

these irrational notions with more rational judgments; spend time vividly imagining exactly how wrong things could go in reality, and you will usually find that your fears were exaggerated. If you lost your job, there are specific steps you could take to find a new one; if you lost your relationship, you would probably manage to find some happiness in life despite being single. Confronting the worst-case scenario saps it of much of its anxiety-inducing power. Happiness reached via positive thinking can be fleeting and brittle; negative visualization generates a vastly more dependable calm.

Writing Topic

According to Burkeman, in what ways is "negative visualization" more likely to make people happier than "positive visualization"? What do you think of his views? To develop your own position, be sure to discuss specific examples; these examples can be drawn from anything you've read, as well as from your observations and experiences.

Question 1: Will ask you to explain some specific aspect / point of the author's essay [Directed Summary]

Question 2: Will ask your opinion on a specific point made by the writer [thesis statement]

Question 3: Will ask you to support your thesis with examples [≅ personal examples]