

Happy bunny or grumpy cat?

Sind Sie eine unerschütterliche Frohnatur oder eher der geborene Miesepeter?

*VANESSA CLARKS Persönlichkeitsquiz verrät es Ihnen – und Sie lernen
nebenbei noch, wie Sie Glücksgefühle am schönsten in Worte fassen.*

Mit Fotos von LORRAINE HELLWIG

MEDIUM

Are you naturally happy, jolly and cheerful? Or is your personality more downbeat? Do you agree with Charlie Brown that “happiness is a warm puppy” or are you more in agreement with the Beatles that “happiness is a warm gun”?

Take our light-hearted personality quiz to find out what kind of person you are — and, as you go through the quiz, learn lots of phrases and expressions to help you to describe your emotions.

Happiness quiz

Read the 30 questions below, tick the answers you feel most comfortable with and add up the points given in brackets. Then turn to page 24 to find out how chipper you really are.

1. How are you?

- A. I'm fine, thanks. How are you? (2)
 B. Don't ask! (1)
 C. On top of the world! Don't you think it's a wonderful day today? (3)

2. What's your morning routine?

- A. I jump out of bed and sing in the shower. (3)
 B. I crawl out of bed and, before I do anything else, I reach for coffee and cigarettes. (1)
 C. It generally takes me a few minutes to wake up, but then I'm OK. (2)

3. Which song would you like to be played at your funeral?

- A. “Always Look on the Bright Side of Life” by Monty Python. (1)
 B. “Time to Say Goodbye” by Andrea Bocelli and Sarah Brightman. (2)
 C. “Wonderful World” by Louis Armstrong. (3)

4. Would your friends describe you as a “happy bunny”?

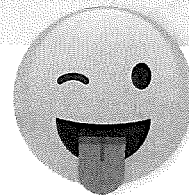
- A. Oh, yes, the happy bunny is my spirit animal. (3)
 B. Only sarcastically! (1)
 C. Maybe, if I was in a particularly good mood. (2)

5. What's the best thing to spread?

- A. Rumours and fake news. (1)
 B. Nutella. (2)
 C. Joy. (3)

6. German has given English the loanword schadenfreude. How would you explain its meaning to an English speaker?

- A. It's an unkind feeling of happiness at the misfortune of others. (3)
 B. It's that mixed feeling you get when a bad person gets what they deserve. (2)
 C. It's the warm, sweet feeling you get when bad things happen to other people. (1)



bracket ['brækit]
- Klammer

chipper ['tʃɪpə] *ifml.*
- munter, gut gelaunt

crawl [kro:ɪ]
- kriechen

downbeat ['daʊnbɪ:t]
- pessimistisch

funeral ['fju:nərəl]
- Beerdigung

grumpy cat
['grʌmpi kæt]
- Griesgram, Miesepeter

happy bunny
[,hæpi 'bʌni] UK *ifml.*
- Frohnatur

jolly ['dʒɒli]
- fröhlich, vergnügt

light-hearted
[ˌlaɪt 'hɑ:tɪd]
- unbeschwert

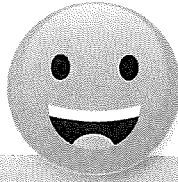
misfortune [mɪs'fɔ:tʃən]
- Unglück, Pech

puppy ['pʌpi]
- Welp

rumour ['ru:mə]
- Gerücht

spirit animal
['spɪrɪt ˌæniməl]
- Schutztier, Totem

spread [sprɛd]
- verbreiten; streichen



7. Which image would you choose as your screensaver or wallpaper on your phone?

- A. A group selfie with my friends or my family. (3)
- B. I didn't know you could choose a different picture. (1)
- C. A peaceful landscape. (2)

8. What's your favourite flower?

- A. A cauliflower. (1)
- B. A sunflower. (3)
- C. I like most flowers. (2)

9. Do you like surprises?

- A. Why? What are you planning? (1)
- B. I love them! And I like organizing little surprises for my friends. (3)
- C. Sometimes. It depends. (2)

