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Media. The news and editorial staff of Washington City Paper had no role in the
creation or production of this story. \n\n# 12 Best Adult Cam Sites for Free &
Paid Shows (Updated for 2024) \n\nSponsored by UP Venture Media March 12th, 2024 March
13th, 2024\n\n### Share this story:\n\n * [\u301085\u2020Click to share on Facebook](#)
(Opens in new window)\u3011\u2020 * [\u301086\u2020Click to share on X \(Opens in new](#)
window)\u3011\u2020 * [\u301087\u2020Click to share on Reddit \(Opens in new](#)
window)\u3011\u2020 * \n\n[Image 2] \n\nLooking to spice up your love life or earn some
extra cash on the side? Adult cam sites let you video chat live with sexy models from
around the world. But with so many options, how do you know which ones are the best
adult cam sites? We\u2019ve done the research to uncover the top 12 adult cam sites
for live sex chat, naughty fun, and full viewer interaction. \n\nHere are the best
adult cam sites:\n\n 1. [\u301088\u2020JerkMate\u2020pawssive.com\u3011](#) \u2013 Known
for instant cam connections\n 2. [\u301089\u2020StripChat\u2020pawssive.com\u3011](#)
\u2013 Known for public shows & contests\n 3.
[\u301090\u2020Chaturbate\u2020pawssive.com\u3011](#) \u2013 Known for massive model
selection and free options\n 4. [\u301091\u2020Livejasmin\u2020pawssive.com\u3011](#)
\u2013 Known for top-notch video quality\n 5.
[\u301092\u2020BongaCams\u2020pawssive.com\u3011](#) \u2013 Known for European model
selection\n 6. [\u301093\u2020CamSoda\u2020pawssive.com\u3011](#) \u2013 Known for unique
show options & interactivity\n 7.
[\u301094\u2020Flirt4Free\u2020pawssive.com\u3011](#) \u2013 Known for fetishes & niche
models\n 8. [\u301095\u2020Cams\u2020pawssive.com\u3011](#) \u2013 Known for male
performers\n 9. [\u301096\u2020XCams\u2020pawssive.com\u3011](#) \u2013 Known for models
in HD\n 10. [\u301097\u2020Streamate\u2020pawssive.com\u3011](#) \u2013 Known for private
chat per minute billing\n 11. [\u301098\u2020Imlive\u2020pawssive.com\u3011](#) \u2013
Known for reasonable prices and large selection of female models\n 12.

\u301099\u2020Xlovecam\u2020pawssive.com\u3011 \u2013 Known for amateur models\n\n##
Top Adult Cam Sites for Live Shows\n\n###
\u301088\u2020JerkMate\u2020pawssive.com\u3011 \u2013 Known for instant cam
connections\n\n[Image 3]\n\n#### Site
Overview\n\n\u301088\u2020JerkMate\u2020pawssive.com\u3011 connects users with cam
models for adult cam-to-cam sessions in just one click. The innovative system pairs
you instantly with a random webcam model for mutual camming fun. Models set their own
rates, usually around \$1.00 to \$4.99 per minute. You can also chat for free to see if
you like the model before starting a session. JerkMate even offers Party Cams where
you video chat with two models simultaneously.\n\n& Read full
\u3010100\u2020Jerkmate Review\u2020thenudesguy.com\u3011\n\n#### Pros &
Cons\n\nPros:\n\n* Instant cam connections\n\n* Free chat option\n\n* Party Cams
with two models\n\n* Good for casual fun\n\nCons:\n\n* Smaller model selection\n\n* Fewer advanced features\n\n#### Distinct Features\n\n* Instant random pairing with
models for cam-to-cam sessions\n\n* Free chat option to test compatibility\n\n* Party
Cams for threesomes with several models\n\n\u301088\u2020& Visit JerkMate
&\u2020pawssive.com\u3011\n\n#### Membership Plans\n\nJerkMate can take your
video chat experience to a whole new level. The site offers flexible pricing, with a
pay-per-minute structure for video chat. Each model sets their own rates, so
you\u2019ll find a \u301088\u2020range of options\u2020pawssive.com\u3011 to choose
from. Rates usually range from \$1 to \$5 per minute.\n\n#### Target User
Base\n\nJerkMate is the ultimate destination for a stress-free video chat experience.
Its users are all about short, sweet, and casual fun, making JerkMate the
\u301088\u2020perfect platform\u2020pawssive.com\u3011 for people who want to have a
good time without getting too tied down.\n\n#### Outstanding Features of JerkMate\n\n* One-click instant cam connections for fast fun\n\n* Party Cams for cam2cam
threesomes\n\n* Free chat previews before paying\n\n#### Customer Support
Insights\n\nJerkMate takes customer service seriously, ensuring a seamless and
satisfying camming experience for all. Its email and online contact form are always
there for you, ready to lend a helping hand. The customer support crew is quick on
their feet, so you can count on a speedy response.\n\n###
\u301089\u2020StripChat\u2020pawssive.com\u3011 \u2013 Known for public shows &
contests\n\n[Image 4]\n\n#### Site
Overview\n\n\u301089\u2020StripChat\u2020pawssive.com\u3011 is an international adult
webcam platform with over 3,000 models streaming live at any given time. It offers
free public shows, as well as private shows, free rooms, contests, and interactive
features like tip-controlled toys.\n\n& Read full \u3010101\u2020Stripchat
Review\u2020thenudesguy.com\u3011\n\n#### Pros & Cons\n\nPros:\n\n* Thousands of
models online\n\n* Free public chats\n\n* Contests & games\n\nCons:\n\n* Private
shows require tokens\n\n* Busy public chats can be chaotic\n\n#### Distinct
Features\n\n* Contests for models with cash prizes\n\n* Tip-controlled sex toys and
Wheel of Fortune game\n\n* Option to become \u201cKing\u201d or \u201cKnight\u201d
with privileges\n\n\u301089\u2020& Visit StripChat
&\u2020pawssive.com\u3011\n\n#### Membership Plans\n\nAt StripChat,
there\u2019s something for everyone \u2013 whether you\u2019re just dipping your toes
in the water or diving headfirst into the action. Here\u2019s what their
\u301089\u2020membership packages\u2020pawssive.com\u3011 have to offer:\n\n* Free
viewing of public chats\u00a0\n\n* Token packages start at 90 tokens for just \$9.99:
Think of tokens as your currency to unlock private chats and special features.\n\n*

