

CAN WE CHOOSE HAPPINESS?

IS HAPPINESS A CHOICE OR A RESULT OF OUR LIFE CIRCUMSTANCES?



Some people believe that happiness is a choice. They think we can decide how to react to difficult situations and focus on the positive parts of life. People who practice gratitude often feel happier because they appreciate what they already have instead of thinking only about what they lack. A positive mindset can also help people stay calm and hopeful during hard times.

However, life circumstances also have a strong influence on our happiness. Good health, supportive relationships, and financial security can make life easier and more enjoyable. On the other hand, serious problems may affect anyone's emotions. For this reason, many psychologists believe that happiness is a combination of our personal attitude and our ability to be resilient when facing challenges

After prep. : Gerunds

- Gratitude
- Attitude
- Mindset
- Resilient

قدردانی
نگرش
طرز فکر
تاب آور