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Psychological Causes of Unhappiness

There are various psychological causes of unhappiness. The most common cause that makes people unhappy is when they do not get something they wished for in their youth. They later spent their entire life pursuing that deprivation and still remain unhappy. Some people find pleasure and happiness through unsafe practices like intoxication that temporarily cease unhappiness and keep them distracted. Beside them, some people take pride in being unhappy, which is hard to believe, because no ~~one~~ man can choose to remain unhappy unless he does not know how to be happy. Then there are others who are convinced that they have seen everything in this world and hence there is nothing to be happy about. They believe that the more a person is unhappy the wiser and more mature he is. Due to this, naive people start to question about the genuineness of their happiness.

Word Count - 135