

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.



Precis: 2011

There are various psychological causes for being unhappy. A man is unhappy because he is deprived <sup>of</sup> from attaining a normal satisfaction. Another, is unhappy because he is distracted in achieving his goal. Some people adopt artificial ways to gain temporary happiness. Some people are <sup>of</sup> ~~in~~ the view that happiness cannot be <sup>achieved</sup> and become hopeless. No one chooses unhappiness over happiness. To a wise man everything seems meaningless and he thinks that nothing <sup>is</sup> left in the world to live happy for. But a man can only be live happy if he enjoys his miseries.

Title: The Psychological Causes of unhappiness.

Passage words counted: 360

Precis words counted: 112



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Translation from Urdu into English  
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If you want to know about your demerites then check the views of your enemies that what they say about you. Our friends do not criticise us because they care about our feelings. First they do not consider our small mistakes or hide it to make feel us better. But our enemies search for every bad thing we commit. They make our little mistakes to appear <sup>big</sup> as a matter of fact there is something real in it. Friends always exaggerate our good deeds, but enemies exaggerate our bad deeds. Therefore, we should be more thankful toward our enemies than friends. If we see in this context our enemies are doing better than our friends.

**Translate the following into English by keeping in view figurative/idiomatic expression. (10)**

اپنے پوشیدہ عیبوں کو معلوم کرنے کے لیے یہ دیکھنا ضروری ہے کہ ہمارے دشمن ہم کو کیا کہتے ہیں۔ ہمارے دوست اکثر ہمارے دل کے موافق ہماری تعریف کرتے ہیں۔ اول ہمارے عیب ان کو عیب ہی نہیں لگتے یا پھر ہماری خاطر کو ایسا عزیز رکھتے ہیں کہ اس کو رنجیدہ نہ کرنے کے خیال سے ان کو چھپاتے ہیں۔ یا پھر ان سے چشم پوشی کرتے ہیں۔ ہر خلاف اس کے ہمارا دشمن ہم کو خوب ٹٹولتا ہے اور کونے کونے سے ڈھونڈ کر ہمارے عیب نکالتا ہے، گو وہ دشمنی سے چھوٹی بات کو بڑا بنا دیتا ہے۔ مگر اس میں کچھ نہ کچھ اصلیت ہوتی ہے دوست ہمیشہ اپنے دوست کی نیکیوں کو بڑھاتا ہے اور دشمن عیبوں کو۔ اس لیے ہمیں اپنے دشمن کا زیادہ احسان مند ہونا چاہیے کہ وہ ہمیں ہمارے عیبوں سے مطلع کرتا ہے۔ اس تناظر میں دیکھا جائے تو دشمن دوست سے بہتر ثابت ہوتا ہے۔