

Read the text about how comparison can make us happy. Some words are missing. Use the word in brackets to form the missing word for each gap (1–9). Write your answers in the spaces provided on the answer sheet. The first one (0) has been done for you.



Got happiness? Social comparison theory can help!

We all want to be happy or at least satisfied with our lives. In order to increase the odds of happiness and life satisfaction we really need to be mindful of social comparison theory and how it may impact the (0) ____ (**reflect**) that we make on our lives. In a nutshell, we constantly compare ourselves with others and then make (1) ____ (**judge**) about the quality of our life based on these (2) ____ (**observe**). We reflect on how good or bad we have it based on the perceived good or bad comparisons found among others. There are *upward comparisons* (i.e., observing people who seem to have it better than us when it comes to money, looks, resources, talents) and *downward comparisons* (i.e., observing people who seem to have it worse than we do (3) ____ (**regard**) these qualities that we desire). We often feel better about ourselves and our lives when making downward comparisons and feel bad about ourselves when making upward comparisons.

With the advent of Facebook and other social media technology and (4) ____ (**serve**), as well as mass media in general, we have more opportunities than ever to compare our lives with those of others (including those we know and those we don't know at all). "(5) ____ (**Keep**) up with the Joneses" is no longer just a neighborhood thing but a national and global thing! This is both a good thing and a really bad thing in my view. For example, Facebook highlights upward comparisons. People generally post things about themselves and their loved ones that are highly (6) ____ (**favor**). Reality and talk shows cut both ways but often they highlight downward comparisons showing how (7) ____ (**mess**) up the lives of many really are... even some of the most famous (8) ____ (**celebrate**).

So, in order for you to (9) ____ (**maximum**) happiness and life satisfaction you'll want to be well aware of the influence and power of social comparisons and make efforts to avoid upward comparisons as much as you can. This is one of the reasons why people often feel good when they hear about the troubles of others.

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| 0 | <i>reflections</i> |
|---|--------------------|
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| 2 | |
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Von der
Lehrperson
auszufüllen

richtig falsch

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