

# [In triggered by my heart or mind;](https://assignbuster.com/in-triggered-by-my-heart-or-mind/)

[Psychology](https://assignbuster.com/essay-subjects/psychology/)

In the long run, manyteachers, professors, or psychologists are dedicated to having examined this ideaof happiness, proclaiming that the concept of happiness is mental. It’s no needto rely on other materials to be delighted. It’s like an instinct.

In mydefense, I think this argument don’t pretty objective. Indeed, happinessusually is triggered by my heart or mind; however, this is just a little scientificevidence, which can’t substantiate the whole idea. In some cases, we arewrenched in smiles because of the external factors. Take myself, for example.

SometimesI felt fatigued at night after studying for a long time. Then, I would like towalk alone to the balcony to breathe the fresh air. No sooner had I stepped outthe room than my breath was truly taken away by the fantastic night scenes. Theneon signs and street lights were twinkling in this city below me. People wereas tiny as ants.

Interestingly, I imagined that I had been the king, watchingmy prosperous kingdom with soft breeze brushing my cheeks gently. A massiveFerris wheel in Miramar Entertainment Park with colourful lights nearby was themost magnificent landscape in my kingdom. I completely immersed myself in thisbreathtaking scenery, forgetting the passing of time.

It was the simple butwonderful action that made me find great pleasure. That’s a direct sample thatcan exemplify my idea.