

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.

Causes of Unhappiness

There are many causes of unhappiness in life. Unhappiness often stems from deprivation of normal satisfactions at young age. However, in contemporary society individuals usually feel deeply frustrated in life and escape their reality through various forms of pleasure-seeking activities. Moreover, another cause of dissatisfaction is a sense of disillusionment, which is a recurring theme throughout different ages. It is belief of enlightened persons that life lacks meaning and purpose. Such persons ^{are} not only unhappy but also take false pride in their unhappiness. They ascribe their unhappiness to deeper understanding of the universe. While the individuals, who find life meaningful and joyful, suspect the actuality of their unhappiness. So, the only remedy for unhappiness is to convince the unhappy that happiness is desirable and worth-pursuing.

Word Count

Words in Original Passage: 392

Words in Precis: 127

Sentence Correction

1- What would you say if you were there?

Ans. what would you have said if you were there?

2- What would you have said if you were there?

Ans. what would you have said if you had been there?

3- He has visited as many historical places as one has or can visit.

Ans. He has visited as many historical places as one could visit.

4- Pakistan has and will support the Kashmiris.

Pakistan has been and will continue supporting the Kashmiris.

1. After studying for hours, the exam seemed easy.

After studying for hours, I found the exam easy.

2. Running to catch the bus, the keys were left on the kitchen counter.

Running to catch the bus, I left the keys on the kitchen counter.

3. Running down the street, the tree suddenly appeared.

Running down the street, I suddenly saw the tree.

4. Covered in flour, the oven baked the cake perfectly.

The oven perfectly baked the cake covered in flour.

5. Being in a hurry, the traffic lights seemed to conspire against me.

As I was in a hurry, the traffic lights seemed to conspire against me.

6. Tired and hungry, the sandwich was devoured in seconds.

As I was tired and hungry, the sandwich was devoured in seconds.

Being tired and hungry, I devoured the sandwich in seconds.

7. Biking through the park, the scenery was breathtaking.

Biking through the park, I saw a breathtaking scenery.

8. Confused by the instructions, the recipe was difficult to follow.

As I got confused by the instructions, the recipe was difficult to follow.

9. Filled with excitement, the tickets were purchased for the concert.

Being filled with excitement, I purchased the tickets for the concert.

10. Walking down the path, the dog's tail wagged happily.

As the dog walked down the path, the dog's tail wagged happily.

→ while sleeping, the house caught on fire.

while she was sleeping, the house caught on fire

→ Chewing slowly, the pepperoni pizza tasted delicious.

Chewing slowly, she felt that the pepperoni pizza tasted delicious.

→ My favourite pizza topping is mushrooms they are really tasty I also like pizza with olives.

My favourite pizza topping is mushrooms because they are really tasty. I also like pizza with olives.