

Creating our own happiness

Psychology



**ASSIGN
BUSTER**

Reaction

From the story we learn that happiness comes from within, we should not try to look for it outside. Happiness is finding meaning everything a person does regardless of the situation surrounding them. Happiness is finding peace of mind in every situation a person is subjected to. For a moment, Wayne Coyne feels happy, but the next moment he feels very sad. He seems happy with his car because he realizes that the couple standing outside the car is miserable. The moment he discovers that they too are happy, it makes him sad again. Happiness is something we choose despite the ever changing situations we encounter in life. The moment we compare our happiness to others, we are bound to feel sad. Happiness comes from within and we should not seek it elsewhere.