

ARTIFICIAL SENSES OF ACHIEVEMENT

Today is July 17 2021 and I played a few Starcraft II games and won against Hard AI and got this screen.



I am better than Hard and not very good at Harder, so I have been fluctuating. This is a totally insignificant achievement in the grand scheme of things.

At the same time it does produce a very minor sense of competence or mastery which is required for life satisfaction. I am reading the Oxford Handbook of Positive Psychology as well at the same time.