

Many people think that every individual is responsible for their happiness, but some people believe there are other external factors that influence us. Discuss both views and give your opinion.

There are different opinions about happiness and ~~people are~~ struggling to achieve that, some people, including myself, believe that happiness can be achieved by individuals attempt, others reckon that other causes can affect our happiness.

On the one hand, feeling happiness is ~~difference-different~~ between individuals. ~~somebody-some~~ feel happiness because of their families and living with them, others think ~~the~~ best possible chance of happiness ~~lies/is~~ hidden in wealth. Moreover, targets which are selected by people in order to ~~fell-feel~~ happiness can change ~~during the over~~ time ~~and their ages~~. For example, teenagers think happiness can be achieved by educational degrees, ~~while/whereas~~ adult men and women may think happiness ~~is found~~ when they have enough money and old people ~~fell-feel it happiness~~ with both families and health body. Furthermore, People can ~~reach that stage~~ ~~fell happiness~~, if they struggle for a target by themselves. If something ~~is~~ achieved easily or ~~is~~ donated by other people it ~~does~~ not ~~cause-bring a feeling of~~ happiness ~~feeling~~. That is why every ~~people-individual~~ should look for happiness by themselves and others are not responsible for ~~it their happiness~~.

On the other hand, feeling happiness is not an easy and achievable target and needs to prepare especial situations and help of others. People need to be guided by their parents, teachers as well as friends to find the best way to achieve their targets in life which give them feeling happiness. For instance, if somebody ~~fell~~ happiness can be achieved by high educational degrees, he or she cannot achieve that ~~with-outout~~ support of their parents easily. However, people who want achieve a target have to curb all of the barriers in their way and other factors only ease the situation for them.

In conclusion, ~~in-from~~ my perspective, although other people and factors can help individuals to achieve their targets in life and feel happiness, ~~the~~ sense of happiness ~~isare~~ ~~difference-different~~ among people and depends ~~to-on individualsevery~~ ~~people~~, then they are responsible for their happiness.