

High Three - Unit Five - Summary

We all search for different things. Some of us seek money, some seek fame, some seek love, and some seek health. However, it's been a common belief that we are all ultimately searching for **happiness** as we could in our daily lives. The main question which remains unanswered, what is happiness itself, and how could we find it?

Seeking the meaning of happiness in the *American Heritage Dictionary* defines it as “Enjoying, showing, or marked by pleasure, satisfaction, or joy.” As you noticed, the definition is so bright, but its concept is still vague since we could find many paradoxes. For example, craving something or even somebody has happened for most of us, but it would turn so routine for us as we got that thing.

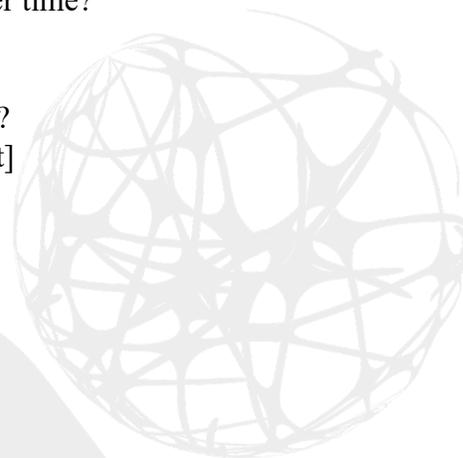
To realize the above paragraph, we need to distinguish what we think would make us happy and what really does. According to what psychologists say, strong emotions like love, anger, stress fades away. There is a physical-chemical reaction in the brain as it pertains to passion. They regularly try to keep our brain in a stable condition, trigger enforcement for positive feelings and a negative one.

The new evidence comes from the psychological experiments on human beings, which indicates that we are not good at predicting our future feelings. There is a big difference between what we decide right now for next time and what we really would decide. In one experiment, some students were interviewed and asked that in what climate condition they would feel happier. Warm climate or a cold one? Most of the responses indicated a more temperate climate, but analyzing the results, scientists noticed that they felt the same in both climates! Psychologists suspected that our natural disposition — for optimism or negativity — might be a more powerful predictor of future happiness than any specific event. And most of us ignore our personalities when thinking about what lies ahead and miscalculate our future feelings.

The second and last factor that we should notice about happiness is adaptation. To some degree, people adapt to conditions so that our circumstances may not influence our joy as much as one might predict they would over time. For example, when you do not agree with your wife's style while purchasing some new furniture for your home, avoid being adamant. Don't forget you will adapt to that furniture too soon!

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- 1- Why is the definition of happiness an abstract concept for most of us?
- 2- What is the role of our brain in our daily happiness?
- 3- Why are some experiences linked with long-term exhilaration while others are the opposite?
- 4- How can adapting to a new condition affect our feelings of happiness?
- 5- Do you agree that money brings happiness? [why/why not]
- 6- Why can some strong emotions, such as love be faded over time?
- 7- How can we increase our daily positive emotions?
- 8- Why aren't we good at forecasting our future feelings?
- 9- What is the difference between happiness and satisfaction?
- 10- Are you happy with the way of your living? [why/why not]



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