

The Happiness Curve

Homeowners experience all kinds of emotions, such as anticipation, euphoria and discouragement, during the course of a remodeling or new construction project. For example, your expectations are the highest when planning the project with your designer. Once carpenters, electricians, and other subcontractors descend upon your home, you can expect to feel some degree of uneasiness. However, as the project winds down and you prepare to occupy your space, your emotional pendulum swings in the other direction again.

A remodeling project can affect more than the rooms of your house. It can also upset the daily balance of your life and cause anxiety, stress, and feeling loss of control. Some people experience a natural phenomenon known as remodeling distress when they feel that their personal space has been invaded. The best way to deal with remodeling distress is to prepare for the inevitable disruptions and to realize that these changes are only temporary.

A new construction project causes anxiety and stress, as forces beyond your control seem to drive your project, and you wonder if your hopes and dreams will be realized. Hundreds, if not thousands, of decisions must be made. This can make you feel that your life has been taken over by your construction project, when you have other responsibilities to family and work. We have discovered that you will feel the “least happy” just before you see the “light at the end of the tunnel.” Your unhappiness may be tempered by the knowledge that the project is coming to its conclusion.

The year or so of stress and anxiety will be followed by many years of “blissful” enjoyment.

