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Happiness is a belief that a hoped-for state of affairs is coming into existence. Pleasure is limited to the feelings of the moment. Contentment is the feeling that a hoped for state actually exists. Unhappy reactions to being blocked from an activity are the best measure of a persons true goals. It matters little where you came from but greatly where you now choose to go and what you choose to do.

Seconds of action at HAPS	Unhappy Face Drawing	Scalable graphic symbol	Common group and action term / Starting .Age	Unique standard name	Quality of the happiness sought by the person.	Activities performed which are intended to bring about the desired type of happiness	Transitional behavior style and midway feelings of pleasure in performing activities.	Type of contentment at the fulfillment of the previously sought for goal.	Philosophical Schools, whose primary end goal of happiness is arranged by time extension.	Problems and Negatives
HAPS~0 1 x 2 ⁰			Relieved survival / 2	Relisur	Surviving from some life threatening stressor.	Desperate activities such as will bring about the survival of the physical body.	Reflexive survival such as jerking away, fleeing freezing, flashing aggressions, distractions.	The physical body is healthy and relatively unscathed by the environmental threats with the feeling of relief.	Survivalism = the primary goal is survival of the physical body and if possible the personality.	Exhaustion, death
HAPS~1 1 x 2 ¹			Reveling riot / 4	Revriot	Rebelling from all constraint; destructive glee, senseless ranting.	Extreme behavior which is releases pent emotional needs by brash destroying of perceived enemies.	Rebellion at the constraints of the restrictions placed by others, society or the world in general.	Feelings of wildness and license and unconstrained exuberance and absolute freedom.	Anarchism = seeks immediate freedom from all imposed limitations on thought and behavior.	Loss, Penury
HAPS~2 1 x 2 ²			Dreamy intoxication / 3	Dretox	Relaxation and feelings of satisfaction.	Consuming of vital foods and activities which tend to promote a physical well-being.	Eating, sleeping, lounging, sex, drinking to mild intoxication. Message.	Physical and psychological sensations of comfort and ease without any pain, threats, or anxieties about the future.	Eroticism = maximizing the immediate pleasures of the body, emotions, personality without thoughts of time.	Disease, fatigue
HAPS~3 1 x 2 ³			Nympholeptic orgasm / 12	Nymorg	Total comfort of the body and mind with easy and fun social relations.	Semi-passive participation in physical activities with direct pleasurable involvement; effortless.	Laying back in a relaxed state with no care for a moment past or future. Life in tranquillity; browsing.	The whole person is filled with a comfortable warm feeling that his body is meaningful and fulfilled.	Hedonism = maximizing the totality of pleasures of the bodily sensations over an extended lifetime.	Ennui, futility
HAPS~4 1 x 2 ⁴			Joyous communion / 15	Joycom	Perceiving pleasure in the positive group emotions and relations.	Getting together with people for feasting, partying, lectures and conversation.	Love, acceptance, romance, conforming, prayer, ritual, belief, conviction, security and meaning.	Social harmony in groups of like minded people cooperating in completing some group activity.	Beatitudoism = intimate connection with the ultimate group spirits through the use of group-work and ritual.	Xenophobia, hostility
HAPS~5 1 x 2 ⁵			Jolly merriment / 16	Jolmer	Security and status in a group with meaningful grand purpose.	Publicly participating with a group for some group defined higher and worthwhile end.	Acceptance of other peoples, social codes, and cultivating their group defined behavior.	Membership in a group which is achieving group defined goals which are grand in conception and achieved only by the group.	Socialism = joining with a group and its goals for the maximizing of its and one's own well-being.	Credulousness, exploitation
HAPS~6 1 x 2 ⁶			High thrill / 17	Hirill	Pleasure in acquiring and possessing good things.	Semi-passive participation in activities bringing on feelings of understanding and power.	The pleasure experienced when consuming prepared things like TV, books, food, art, sports events.	A mental and aesthetic pleasure at being in control at least temporarily of a high quality experience.	Epicureanism = maximizing total pleasure through the possession of artfully prepared items of beauty.	Obesity, incapacity
