**Psyc 304**

**Module 11 Archive**

**Are People Who Help Happier?**

Please write down the initials of 10 people you know fairly well. Then, beside each name, write down whether you think the person is happy (H) or unhappy (UH), and whether you would consider them selfish (S) or unselfish (US).

#  *Person H or UH S or US*

1. RD H US

2. DV H US

3. JD UH S

4. MB H S

5. FT UH US

6. ST H S

7. PD H US

8. JH H US

9. MD UH S

10. ST H US

Please code the number of people from above who fall into each of the four cells below. For example, if you have three unhappy/selfish people then put a “3” in the unhappy-selfish cell.

# *Happy**Unhappy*

|  **Selfish**  |  2 |  2 |
| --- | --- | --- |
|  **Unselfish**  |  5 |  1 |

Discuss in a paragraph or so:

Based on your frequency calculation, which pairing had the greatest tally? Typically, most of the happy people are in the unselfish cell. Discuss why selfishness and happiness are rarely perceived as going together.

From my 10 people, happy and unselfish was the largest category out of the people that I know. I did have two people who were selfish and happy but I think comes from not being self aware, or aware of how they are perceived by others. I think that is irregular because, typically people who are selfish are not happy because of the way they treat others. And the relationships that have also I am a true believer in karma. I think you receive back the energy you put into the world, so if all that energy is bad then the energy you receive will be the same. And that is not going to be a happy life. Because eventually people who are bad have bad things happening to them.

**Visual artifact idea:** include a picture of your results matrix or