10. What do you think about the expression "Laughter is the best medicine"?

- A. Definitely true! A bit of humour can help you through life's problems. (2)
- B. No. Medicine is the best medicine. Ask a doctor! (1)
- C. I agree. Laughter with friends is good for the body and soul. (3)

11. How often do you count your blessings?

- A. Every morning. I have so much to be thankful for! (3)
- B. Not as often as I should. But I do know that I live a fortunate life. (2)
- C. Blessings? What blessings? (1)

12. Who's your favourite character in A. A. Milne's stories about Pooh Bear?

- A. Pooh, probably. He means well, even if he sometimes gets things wrong. (2)
- B. Tigger, of course. I love his energy and bounce! (3)
- C. Definitely Eeyore, the miserable donkey. (1)

13. How often do you share your true feelings?

- A. About as often as I share my bathwater. (1)
- B. All the time. I think it's better to express your feelings than repress them. (3)
- C. Quite often, but only with close friends. (2)

14. When did you last do a kind thing for someone else?

- A. I do a good deed every day. (3)
- B. Sometime in the last few days. (2)
- C. What kind of "kind thing" do you mean? (1)

15. What do colleagues say to you when you arrive at work?

- A. Cheer up! (1)
- B. Morning! (2)
- C. Someone's in a good mood! (3)

16. What do you say when things go wrong?

- A. It's not the end of the world. (2)
- B. Every cloud has a silver lining. (3)
- C. Why do I bother? (1)

17. A colleague is talking about their holiday plans. What do you think?

- A. I hope they have a great time. (3)
- B. Why do they think I'm interested in this? (1)
- C. Wow! I wish I could have a great holiday like that. (2)

18. What puts a spring in your step?

- A. New shoes. (2)
- B. A smile from a stranger. (3)
- C. A caffeine drink. (1)

19. Which time period do you prefer?

- A. The present. Live in the now! (3)
- B. The future. Something great could be just around the corner. (2)
- C. The past. Everything was better in the old days. (1)

20. What's your motto for life?

- A. Life's a bitch and then you die. (1)
- B. Do your best. (2)
- C. Live, love, laugh. (3)

21. Which is the best day of the week?

- A. Friday, looking forward to the weekend. (2)
- B. Any day as long as I'm with good people. (3)
- C. Sunday, with nothing to do. (1)

22. If someone gave you a book titled A Happy Thought for Every Day of the Year, what would you do with it?

- A. Keep it open by my bedside. (3)
- B. Throw it at the wall. (1)
- C. Look at a few pages and then forget about it. (2)

bitch: life's a ~ [bɪtʃ]
vulg.
- das Leben ist hart

blessings: count one's ~
['blesɪŋz]
- dankbar sein für das, was man hat

bother ['bɒðə]
- sich bemühen

bounce [baʊns]
- Schwung

cauliflower ['kɒli,flaʊə]
- Blumenkohl

Cheer up! [tʃɪər 'ʌp]
- Kopf hoch!

deed [di:d]
- Tat

donkey ['dɒŋki]
- Esel

fortunate ['fɔ:tʃənət]
- glücklich

lining: every cloud has a silver ~ ['lɪnɪŋ]
- alles hat sein Gutes

mean well ['mi:n wel]
- es gut meinen

miserable ['mɪzərəbəl]
- elend

repress [ri'pres]
- unterdrücken

spring: put a ~ in one's step [sprɪŋ]
- jmdn. beflügeln

23. How do you “let go” and live in the moment?

- A. Meditation and yoga. (2)
- B. Dancing, music and laughter. (3)
- C. Sex, drugs and rock 'n' roll. (1)

24. How do you see life? Complete the expression: “My glass is...”

- A. half empty. (2)
- B. empty and cracked. (1)
- C. half full. (3)

25. Can money buy happiness?

- A. Not really, but if you use it wisely, you can make others happy. (3)
- B. No, but it can buy you power. (1)
- C. No, but it certainly helps. (2)

26. Do you use emojis?

- A. Yes, all the time! (3)
- B. Sometimes. (2)
- C. No. What a waste of time!

