

Name

Instructor

Course

Date

The main topic under this particular comparison essay will be identifying the main theme in different articles related to intrinsic happiness. What do you understand by intrinsic happiness? Intrinsic happiness is a concept according to which one is happy about themselves and can reach the desired success. There are various things we do that can lead to our success or failure. Smith, F., in the article *Teaching personal awareness* argues that the main key to success is to find what makes one happy first, doing it with all your heart and great determination (Smith). The first step that an individual will ever think of when it comes to success is, therefore, a personal awareness. According to three primary sources that we have gone through in the class, personal awareness has been the common theme. Therefore, the following paper is going to be about the personal awareness, its effects, and how one can find a solution to the issue relating to awareness.

Personal awareness involves self-understanding. It means that one has to understand what one wants in life, their weaknesses and strengths, what one is seeking to achieve and how he/she would get there. This concept has been used in these three articles to bring out the current situations that the characters are going through. In the first work *Somnambulist*, the theme has been brought out in the form of a dream. The lack of personal awareness has been its main theme. The author talks about various issues that reveal this particular theme. For example, he is saying, 'we latch on the established system and its greed. Our lives identified with that owner's name (Jones 1).' This is a clear evidence of personal awareness where the characters

fully depend on other people. They have not identified their potential yet to create their own lives or establish their identity name. In the second primary reading, the article is talking about a college life experience. This is a reading that is talking about personal success, which can only be achieved through personal awareness. To get through a successful journey in education, one needs to be aware of different situations, the strengths, and weaknesses, which the article is talking about. In the article it is stated, 'Let grades control your life. All decisions about how to spend your time and plan your academic schedule should be arrived at with grades (Kohn 1).' This statement implies that for a student to plan well for good academic progress he/she must be aware of different situations, so that any decision made by the student takes into account his/her time and resources. This can only be achieved through awareness, identifying weak academic areas, and working on them. Furthermore, when studying at college, one should use the chance to acquire the best knowledge and make right decisions because the experience gained in any life situation could highly contribute to personal awareness. The third primary source is the series *Simpsons* where a common theme is the personal awareness too. In the series, one of the characters Marge, is not aware of the rights and freedom of the country she is living in. She criticizes her husband Homer for insulting everyone around him, but he refuses, telling Marge that he has the freedom to insult anyone so as to get a socially better place. Marge tells him, 'Homer, you've gone to stop insulting everyone, especially your boss (Rosebud 1).' This means that Marge is so narrow-minded that she does not admit the freedom that an independent country gives to its citizens.

Personal awareness has certain effects on the characters in these particular articles. The first effect is that it has made them lower their self-esteem, and even caused loss of personality ambitions (Novack, Ronald, and Randall 518). When one lacks personal identity, personal ambitions will be greatly affected. In the first primary article, it is clear that a lack of personality awareness makes one fully depend on someone, without even protecting his/her ambitions. The

article outlines 'Slaving through work (Jones 1).' This means that one is so devoted to a job, that has no time to visit their families; such a person is not even aware of what he/she wants in life, working for someone to be given a pay in return. This will probably affect one's goals accomplishment. In the second article, a lack of personal awareness can lead one to study at colleges where one doesn't want to study. From the article, 'students get into terrific colleges without Advanced Placement (Kohn 1).' This, in a real sense, shows that such a person lacks control and does not even know what he/she is going to study and achieve. In the third primary article, which is a scripted play, lack of personal awareness has made people slaves, being ruled over with cruelty. It has been seen where a group of people were singing a birthday song, and they were commanded to move off the stage (Rosebud 1). This was a forceful act that does not apply to any person who knows what he wants in life. In a free country, one is entitled to expression of oneself, which is not the case in this particular script. Therefore, the lack of personal awareness lowers an individual's confidence and one can even completely lose ambition.

The articles have proposed various solutions with the help of which an individual can achieve intrinsic happiness, basically personal awareness. In the first article, it is well outlined that one must achieve anything. Personal awareness means fulfilling your own ambitions. Being aware of what one is doing is a key for success in life. For example, in the first article, the author suggests various questions to be taken into consideration, such as 'Is this my dream, or a dream I've been living (Jones 1)?' This acts as guidance and a solution to avoid being a slave either at one's job or any position one is currently in. In the second primary article, a solution has also been offered to tackle the current situation in the education sector; which a better preparation for one to fully understand his/her interest and various tests to be taken are recommended. As stated in the article, 'Students may even be better prepared for college as a result of an education that is not defined tests, grades, competition, and the like (Kohn 1).' This

means that improved schools tend to give the students a hope to seek personal awareness through education, as there are equal opportunities for everyone. Lastly, personal awareness applies in case of direct personal conduct where the solution entails apologizing. Giving someone an apology will make the persona understand how important the person is in a sense of belonging. Hence, when Burns apologizes, he shows that he cares and ready to correct his mistakes. He says, 'Bobo, my beautiful Bobo. I promise I'll never leave you behind (Rosebud 1).' This statement gives a personal sense of identity and belonging, hence, awareness.

In conclusion, the three primary articles compressively talk about different stories, but when combined together, they are revealing the same theme. The theme that is revealed in these different articles is personal awareness. The theme is revealed based on different approaches, and in all articles, personal awareness is being looked down upon. Personal awareness, summed up based on all articles, as acknowledging what a person wants in life and seeking self-freedom, not to be led but to lead and live one's life. It also entails advocating for equality and identity.

Works Cited

“Rosebud.” The Simpsons, Fifth Season. Written by John Swartzwelder, directed by Wes Archer. Fox Network, 1993. <http://www.simpsoncrazy.com/scripts/rosebud>

Jones, Heron. “Somnambulist.” Performance, 2001.

Kohn, Alfie. “How Not to Get into College: The Preoccupation with Preparation.” Independent School, Winter 2002-2003.

Novack, Dennis H., Ronald M. Epstein, and Randall H. Paulsen. "Toward creating physician-healers: fostering medical students' self-awareness, personal growth, and well-being." *Academic Medicine-Philadelphia*- 74 (1999): 516-520.  
<https://link.springer.com/article/10.1111/j.1525-1497.2005.40212.x>

Smith, Robert C., Francesca C. Dwamena, and Auguste H. Fortin. "Teaching personal awareness." *Journal of general internal medicine* 20.2 (2005): 201-207.  
<https://s3.amazonaws.com/academia.edu.documents/45214473>