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There are a number of possible explanations for this "addiction" to unhappiness: Deep-rooted insecurity or lack of self-esteem may cause some people to feel undeserving of happiness.

Are You Addicted to Unhappiness? | Psychology Today
Are you addicted to unhappiness? Unhappiness is deceptive: you can be unhappy, and that could be making you 'happy' Published: January 30, 2019 14:57 Karishma H. Nandkeolyar, Assistant Online Editor

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unhappiness addiction: 1. Activate the reward center of the brain with gratitude instead of negativity. Shame, guilt, and worry trigger the same brain chemicals gratitude does.

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The thing is that we are not addicted to unhappiness, we are conditioned and programmed for it as a thousands of years old survival mechanism.

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Paperback □ March 29 2004 by Martha Heineman Pieper (Author), William J. Pieper (Author)

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