



[Does Our Happiness Depend on Others?](#)

Is it possible to be happy alone? I don't mean alone in the sense of single or without family, I mean alone without human contact. Everyday we make hundreds of connections with others, and they bring us different emotions. Often times we walk into a conversation in a horrible mood, and we leave feeling happy, other times human interaction brings us down. I wanted to know if it is possible for us to find long term happiness in things outside of our relationships with others.

Clearly as people we find joy in many things, but when it comes down to it, the majority of it comes from connections we make with other people. Feelings of sadness often come from connections with others, and lack of connection with others. After looking on the [UCLA Newsroom](#), I found that connections are more than what we want, they are what we need. "‘Being socially connected is our brain’s lifelong passion,’ said Lieberman, a professor of psychology in the UCLA College of Letters and Science and a professor of psychiatry and biobehavioral science at UCLA’s Semel Institute for Neuroscience and Human Behavior. ‘It’s been baked into our operating system for tens of millions of years.’"

Because of this, I don't think it is possible to be happy and fulfilled without social connection. We need other people to bring the life into us. Our brain needs social connections to survive and thrive. Human contact is the basis of who we are and what we do. Every part of our lives and our emotions depends on others, whether we want it to or not.