

Five Myths About Happiness

Worksheet

Instructions: Match vocabulary words with their definitions.

1	attribute
2	nonsense
3	pinnacle
4	methodology
5	esteem
6	endeavor
7	dysfunctional
8	companionate love

A	A type of love based on friendship, mutual trust, and long-term commitment.
B	Not working normally or properly.
C	A quality or feature of something or someone.
D	A system of methods or principles for doing something.
E	A serious effort or attempt to do something.
F	Ideas or statements that are not true or make no sense.
G	The highest or most successful point.
H	Respect or admiration for someone or something.

Instructions: Discuss these answers with your partner(s).

1. What is one myth about being rich and happiness?
2. According to the video, at what income do people reach peak happiness?
3. What does the video say about having a successful career?
4. Why are people in certain jobs like hairdressing or being a florist possibly happier?
5. What does the video say about the concept of "the one" in romantic relationships?
6. How does passionate love evolve in a relationship according to the video?
7. What are the expectations around having children?
8. Do children always make parents happy according to the video?
9. How does the video challenge the idea that everyone needs to lead the same life?
10. What does the video say about the dangers of having a "one-size-fits-all" approach to life?

Answers to the Comprehension Questions

What is one myth about being rich and happiness?

The myth is that being rich will make you happy. The video suggests that more money after a certain point might not make you happier and might actually make you more miserable.

According to the video, at what income do people reach peak happiness?

According to the video, people reach peak happiness at an income of about 30 to 40 thousand pounds a year, certainly 50,000 pounds at most.

What does the video say about having a successful career?

The video suggests that having a successful career is not a guarantee for happiness. It mentions that some high-status jobs like being a banker or lawyer don't necessarily make people happier.

Why are people in certain jobs like hairdressing or being a florist possibly happier?

People in jobs like hairdressing or floristry might be happier because these jobs have good characteristics such as working with people you like and seeing the immediate results of your work.

What does the video say about the concept of "the one" in romantic relationships?

The video states that the concept of "the one" is nonsense. It argues that there are multiple people who could be suitable for someone, not just one perfect match.

How does passionate love evolve in a relationship according to the video?

According to the video, passionate love in a functional relationship usually dies after a year or two and evolves into companionate love, which is healthy for the relationship.

What are the expectations around having children?

The expectation is that fully grown adults should have children and that children will make them happy all the time.

Do children always make parents happy according to the video?

No, the video states that while children bring moments of joy and a sense of purpose, they also bring long periods of stress, anxiety, and worry.

How does the video challenge the idea that everyone needs to lead the same life?

The video challenges this by stating that each person needs to find their own route to happiness, and there's no one-size-fits-all narrative that applies to everyone.

What does the video say about the dangers of having a "one-size-fits-all" approach to life?

The video warns that a one-size-fits-all approach can lead us to judge others who live differently and can be misleading because it suggests there is only one right way to live for happiness.