Contemporary Topics 1: Unit 1- Psychology- Happiness

Complete the following notes using a word, phrase, or number.

I. Introduction

Happiness

1. Measurement
2. _____
3. Change _____ of happiness?

II. Measurement

Interview people

1. Q: How _____ are they?
2. _____ information
3. use _____ → common characteristics

III. Characteristics

A. Not _____ characteristics

1. Money
2. _____
3. Youth: (_____year olds happier)

B. Common _____

1. Strong _____ w/ family & friends
2. _____ /other beliefs →life has meaning
3. Set goals

IV. Possible to _____ level of happiness?

A. Some psychologists: _____

1. Depends on _____/attitude
2. Difficult to _____

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B. _____ psychologists: Yes

1. Ex: Gratitude visit
    a. Write _____ of thanks
    b. Ø _____
    c. Visit & _____
2. Why ex. works
    a. Helps feel more _____
    b. Giving/helping others → gives _____ to life
3. Other exercises:
    a. Focus on _____ things
    b. Use strengths to _____ goals
4. Exercises have _____
    a. Happier ~ 3_____
    b. Not complete _____ in personalities

V. Conclusion: We can _____ to be happier.

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