

Profile interview essay

[Life](#), [Friendship](#)



CHRISMOND Mr. POWELL ENG 111 June 22, 2012 A Model of Happiness Janet Irma Victor was born on July 25, 1952. Janet, originally from Haiti, moved to New York with her family at sixteen years old. Coming from a large family with two brothers and three sisters, she was determined to be successful and have a joyful life. She majored in Human Resources and management at Columbia University. Janet defines happiness as an agreeable feeling of joy and wellbeing. She enjoys being active, meeting new people, and being with friends. Her definition has evolved over the years. She says, " When you are young, you do not think about happiness, because you are born with a certain personality. You are always happy because it is acquired." Janet knows that she is happy when she is not depressed. She said, " Happiness is a feeling inside where you don't mope. You have to be active, and pleasant to people." When I asked her how she feels or react when she is unhappy; she answered, " When I am down I try to keep myself occupied. I will not pass it on anybody else; since it is my personal issue I have to deal with it." I asked her what could make her unhappy she said, " I do not mope or get sad about other people. I am never sad." She has many activities that contribute to her happiness. She loves to read; she likes to meet and be with friends or colleagues; and she likes sewing, working out for hobbies. Indeed, everything that can keep her active. When I asked Janet how other people's attitudes affect her, she said that she is concerned when there is arguing, or when people are sad. In such a case, she will try to comfort them and make them feel at ease. Janet's childhood had an effect on her sense of happiness. " I had a dear mother who learned me a lot. She had a level four cancer, but that never got me down. I also had two brothers. I faced many difficulties in

my childhood, but I was blessed to have my personality, so they did not get me down. My siblings however, got knocked down because our father was an alcoholic and incomprehensible. This made me sad sometimes, but it did not affect me deeply. I still had many happy times. My siblings and I used to laugh behind closed doors. We had many good times together." When I asked how her childhood influenced her personality, she said, " Having such a wonderful mom, I was never down. She inspired me the sense of happiness; the simple way she lived, and her compassion for others. Although my father was alcoholic and incomprehensible, she lived with him and loved him as if everything went well." Janet's mother taught her that no matter how bad things are, you have to live. You cannot change it and you cannot let it take you down. Education played an important role in Janet's life. Because the opportunities for women were limited she decided to go back to school to major in medical field; and she chose nursing." Janet's career in nursing led her back to Haiti where she met her husband, Paul Victor. She has great memories of spending time with her husband in Haiti. When I asked her what she is most proud of in her life, Janet replied, " My husband and I had two wonderful children, unfortunately my daughter passed away in a car accident, and the boy became a successful man; then I am so proud of him." Janet believes that there is a relationship between love and happiness. She feels that it depends on the kind of love it is, because some kinds of love can make people unhappy. Her relationships with close friends and people in general contribute to her sense of happiness. She believes that it is better to have loved and lost than to have never loved at all. " You never lose that feeling of love, she says," It is always there and you

remember the good." For Janet, losing her husband was the most difficult time in her life. " He was my friend, she said. Janet's point of view about life is this; if you can't change it, then do not worry about it. When asked if she is pleased with herself and her interpersonal relationships, she replied, " Yes, I add what I can. For instance, I like volunteering. And I am pleased with my relationships. I interact very well with people. Those that I do not care for I do not interact with. I am not rude, but people can tell if I don't care for them." This perception has seen her through many social activities without affecting her personal happiness. She feels that religion is important in her life. I do not think you have to attend church every week, but I do go. Janet's piece of advice for achieving happiness is to believe in some form of religion, get an education and be good to your fellow man. She advises that whenever you face peer pressure; choose what will make you a better person. Don't let your peers get you down, instead let them grab you and pull you up. All of this ties into her philosophy on life. Indeed, Janet does not really have a particular story attached to her sense of happiness. But she is rather inspired by her childhood, her family, especially her mother, her innate personality, and the way she sees life. She said, " The way in which a person conceives life plays a significant role in his or her happiness." Janet believes in living your life the best that you can. Don't worry about things because feeling unhappy all of the time is not a good thing. Instead give what you can to society and to your friends. In spite of the difficulties of her childhood, the death of her husband and her eldest daughter, and the daily challenges, all these things did not prevent Janet to obtain happiness in her life. Janet is an adorable, pleasant, and very strong person.