

## Unhappiness : Psychological Causes, Impacts and Remedies

There are multiple psychological causes of unhappiness. Commonly an unhappy man misses out on an experience in adolescence. He then becomes obsessed with achieving it now. Moreover, a man may give up the hope to achieve contentment and instead look for distractions. Intoxication can provide a temporary respite from unhappiness. There are some men, such as narcissists and megalomaniacs, who seek to get happiness through wrongful means. Others develop a sense of pride in their unhappy state. They regard it as a sign of an enlightened man. However, the remedy for unhappiness is to convince these men that happiness is desirable and can be achieved.

Words: 105