

## PRECIS

### Original Paragraph

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.

## Line by Line

There are many psychological reasons for unhappiness, one being common that the person deprived of some satisfaction starts accepting bare minimum and starts living in one direction, opposing to work for further success. A man who falls into pessimism always seeks some distraction to justify his unwillingness to succeed. He starts relying on temporary ways of happiness. Some narcissists believe that happiness is achievable through wrong ways, but a person who seeks such ways has already lost time in his life.

Therefore, in such a condition, one should make him believe that happiness is achievable through the will to achieve it. People who are unhappy always feel proud of being unhappy, while this feeling is the loss of an integral part of life which one should persuade to get back. If people find the way to be happy, they will definitely never want to be unhappy. It is also true that wise people have gone through such a condition of being unhappy and they link it to the nature. These thoughts make person believe that enduring misery is not bad.

## 1<sup>st</sup> Draft

Among various psychological reasons of unhappiness, deprivation from most wanted thing is very common. Person who donot get what he wants starts accepting bare minimum and seeks distraction to justify his unwillingness to succeed. He starts relying on temporary ways of happiness and feel proud of being unhappy. But if one can find way to be happy, he would never want to be unhappy. Therefore, one should try to convince unhappy person that happiness is possible and desireable.

## Final Draft

Among various psychological reasons for unhappiness, deprivation of desired things is very common. A person who does not get what he wants starts accepting bare minimum, seeks distraction, relies on temporary happiness, and feels proud of being unhappy. However, if one finds a way to be happy, he would never choose unhappiness; therefore, it is important to convince unhappy person that happiness is possible and desirable.

TITLE: Psychological Reasons of Unhappiness and Regain of Happiness.