

Unhappiness is nature of universe

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Day:

According to psychologists, cause of unhappiness is lack of satisfaction which have been deprived. Only emphasis on bad side of life. Nowdays, It's become difficult for them to getting satisfaction and it is common that they are distracting themselves to reality. They start seeking pleasure in unbearable things that's are responsible for pleasure and leaves negative impact on life. It becomes cause of unhappiness. According to experts happiness can be achieve by trying and face mistakes but, they seek in unhealthy way. Desire and happiness is interconnected. Unhappy people feel lost something; that can be achieve by adopting healthy way. There are few men who chose unhappiness rather than oblivion. It's not new but it has been from inception but, that time people were more energetic and carry talents to deal with it. They knew that unhappiness is nature of universe. They accept unhappiness rather than sophisticating and enjoy being miserable.

Q.2. Make a précis of the given passage and suggest a suitable heading:

(20 + 5 = 25)

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 hold 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.