

## **THE DARK SIDE OF THE WELL-BEING TOWARDS A POSITIVE GROWTH**

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I don't think there is a man on this earth who doesn't want to be happy. Tens of thousands of books in all possible languages give us tips on how to be happy and think positive. In the market, on the street or at the workplace we expect from other smiles and enthusiasm. Happiness slowly, slowly becomes a necessity of our day; but it focuses mainly on positive growth and much less on its real difficulties. Yes, well-being definitely has a dark side. Our thoughts and emotions reflect the world we are in and negative emotions are an integral part of it. Our lives I think they are truly wonderful, but sometimes tragic events slip in; and when this happens, we should be allowed to have negative thoughts with the whole range of feelings that it represents, because that is how we understand the world.

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