

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***