Happiness equals expectations over reality. So, there are two ways to ensure contentment. Change reality, or, change expectations. Pessimists know to reduce the expectations. Good pessimists rehearse some key lessons to themselves every day: Life generally goes wrong.

快樂等於對現實的期望。因此若想要感到滿足，就需改變現況、或是改變期望。悲觀的人會降低期待。而較樂觀的悲觀者則會天天說服自己：人生不如意，十之八九。

1 . equal 平等的

equal [ˋikwəl] (adj.) 平等的

A lot of people believed that male and female are equal, but we neglected the fact that we are physically different.

很多人認為男生女生應該是完全平等的可是這樣可能或許忽略一個事實就是我們的生理本來就不一樣。

equation [ɪˋkweʃən] (n.) 等於

Happiness is the equation to expectations over the reality.

快樂等於對現實的期望

is the equation to something

equality [iˋkwɑlətɪ] (n.) 平等

Emma Watson strongly advocates gender equality in her HeForShe campaign.

Emma Watson在她的HeForShe的活動當中，她非常提倡性別的平等。

2 . ensure 保證、擔保

ensure [ɪnˋʃʊr] (v.) 保證、擔保、確認

make sure

Please ensure that you keep an eye on your personal belongings.

你確保你自己的私人物品都有好好帶在身邊。

assure [əˋʃʊr] (v.) 向... 保證 擔保

promise

I assure you everything will be fine.

我向你保證所有事情會好好的。

Insure (v.) 有保險來保護東西

Insure your car before you go on a road trip.

在你開長途旅行之前，要記得幫你的車子保險。

3 . contentment 滿足

contentment [kənˋtɛntmənt] (n.) 滿足

content [kənˋtɛnt] (v.) 滿足

If you content your life right now, you’re probably happier than 70% of the people on this world.

如果你現在對自己的生活很滿意或是很滿足的話，你搞不好已經比大概70%的人還快樂了。

content [ˋkɑntɛnt] (n.) 內容

The content of the magazine builds a bad influence on high school students.

這本雜誌的內容其實對高中生有非常不好的影響。

contempt [kənˋtɛmpt] (adj.) 輕蔑

He answers his mom with contempt.

他以輕蔑的口吻回答他媽媽的問題。

4 . pessimistic 悲觀的

pessimistic [͵pɛsəˋmɪstɪk] (adj.) 悲觀的

pessimist 悲觀者

optimistic [͵ɑptəˋmɪstɪk] (adj.) 樂觀的

optimist 樂觀者

Pessimists and optimists see half a glass of water differently.

悲觀的人跟樂觀的人對半杯水的見解十分不一樣。

5 . rehearse 排練

rehearse [rɪˋhɝs] (v.) 排練

rehearsal [rɪˋhɝs!] (n.) 排練

Thousands of rehearsals are complete before the actresses actually go on stage.

演員們正式上台表演之前，都已經排練過成千上百場了。