

Read the passage given below.

The difference between effectively and ineffectively pursuing happiness may all be in how we go about it. Research suggests that people who strive to feel happy all of the time may suffer disappointment, and people who pursue happiness, as if it were the only thing that matters may, ironically, chase happiness away. But these are not the only ways you can go about pursuing happiness. Another approach involves what I call "prioritizing positivity": deliberately organizing your day-to-day life so that it contains situations that naturally give rise to positive emotions. This way of pursuing happiness involves carving out time in your daily routine to do things that you genuinely love, whether it be writing, gardening or connecting with loved ones. This way of pursuing happiness means proactively putting yourself in contexts that spontaneously trigger positive emotions.

One reason is that prioritizing positivity involves monitoring one's daily itinerary, not one's moment-to-moment emotional experience. As research has revealed, the mere act of monitoring one's happiness from one second to the next may get in the way of positive emotions. In contrast, we thought a more effective strategy would be "situation selection," which involves approaching (or avoiding) situations that naturally trigger certain emotions. Going for a walk with your partner after dinner is one way you might use situation selection to experience a feeling of tranquility. The tendency to prioritize positivity draws upon this strategy.

We also predicted that prioritizing positivity would predict greater happiness and fewer symptoms of depression because of its relevance to daily life. The "highs" we get from one-time events like going on a vacation or winning a prize wear off over time. As a result, effectively pursuing happiness may require engaging regularly in behaviours that promote happiness. By its nature, prioritizing positivity increases the chance that we will weave these positive behaviours into our daily lives rather than just maintaining a general desire for happiness or expecting it to come from a few isolated events.

The science on the deliberate pursuit of happiness is young, so any prescriptions for happiness must be offered with the caveat that the research is still evolving and conclusions might

be subject to change. I do have some speculations, based on my research, about how people might more effectively pursue happiness. First, let go of extreme ways of relating to your happiness. Don't set the unrealistic goal of feeling positive emotions all or even most of the time. Second, reflect on the activities that give you joy or contentment. This thought experiment should be highly personalized. Finally, once you think of a couple of activities, schedule them into your upcoming week.

The pursuit of happiness is not easy. If people attempt it with unrealistic expectations and too much attention, they risk sabotaging it. But this doesn't mean you should give up on trying to be happy. It may be more effective to adjust your daily routine so that it includes activities that naturally spark interest or contentment. Seeking happiness, although a delicate art, may still be a worthwhile pursuit.

On the basis of your understanding of the passage, answer the questions from the twelve that follow.

- (i) The reason why some people might chase away happiness is because of the
- (a) constant pursuit of happiness as the ultimate thing.
 - (b) prioritization of positivity.
 - (c) strategizing of happiness goals.
 - (d) prediction of greater happiness.

(ii) Choose the option that best captures the central idea of the passage from the given quotes.

Life does not have to be perfect in order to be happy.	Pursuit of happiness is not a chase but a realization. —Y Q Baba	Now and then it's good to pause in our pursuit of happiness and just be happy. —Robert Brault	Happiness is not having what you want. It's wanting what you have. —Hazrat Ali Ibn Abu
(1)	(2)	(3)	(4)

(a) Option (1)

(b) Option (2)

(c) Option (3)

(d) Option (4)

- (iii) Which of the descriptions are apt about pursuit of happiness in the following context—
 “Seeking happiness, although a delicate art, may still be a worthwhile pursuit.”?
- | | | |
|---------------|-----------------|-------------|
| 1. meditative | 2. difficult | 3. worthy |
| 4. stiff | 5. discoverable | 6. priority |
- (a) 1 and 5 (b) 3 and 6 (c) 3 and 5 (d) 1 and 6
- (iv) Which of the following will be the most appropriate title for this passage?
- | | |
|----------------------------|------------------------------|
| (a) Ideas About Happiness | (b) Smiling Through it All |
| (c) The Happiness Quotient | (d) The Pursuit of Happiness |
- (v) The phrase “prioritizing positivity” refers to
- | |
|---|
| (a) shelling out time from daily routine. |
| (b) situation selection. |
| (c) experiencing tranquility. |
| (d) organizing daily life according to positive emotional triggers. |
- (vi) Select the option that makes the correct use of “trigger” as used in the passage, to fill in the blank space.
- | |
|--|
| (a) Pierre lifted the pistol and threatened the girl with the finger on the _____. |
| (b) Try acupuncture to ease the pain _____. |
| (c) Lack of sleep or too much sleep can _____ a migraine. |
| (d) Push the plunger and pull the _____. |
- (vii) The author attempts to _____ the readers through this write up.
- | | | | |
|------------|------------|--------------|----------|
| (a) rebuke | (b) advise | (c) question | (d) help |
|------------|------------|--------------|----------|
- (viii) The author uses a lot of words with positive connotations in the passage. Which of the following is NOT a positive word?
- | | | | |
|------------|-----------------|----------------|-----------------|
| (a) caveat | (b) contentment | (c) worthwhile | (d) tranquility |
|------------|-----------------|----------------|-----------------|
- (ix) What does the author mean when he says, “the ‘highs’ we get”?
- | | |
|------------------------------|-----------------------------|
| (a) happiness and excitement | (b) tiredness and weariness |
| (c) consistent pursuit | (d) fear of failure |
- (x) Choose the option that correctly states the two meanings of ‘speculations’ as used in the passage.
- | | |
|------------------------------------|-----------------------------------|
| 1. a theory formed by a person | 2. an investment made by a person |
| 3. the declaration about something | 4. a prediction |
| 5. a rumour | |
- (a) 1 and 5 (b) 2 and 5 (c) 1 and 3 (d) 2 and 3
- (xi) The author explains the pursuit of happiness through a concept of –
- | | |
|------------------------------|------------------------|
| (a) prioritizing positivity. | (b) daily activities. |
| (c) engaging behaviours. | (d) careful selection. |
- (xii) What is the message conveyed in the last paragraph of the passage?
- | | |
|------------------------------|------------------------------------|
| (a) Prioritize positivity. | (b) Give up on trying to be happy. |
| (c) Do something worthwhile. | (d) Seek happiness. |