in the world around you.