

Third writing assignment

According to Gallup Survey question mentioned by Brook (2020b, p4), I think I'm in the ladder 7. I'm living a good life so far, no worries about money, I have some free time to do things I want, and have something must to do (like studying). However, it have some distance to my perfect life.

My PANAS score of positive affectivity is 31, while negative affectivity is 12. I'm not really understanding what this score means. I don't want to pursue an extremely high score, because I think it is violate what we want — to be happy. If we put a lot of time trying to be happier, we won't be happy anymore. ~~We will~~ I think myself is good, no negative emotions, no anxiety, no anger, no sad or guilty. I don't have a lot of positive emotions, in other word I can control my emotion in a positive point that make me comfortable. That's good.

In other side, I think people in different age requires different happiness level. To university students, appropriate negative emotion can help them working hard. To elderly people, they don't need pursue something, so they a higher level of happiness can help them enjoy their life.