

A silly little smile

Been wanting to write about the experience of randomly smiling because of events that one would not immediately recall when thinking about happiness. This has been happening to me a lot lately, which is good, but I haven't been able to pin down its causes yet, and thus willingly replicate it.

Today a friend talked about walking out of a meeting feeling fulfilled. This is exactly the sort of thing that can cause what I'm describing as the "silly little smile", so I took it as a sign to stop delaying this reflection.

The silly little smile is beautiful **beyond comprehension**. Maybe because it is literally beyond rational comprehension (holly shit first reference to embodiment, let's go 📖 The body gets it): It's **sporadic, uncontrollable, natural**. None of these adjectives belong in the field of thought process. Much like when we hug someone simply because it feels right, the silly little smile comes from the body way more than from the mind and that makes it way more special (to me) than any rational display of happiness.

Apart from the physical origin of the smile, another characteristic that makes this a special phenomenon to me is the seemingly complete randomness of the events that trigger it. Things that have triggered silly little smiles in me: A message/call from a friend, a nice thought, a good memory, funny sounds, a sense of fulfillment, good food, a great tweet... honestly this list is immense by now, as it should be. The most obvious common characteristic between all of these events is that I was always feeling great and being myself, I was always [non-doing happiness \(???\) as opposed to trying to be happy](#).

When the silly little smiles happen and I notice them, they make me become even happier, proving that [you can change your mood by tricking the mind through body action](#) that it associates with a certain emotion: Smiling → Happiness



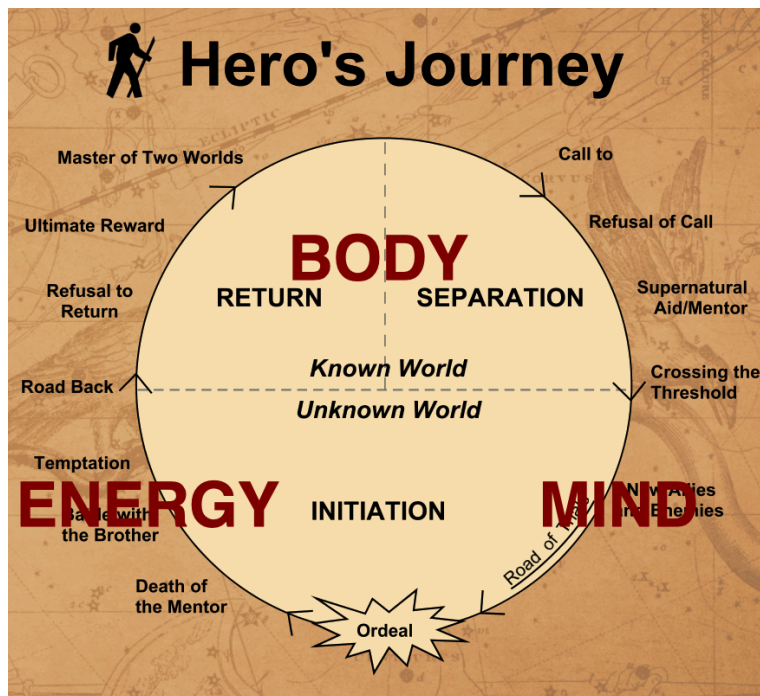
But that is not the thing I wanna focus on now.

Why do silly little smiles happen?

On first analysis, I am tempted to say "because we feel great" but there have clearly been times when I was not feeling at my best and they still occurred, so the root of it must be deeper: I'm

thinking about either some specific mental model I've come to grow more attached to in the past few months or self-love. Both seem equally possible and connected.

As mentioned in the beginning, this has been happening more frequently ([or at least I'm noticing it more frequently](#)) in the past 2-3 months maybe. What has changed in this time frame? Well, things have been going well in life in general and [I'm happy with the current things](#) happening in my life so the general feeling is one of deep happiness and fulfillment with the occasional downs that one normally has. I've also been feeling extremely calm and confident that my hero's journey will be a glorious one. This gives me an [unshakable core](#) of self-love and acceptance from which to expand into all areas of life. Long gone are the days of self-coercion as a means to achieve goals.



The silly little smiles probably come from that core... It's worth exploring, let's do it.

Not entirely sure where it came from, but the core has been building up since I went on Erasmus, in August 2018. During those months some things started to change in my character and way to deal with life. After my return to Portugal, all the changes kind of went down the drain and I went through a very rough period personally, but it was too late to completely forget all the changes and go back to my old ways because I had already FELT WHAT A NEW WAY COULD BE LIKE. So a very slow process of rebuilding started from maybe March 2019 until January 2020. Then in February 2020, with the start of my company, that core building process became faster because I was in a better place mentally. However, December 2021 was when things really took off for me in terms of self-development and overall learning mental models that somewhat stabilize my feelings. (I am a very intense person, so a little bit of stability is appreciated)

The appearance of silly little smiles coincides with the ramping up of my self-development and has itself been becoming more intense the stronger that core becomes.

Maybe **silly little smiles are the physical form of self-love.**

That sounds good to me.

Gotta go to sleep now lol