

## WORKOUT #MX

In the following text, identify any thesis statements, and identify the types of support (natural or artificial –specifying appeals of emotion, appeals of creditability, and/or appeals of reasoning/logic).

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### The Search for Happiness

My friend, who I will affectionately call Mabel, was a loving and wonderful person. She had many friends, and many people who liked her. She worked hard in school, and participated in her community. She was a thespian, and loved to write plays. One morning, after repeated attempts to call her down from her room, Mabel's father found in her bed; she did not wake up and was unresponsive. Next to her bed her father found a note. According to the note, Mabel had found a bottle of sleeping pills in her mother's medicine cabinet and had managed to take the entire bottle. She expressed in her letter that she could not hold the many expectations placed on her by her family and expressed that she felt ugly and unworthy of her family's love.

The young adults of Utah County need a wake up call. Something diabolical is occurring and seems to be an unchanging problem in this area: People are finding themselves truly unhappy in record numbers. One statistic suggests that Utah County residents are six times more likely to use anti-depressants than in other counties in Utah (Choate; Goldman). What does that say about the happiness of the men and women here in Utah County?

Suicide one of the leading causes of death for men in Utah. Overall, the suicide rate in Utah is the 9<sup>th</sup> highest in the nation ("Utah Health") and affects men four times more than women. Moreover, one study suggests that white men between the ages of 15 to 21 are most affected. ("Utah Health"). To the average reader, the rate should not be that alarming, especially since the state of Alaska has the highest suicide rate. However, what is truly alarming is the location in Utah where the problem seems to be the worst, Utah County (including the cities of Provo and Orem).

More alarming is the number of individuals who attempt suicide but who do not succeed. The Deseret News recently reported that "Nine students, including one elementary-schooler in the Provo district, one of the Wasatch Front's smallest, committed suicide over the past five years. Another 300 tried" (Romboy). So, I ask, "What is going on in Utah County?" Why do people seem so miserable that they are willing to end their lives.

What do you need to be happy? Well, as Abraham Maslow, a famous psychologist points out, you need to satisfy your basic needs first: Your physiological needs (air, food, shelter, sleep, and even sex). Next, you need to satisfy your needs of Safety (security, employment, resources of health and property). Finally, you need to satisfy your needs of Love, Belonging, and Self-Actualization (you need to have friendships, family love, and sexual love, as well as well as achievement, the respect of others, and self-esteem) (Maslow). Then, you need a bit of a focus or direction. You should enjoy your plans, even if you fail to reach them to the capacity that you want. But, somehow, people are not taking care of their basic needs and not finding their direction. Somewhere something is being denied or ignored either by family members, friends, or by the self of the individual.

As I grew up in Provo, people referred to this area as "The Happy Valley." When, in fact, this valley seemed at best to be one of the most unhappiest places in Utah. Why? What is

happening here? We need to open up and listen to our loved ones. We need to find out their needs and meet them. Mothers and fathers need to listen to and respect what their children are saying and help them to meet their needs. We must help young adults to rise above whatever difficulties they are having. Finally, we must work harder to identify the cause of such a concern and deal with it promptly.

#### Works Cited

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