

What, how, and who did you share insights with? Don't use names just state the relationship:

I shared with my sister Maraih over zoom, about Elder Holland's teachings on happiness.

What were you able to share with another person(s)?

We read through the part of Elder Holland's talk 'Living After the Manner of Happiness.' We talked about how happiness often comes when we are doing something else, and that there is a difference between *living after the manner of* happiness and being happy.

What did you experience as you discussed or taught these concepts outside of class? How might this experience help you be a better person? If the experience was not a positive one, write about that too but in the context of what you learned from the experience to make you a better person.

What did you learn about their experience, perspectives or what life is like for them?

The experience was a good one, and we had a great discussion. I learned a little more about what it's like to be happy with depression; my sister Mariah has struggled with depression for a long time now. She talked about how it's hard to ever feel happiness, but that in some ways she could find momentary pleasure in the smell of old books or new leather. She said that while happiness is few and far between, there are little things that will make the depression worse, like not having a routine or taking care of your body. That even with depression there is still a way to live after the manner of happiness.

In what ways did this experience affect your relationship with this person(s) or influence your lives for the better?

I think it was a good, opening experience. She shared a lot of her personal perspective which is often very good for relationships.

What understanding or testimony did you gain or strengthen through this experience?

I gained more strength in my understanding of my sister Mariah and the love that she has for me.