

Would winning the lottery make you happier? - Raj Raghunathan

Imagine winning a multi-million dollar lottery tomorrow. If you're like many of us, you'd be ecstatic, unable to believe your good luck. But would that joy still be there a few years later? Raj Raghunathan describes a phenomenon called hedonic adaptation, which may shed light on the answer.

Video -

1. Based on a study of lottery winners, it was found that winning the lottery:

- A Has little or no effect on long term happiness
- B Can make you less happy than you were before winning it
- C Has little effect on the intensity of anger, stress, and sorrow in your life
- D A and b only
- E All of the above are good answers

2. The hedonic treadmill:

- A Discusses our ability to keep working despite wanting to quit
- B Our continual attempt to make more and more money
- C Describes our tendency to adapt to a new situation and maintain a stable emotional equilibrium
- D Makes us less emotionally sensitive to any kind of change
- E Both c and d

3. Winning the lottery sometimes not be a wonderful event. What can happen?

- A It may be difficult to manage large sums of money
- B A person may spend or lose it all too quickly
- C It may be socially isolating
- D It may make you not such a nice person
- E All of the above

4. The more you spend money on _____ the happier you will be.

- A Expensive cars
- B Food
- C Experiences
- D Your home

5. You have received a large sum of money, the best way to ensure your happiness is to:

- A Immediately spend it on something for yourself
- B Spend it buying something for someone else
- C Put it in the bank
- D All of the above