

《好奇心害死猫？它还扼杀了我们的幸福》

导读:你是否有过分手后偷偷看前任微博？这样的好奇心不仅仅能害死猫，还会扼杀你的幸福。



It was not my finest moment. Perhaps it was my worst. In the aftermath of the end of my first serious relationship, over a decade ago, I read my ex-boyfriend's email. We'd exchanged passwords when we were very much in youthful love – pre-smartphone, sometimes it was useful to get him to look something up in my account when I wasn't near a computer, or vice versa – and after the breakup, he didn't change his password. (I asked him to; he replied that he should have been able to trust me not to read his email, which was not incorrect.)

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Heartbroken, I snooped daily, compulsively, ignoring the wise advice of a friend who pointed out that the most I would discover was things that would upset me. If my boyfriend wanted to get back together with me – which is what I desperately wanted – he'd tell me. I wouldn't learn it from an email he'd written to someone else. I knew that. I just couldn't seem to help myself.

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Now I know that was because I was only human. A new study published this week by researchers from the University of Chicago and the Wisconsin School of Business demonstrates using science that curiosity doesn't just

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In time, I learned to muster the strength to turn away from other partners' unlocked phones or computers: sometimes, a true mind-over-matter challenge. The acquisition of painful, troubling knowledge cannot be undone; the things we'd least like to know are the hardest to forget. Out of kindness to ourselves, it's worth considering whether we really want to read, or look, or ask – sometimes, it turns out, there's real character and strength in maintaining ignorance. Maybe even bliss.

