

## Précis 12: CSS 2011

Q.2: Write a précis of the following passage and suggest a suitable title: (20)

The Psychological causes of unhappiness, it is clear, are many and various. But all have something in common. The typical unhappy man is one who having been deprived 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-sided direction, together with a quite undue emphasis upon the achievement as opposed to the activities connected with it. There is, however, a further development which is very common in the present day. A man may feel so completely thwarted that he seeks no form of satisfaction, but only distraction and oblivion. He then becomes a devotee of "Pleasure". That is to say, he seeks to make life bearable by becoming less alive. Drunkenness, for example, is temporary suicide; the happiness that it brings is merely negative, a momentary cessation of unhappiness. The narcissist and the megalomaniac believe that happiness is possible, though they may adopt mistaken means of achieving it; but the man who seeks intoxication, in whatever form, has given up hope except in oblivion. In his case the first thing to be done is to persuade him that happiness is desirable. Men, who are unhappy, like men who sleep badly, are always proud of the fact. Perhaps their pride is like that of the fox who had lost his tail; if so, the way to cure it is to point out to them how they can grow a new tail. Very few men, I believe, will deliberately 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 in our day, as it has been in many other periods of the world's history, to suppose that those 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 are genuinely 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 suspicious of its genuineness; they think that the man who enjoys being miserable is not miserable.

# CSS Precis : 2011

## Title :

Psychological causes, effects and Solutions of Unhappiness

One common psychological cause of unhappiness is that an unhappy man always wishes for that very value which he has lost. There is another modification in this regard. A frustrated man pursue pleasure from negative means of intoxication. Similarly, there are people who feel proud of their unhappiness and distractions as they really do not know how to catch up with enthusiasms and happiness. If one is able to figure out how to be an enlightened man, there would be least chances for him to seek oblivion. The solution to these psychological issues is to convince an unhappy man that happiness is not only a wishful thinking; it is possible to achieve it. He needs to get rid of his irrational attitude for unhappiness, which is nothing but a self-deception.

Total words = 392

Reduced to = 130