27. Do you have a pet?

- A. Yes, my dog is part of the family. (3)
- B. No, pets just make extra work and a mess. (1)
- C. No, but I love animals. (2)

28. What makes the world go round?

- A. Physics. (1)
- B. Love. (3)
- C. Money. (2)

29. Happiness is...

- A. something you're born with. (3)
- B. something you make for yourself and others. (2)
- C. nice if you can find it. (1)

30. My life would be perfect if...

- A. you would finally stop asking me these dumb quiz questions! (1)
- B. I had a bit more money and a more interesting job. (2)
- C. I never had to sleep. (3)

How chipper are you?

30–49 points 😞

You old cynic! Or maybe you're a young cynic? Either way, you're a bit grumpy, aren't you? Do you secretly enjoy being negative? The good news is that you will get happier. It's a fact. People are happier, less stressed and feel better about themselves after the age of 50! Surveys regularly show that overall feelings of well-being improve as we pass middle age. Negative emotions such as stress and anger decline after our early 20s, and people over 50 worry less than they did when they were younger. So, the best may be yet to come!

50–69 points 😊

Congratulations! You tend to be averagely happy. You're generally content with your life and have a balanced view of the world. Overall, you're emotionally stable, even though you have good days and bad days, like most people. You realize that good strategies can help with your emotions and your mental health. You appreciate the importance of social contact and nurture good relationships with those around you. Whatever life throws at you, you do your best to see the positive side as far as possible.

70–90 points 😄

You have been blessed with the gift of happiness. You share your feelings, nurture your friendships and make everyone around you feel positive, too. When life gives you lemons, you make lemonade — and then you set up a free lemonade stall for passers-by. However, be careful! Remember to be sensitive to those around you. A permanently positive person can get on other people's nerves, so be aware of their moods and tone down your natural vitality if necessary. Also, don't be afraid to explore and express your negative emotions. Psychologists now believe that it's possible to be “too happy” — if you're totally content in your current situation, you lack motivation to reach higher.

bad-tempered [ˌbæd ˈtempəd]
- übellaulig

content [kənˈtent]
- zufrieden

cracked [krækt]
- gesprungen

decline [diˈklaɪn]
- abnehmen, nachlassen

dumb [dʌm]
N. Am. *ifml.*
- dumm, bescheuert

grouchy [ˈɡraʊtʃi]
- motzig, griesgrämig

grumpy [ɡrʌmpɪ]
- mürrisch, grantig

irritable [ˈɪrɪtəbəl]
- gereizt, nervös

lack [læk]
- mangeln, fehlen

nurture [ˈnɜːtʃə]
- hier: hegen und pflegen

passer-by [ˌpɑːsə ˈbaɪ]
- Passant(in)

spirits: be in good ~ [ˈspɪrɪts]
- guter Laune sein

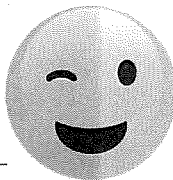
stall [stɔːl]
- Verkaufsstand

stew: ~ in one's own juices [stjuː]
- im eigenen Saft schmoren

sulk [sʌlk]
- schmollen

tone down [təʊn ˈdaʊn]
- dämpfen

vitality [vɪˈtæləti]
- Lebensfreude



Important phrases for happy bunnies:

I'm a happy bunny.
I'm always cheerful.
I'm in a good mood.
I have a spring in my step.
There's so much to look forward to.
My glass is half full.
I'm counting my blessings.
Laughter is the best medicine.
I'm in good spirits.
Look on the bright side.
I'm on top of the world.



Important phrases for grumpy cats:

I'm grumpy.
I'm in a bad mood.
I'm sulking.
I'm grouchy.
I'm irritable.
I'm bad-tempered.
I'm stewing in my own juices.