

Happiness Study Reveals a Critical Difference Between Two Types of People

November 30, 2022

HUMANS HAVE A complicated relationship with [happiness](#). Consider [this study](#) on the subject: Scientists found that valuing happiness can lead to less happiness when you feel happy. It's an emotional rollercoaster fueled by unhelpful expectations.

Yet the relationship gets more complex still. According to a [recent paper](#) published in the journal *Psychological Science* our current state of well-being can interfere with our perception of the past. Overall, researchers observed an asymmetrical pattern: Happy people tend to overreport an improvement in their well-being, while unhappy people tend to exaggerate a worsening sense of well-being.

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