HAPS~7 1 x 2 ⁷			Exuberant triumph / 18	Xutri	Acquiring higher social status by doing spectacular and glorious deeds.	Struggling to perform with skill and luck some fairly specific and well defined deed.	Seeking fame and adulation by the superior performance of a group sanctioned activity as in Olympics.	Possessing the reputation of a hero in the eyes of the social group and receiving the honors from them.	Stoicism = using virtuous behavior: courage, physical and ethical as the ideal lifelong goal.	Rigidity, injury
HAPS~8 1 x 2 ⁸			Jubilant satisfaction / 20	Jubsat	Perceptual pleasure in the creation of permanent status and wealth.	Spectacular success in some ongoing activity like completion of a long anticipated project.	Contests for office, show of weapons, show of status symbols, and display of pride.	Satisfaction in having achieved the long sought for goal which has been gained by thought, energy and action.	Energieaism = the action of a person's virtues to the best ends available to the individual and the group.	Exploitation, profiteering
HAPS~9 1 x 2 ⁹			Cheerful pleasure / 25	Cheplea	Acquiring security, social and economic status by sustained productivity.	Working on a job or project which is building personal wealth, prestige and harmony with world.	Use of items; comfort in a world at peace with security of continued exclusive use of well earned products.	The type of life available to most adults most of the time resulting in a balanced well lived productive life.	Eudaimoniaism = living the long well balanced life utilizing a middle path of moderation in all activities.	Caution, distrust
HAPS~10 1 x 2 ¹⁰			Contented graciousness / 30	Congra	Earning and holding group sanctioned office and exercising its power	Creating potential happiness for many people by fulfilling important leadership role well.	Taking responsibilities for the care of the group and developing political skills granting compassion.	Acknowledgment of skill and performance in representing the group and their granting of power of their decisions.	Authoritarianism = social, political and personal power under group sanctioned and monitored guidance.	Corruption, pomposity
HAPS~11 1 x 2 ¹¹			Delighted fulfillment / 35	Deiful	Fulfilling a difficult social role which helps many people.	Having sufficient power or wealth that one can share it with others in a non-short term reciprocal way.	Expanding knowledge base, experimenting with reality, and publishing the results for everyone to use.	Exploring the limits of the real world and being satisfied that the results have been delineated and shown to others.	Scienceism = the finding testing, proving to peers and publishing to all the natural facts of existence.	Foolishness exposed, weapons
HAPS~12 1 x 2 ¹²			Sublime blessedness / 40	Subless	Guiding the groups large and difficult task to a positive result.	Creating new and useful products with the intention of helping everyone live a healthier, happier life.	Creating useful products; also that writing, music, and arts which enhance everyone's abilities.	Personal satisfaction at the realization that the unknown has been explored and better things are now available.	Utilitarianism = utilizing all available resources to maximize humanities survival and population vigor.	Sacrifice, overuse
HAPS~13 1 x 2 ¹³			Blissful contentment / 50	Blicon	Establishing a higher working social system.	Gathering, organizing and publishing complex material so that others can understand and use it.	Farsighted attention and developing to the maximum the social wisdom of the entire society.	Contentment at creating a working society which has the hoped for result in life with justice for its members.	Constitutionism = the analysis of social bodies with the intent of creating better healthier societies.	Tyranny, oppression
HAPS~14 1 x 2 ¹⁴			Seraphic enlightenment / 60	Serlite	Inspired creating of a healthy world of fully functioning people.	Creating of a working social system which enhances the health and happiness of everyone.	Personal pleasure of every type is ignored to place full attention and ability to the service of humanity.	Radiance at having created a system of living that goes out to all people and helps make their lives meaningful to all.	Theoria = creation of wisdom enhancing methods with the benefits available to everyone and everything.	Divine wrath