

Questions to Guide Your Reading

Answer the following questions so you can gain a thorough understanding of “The Benefits of Negative Visualization.”

Paragraphs 1 and 2

Identify and explain Burkeman’s presentation of two different and opposing philosophies for the achievement of happiness.

Paragraph 2

How does Burkeman use a study done by Gabriele Oettingen to identify a potential problem with positive visualization?

Paragraph 3

Explain the life philosophy that the Stoics adopt in the pursuit of happiness, according to Burkeman.

Paragraph 4

What pervasive problem, according to Burkeman, underlies an optimistic approach to life?