Review 13.3: Happiness

Alycia is in a good mood because she just learned that a good friend is coming to visit tomorrow. On her way home, she sees an infant drop her pacifier. Alycia picks it up cheerfully for the young mother, a reflection of the _______-__________ phenomenon.

As she is walking home, Alycia thinks: “I’m pretty lucky—I’m young and healthy, and I have lots of close friends. And I have a $1000 scholarship to the university of my choice.”

Researchers in the new field of _______ psychology would say that her life satisfaction, or _______ well-being, is high.

A few days later, Alycia learns that her friend Lois has received a scholarship that will pay all her higher education tuition.

Comparing her meager scholarship to Lois’ full scholarship reduces Alycia’s satisfaction, producing in her a sense of _______ _______.

Being a generally positive person, however, with a more active _______ _______ lobe in her brain and high _______ _______ values, Alycia judges her current financial status against her prior financial problems and feels content, which psychologists refer to as the _______ _______ phenomenon.

Answers may be found in the Appendix at the end of this booklet.