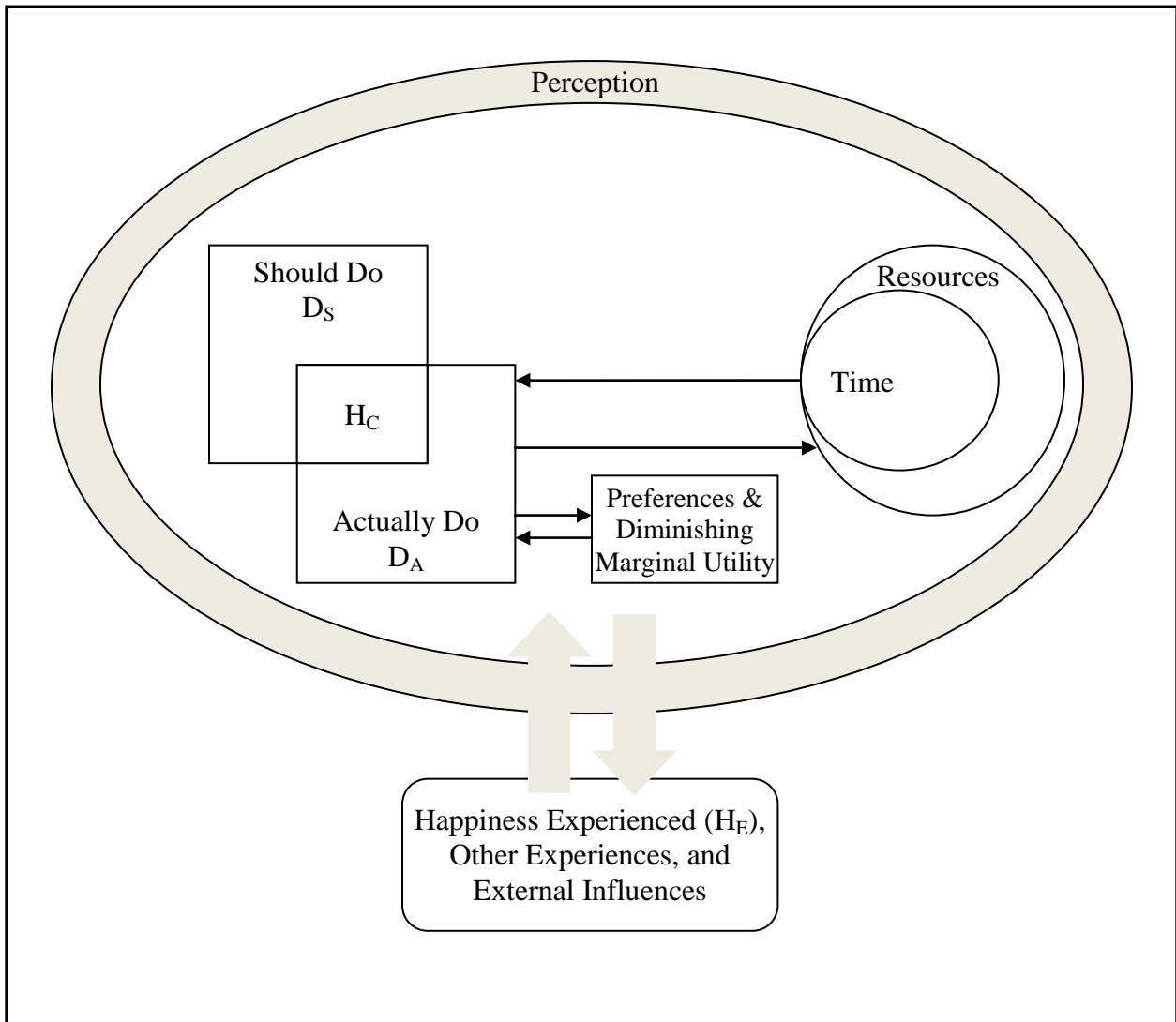


You May Be Happier Than You Think: Toward a Unifying Theory of Happiness
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D_S = Should do (happiness-producing behaviors, including mental processes)

D_A = Actually Do (behaviors, including mental processes)

$D_A = f(\text{perception, preferences, diminishing marginal utility, time, other resources})$

H_C = Conditional Happiness

$H_C = (D_S \cap D_A)$

(Theoretical) Maximum H_C occurs when: $(D_S \cap D_A) = (D_S \cup D_A)$

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$T = \text{Time (constant constraint)}$

$R = \text{Resources other than time (variable constraint)}$

$t = \text{average amount of time expended per behavior (efficiency-variable constraint)}$

$r = \text{average amount of other resources required per behavior (efficiency-variable constraint)}$

$R, r, T, t > 0$

$D_{\#} = \text{Total number of actual behaviors possible}$

D_A is always constrained by $D_{\#}$ such that:

$$D_{\#} = \min \left\{ \frac{R}{r}, \frac{T}{t} \right\}$$

$H_E = \text{Happiness Experienced}$

$p = \text{perception}$

$p = f(\text{past experiences, external influences, other factors})$

($p = 1$ means perception matches reality)

$$H_E = f(p) \text{ such that } \begin{cases} H_E < H_C & \text{if } p < 1 \\ H_E = H_C & \text{if } p = 1 \\ H_E > H_C & \text{if } p > 1 \end{cases}$$