

In triggered by my
heart or mind;

Psychology



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In the long run, many teachers, professors, or psychologists are dedicated to having examined this idea of happiness, proclaiming that the concept of happiness is mental. It's no need to rely on other materials to be delighted. It's like an instinct.

In my defense, I think this argument isn't pretty objective. Indeed, happiness usually is triggered by my heart or mind; however, this is just a little scientific evidence, which can't substantiate the whole idea. In some cases, we are wrenched in smiles because of the external factors. Take myself, for example.

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

Interestingly, I imagined that I had been the king, watching my prosperous kingdom with soft breeze brushing my cheeks gently. A massive Ferris wheel in Miramar Entertainment Park with colourful lights nearby was the most magnificent landscape in my kingdom. I completely immersed myself in this breathtaking scenery, forgetting the passing of time.

It was the simple but wonderful action that made me find great pleasure. That's a direct sample that can exemplify my idea.