

Précis 12: CSS 2011

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.

PRÉCIS:

Title: Psychological Causes of Unhappiness.

There are many psychological reasons of unhappiness. One of the reasons of unhappiness has been the deprivation of satisfaction in life.

The other thing that make people unhappy is the feeling of dissatisfaction and destruction in life. The man then adopts mistaken means to

achieve happiness. The narcissist and the megalomaniac believe that happiness can be achieved though he adopt mistaken means to become happy. In

contrast, the writer believes that unhappy man can be made happy by teaching him the ways to achieve happiness. Moreover, the other kinds of

men who are unhappy make pride of their unhappiness. They believe that they have seen every thing in their lives and have become aware there

is nothing valuable in this world left

to live for. According to the writer, in reality these people are unhappy, but it happiness in their perception.

Words in precis: Approx 135 words
 Words in paragraph: 370 words.