



PRÉCIS

Central Superior Services Examination (CSS) 2011

The psychological causes of unhappiness, it is clear, are many and various. But there is something in common. The typical unhappy man is one who having been content in youth of some normal satisfaction, has come to value this one kind of satisfaction more than any other, and has, therefore, given to his life a one-sidedness together with a quite undue emphasis upon the achievement as opposed to the process in the present day. A man may feel so completely thwarted that he seeks no satisfaction, but only distraction and oblivion. He then becomes a devotee of "nothingness". That is to say, he seeks to make life bearable by becoming less alive. Happiness, for example, is temporary suicide; the happiness that it brings is merely a momentary cessation of unhappiness. The narcissist and the megalomaniac believe that happiness is possible, though they may adopt mistaken means of achieving it. The man who seeks intoxication, in whatever form, has given up hope except in himself. In his case the first thing to be done is to persuade him that happiness is possible. Men, who are unhappy, like men who sleep badly, are always proud of their condition. Perhaps their pride is like that of the fox who had lost his tail; if so, the way to cure is to point out to them how they can grow a new tail. Very few men, I believe, will voluntarily choose unhappiness if they see a way of being happy. I do not deny that such men exist, but they are not sufficiently numerous to be important. It is common today, as it has been in many other periods of the world's history, to suppose that even among us who are wise have seen through all the enthusiasms of earlier times and have become aware that there is nothing left to live for. The man who holds this view is naturally unhappy, but they are proud of their unhappiness, which they attribute to the nature of the universe and consider to be the only rational attitude for an enlightened man. Their pride in their unhappiness makes less sophisticated people envious of its genuineness; they think that the man who enjoys being miserable is detestable.



Final Draft

Unhappiness: A choice or a fixation

There are many psychological reasons for unhappiness. All reasons include the lack or void of something that person thought is valuable. Many start to find salvation in temporary addictions instead of looking for satisfaction. They need to be taught that desiring happiness is not wrong. Many unhappy people give up this pursuit and become comfortable in their unhappiness.

They romanticize it, and make it their cloak and call it enlightenment.

Many people ~~are~~ ^{get} suspicious because they think a man who is enjoying his misery is paradoxically, not miserable.

(86 words)

Suitable Titles

1. Paradox of happiness
2. Psychology of happiness
3. Addiction vs satisfaction: Defining happiness
4. Moral pursuit of happiness

Remarks by Examiner

Main précis

	Yes	No
Main idea is picked	<input type="checkbox"/>	<input type="checkbox"/>
Main aspect(s) of an idea is/are covered	<input type="checkbox"/>	<input type="checkbox"/>
Written in student's own language structure	<input type="checkbox"/>	<input type="checkbox"/>
Cohesion/rhythm/orgnization needs improvement	<input type="checkbox"/>	<input type="checkbox"/>
Spelling(s) mistakes are found	<input type="checkbox"/>	<input type="checkbox"/>
Need for improvement in grammar	<input type="checkbox"/>	<input type="checkbox"/>
Is length per Requirement?	<input type="checkbox"/>	<input type="checkbox"/>

Title

	Yes	No
Title matches with précis/main idea	<input type="checkbox"/>	<input type="checkbox"/>
Language of title is weak/incorrect	<input type="checkbox"/>	<input type="checkbox"/>
Length of title as per standard	<input type="checkbox"/>	<input type="checkbox"/>

Marks

Main Précis: _____/15

Title: _____/5

Remarks
