







myself happy. That is to say, I do everything I can and stay with it. The result is such a good feeling and happiness from doing so because I've done my best." (P1)

"Every day I live can be considered happy, though sometimes we all can't be together. My older sibling works far away and hardly sees me. But I think I'm happy, though it's not all perfect. (P21)

## Interdependence

Interdependence can be divided into four subcategories: living with others with understanding; being fulfilled from giving; having goodwill toward others; and appreciation of friendship, love, and bonding. The majority (23 of 26) of participants indicated the need to live with others with understanding, which encompasses being open to learning new things, understanding different viewpoints, and making decisions in life without imposing personal thought upon others; in addition, it includes adjusting to live happily with different people in different societies and being ready to forgive others.

After I had seen my friend's behavior, I felt like the feeling I had for him at first radically changed. I thought I shouldn't focus on just one point of view, but I should consider every side of him. It made me think that to know and have a relationship with a person, we shouldn't view just one side, but everything of that person. (P5)

Another participant stated, "When I feel that my heart is generous, I hope that I can understand and then see all the differences and diversities, making me accept them finally" (P13).

In addition, 19 participants indicated being fulfilled from giving, which entails the good feelings that occur when one has an opportunity to be a giver and sharer of something good to others. This also includes creating good things for society and being a model of living a good life for others. For example, one participant stated, "When I work or volunteer, my heart is elated. Any activities that I feel I do for the sake of the society and the whole" (P18). Another explained:

My happiness is when I do something for the society and something good for others. If we only think of doing good things for ourselves, we can only be happy temporarily and then crave something more. But when we do something good for others and sit down to see how those benefit others, it's like this can endlessly be beneficial for others and it makes us happier and happier than aiming only to make ourselves happy. (P5)

Similarly, 19 participants indicated the need to have goodwill towards others, referring to the feeling of happiness that arises when seeing others happy, having compassion and goodwill to help others from their suffering, and being satisfied to see the others having good things in life, growing, progressing or achieving.

If I can teach others that I have ever failed like that, this can help them walk farther than I did. This is one thing that makes me happy. If I hadn't failed that time, now I would be a national representative and other things. If I can help a child or a student reaches that point from my suggestion or what he learns from me, it's like I'm watching his success. (P5)

Another participant explained, "Only seeing my little siblings happy, seeing their smiles, only they are together, I am happy. I have had that experience. When I look back and see them together, I am already happy" (P1).

Finally, most (23 of 26) participants also indicated an appreciation of friendship, love, and bonding, which means heartwarming feelings from friendship, love, and goodwill in relation to one's significant others. It also includes self-esteem and understanding of the meaning of relationships with











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