

Model Questions

1. Positive psychology is the scientific study of _____ experiences, traits, and institutions.
= *positive*
2. The main goal of positive psychology is to enhance human _____ and well-being.
= *happiness*
3. Traditional psychology has often focused on treating _____ and disorders.
= *mental illness*
4. Positive psychology emphasizes not only healing but also promoting human _____.
= *flourishing*
5. _____ psychology mainly deals with weaknesses and deficits, while positive psychology focuses on strengths.
= *Traditional*
6. In Eastern perspectives, concepts such as _____ and mindfulness are related to positive psychology.
= *meditation*
7. Western perspectives of positive psychology were strongly influenced by the humanistic approach of _____ and Rogers.
= *Maslow*
8. The _____ background of positive psychology is rooted in both philosophy and humanistic psychology.
= *theoretical*
9. VIA classification of strengths was developed by _____ and Peterson.
= *Seligman*

10. The VIA model includes _____ broad virtues and 24 strengths.
= *six (6)*
11. The founder of the modern positive psychology movement is _____.
= *Martin Seligman*
12. Positive psychology challenges the _____ model, which only emphasizes illness.
= *disease*
13. According to positive psychology, well-being is often measured through the _____ model.
= *PERMA*
14. Eastern traditions highlight harmony and _____ as key aspects of well-being.
= *balance*
15. Western psychology tends to emphasize individual _____ and achievement.
= *growth*
16. Humanistic psychology, a precursor to positive psychology, was sometimes called the _____ force in psychology.
= *third*
17. Positive psychology research often uses _____ methods alongside quantitative studies.
= *qualitative*
18. The term “positive psychology” was first introduced by _____ in 1954.
= *Abraham Maslow*
19. Positive emotions are linked with improved _____ and resilience.
= *health*
20. Negative affectivity refers to the tendency to experience _____ emotions.
= *negative*

21. The “broaden-and-build” theory was proposed by _____.
= **Barbara Fredrickson**
22. Positive affect helps to broaden one’s _____ of attention.
= **scope**
23. Coping strategies can be problem-focused or _____-focused.
= **emotion**
24. Resilience refers to the ability to bounce back from _____.
= **adversity**
25. The _____ principle of pleasure emphasizes seeking enjoyable and satisfying experiences.
= **hedonic**
26. Positive affect contributes to overall _____ and life satisfaction.
= **well-being**
27. Emotion-focused coping is aimed at reducing the impact of stressful _____.
= **emotions**
28. Gratitude practices have been shown to improve _____ quality.
= **sleep**
29. Optimism is the tendency to expect _____ outcomes.
= **positive**
30. Hope theory was developed by a psychologist _____.
= **C.R. Snyder**
31. Mindfulness is rooted in _____ philosophy and meditation practices.
= **Buddhist**

32. Flow is a state of complete absorption described by _____.

= *Csikszentmihalyi*

33. The PERMA model includes Positive emotions, Engagement, Relationships, Meaning, and _____.

= *Accomplishment*

34. Emotional intelligence can be understood as either an ability or a _____.

= *trait*

35. Enhancing _____ intelligence in adulthood contributes to better relationships and stress management.

= *emotional*

36. Social support is strongly linked to lower levels of _____ stress.

= *psychological*

37. Altruistic behavior is closely associated with higher levels of _____.

= *happiness*

38. Forgiveness interventions have been shown to reduce _____ and depression.

= *anxiety*

39. Positive emotions have been shown to benefit both physical _____ and mental well-being.

= *health*

40. According to positive psychology, strengths can be measured through _____ assessments.

= *psychometric*

41. Optimistic individuals tend to have stronger _____ systems.

= *immune*

42. Resilient people often show higher levels of _____ regulation.

= *emotion*

43. Savoring involves focusing attention on and appreciating positive _____.
= *experiences*

44. Self-compassion is made up of self-kindness, mindfulness, and _____.
= *common humanity*

45. The central assumption of positive psychology is that people have the potential to live _____ and fulfilling lives.
= *meaningful*

46. Positive emotions tend to undo the physiological effects of _____ emotions.
= *negative*

47. Post-traumatic growth refers to positive psychological changes after _____.
= *trauma*

48. Strength-based interventions aim to identify and enhance personal _____.
= *strengths*