VIP monthly subscription: For just \$19.99/month, unlock exclusive content, chat with models privately, and get access to special perks.

Target User Base

StripChat is a virtual playground for people seeking an adult-only experience that's full of fun and games. Its user base includes voyeurs who love to watch but prefer to stay behind the scenes, as well as individuals who crave a more interactive experience, with the ability to control the show and connect with models.

Outstanding Features of StripChat

- * Huge model selection with 3k+ online
- * Interactive shows & tip-controlled toys
- * Status perks like King/Knight privileges

Customer Support Insights

When it comes to customer support, StripChat has got your back. Email support is available, but it can be slow at times (especially for billing issues). Luckily, they offer quick and efficient responses to technical issues, so you can get back to the fun in no time.

Known for massive model selection and free options

Site Overview

Chaturbate is one of the most popular adult cam sites, offering free public webcam shows and private sessions for paying members. It has over 1000 models online at any time across categories like female, male, couples, and trans.

>> Read full Review

Pros & Cons

Pros:

- * Huge selection of free public chats
- * Interactive tipping and contests
- * Thousands of models online

Cons:

- * Need tokens for private shows
- * Very crowded free chat rooms

Distinct Features

- * Massive free public adult chat rooms
- * Fan Club for access to members-only content, such as private photos and videos
- * Contests and games for models

>> Visit

Chaturbate is known for its massive model selection and free options.

Membership Plans

Public chat rooms are free for all users, with the opportunity to tip models with tokens. You can also purchase tokens to unlock special features, like controlling a model's interactive toys or accessing private shows. For a monthly fee of \$19.95, you get access to exclusive content, ad-free browsing, and other fancy perks.

Target User Base

Chaturbate's target audience is diverse. It includes casual viewers who enjoy free public shows and the occasional tip, as well as active users who participate in tipping models and engage with them in chat. Overall, Chaturbate caters to a wide variety of adult entertainment enthusiasts, with something for everyone, no matter their budget or level of engagement.

Outstanding Features of Chaturbate

- * Thousands of models online in free chats
- * Contests and tipping interactions
- * Huge diversity of live adult shows

Customer Support Insights

Chaturbate provides email-based support around the clock. They are adept at resolving billing and technical issues in a timely manner. All in all, Chaturbate's customer support team is committed to ensuring that users have a seamless and enjoyable experience on the platform.

Known for top-notch video quality

Site Overview

LiveJasmin is a premium adult and sex cam site known for its HD video streams, clean interface, and a huge selection of professional models. It offers public and private shows, interactive toys, spy sessions, live sex, live adult cam shows, and more.

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\u3010104\u2020LiveJasmin Review\u2020thenudesguy.com\u3011\n\n#### Pros & Cons\n\nPros:\n\n * Excellent HD video quality\n\n * Intuitive, easy-to-use interface\n\n * Large model selection\n\nCons:\n\n * Above-average private show rates\n\n * Fewer free features\n\n#### Distinct Features\n\n\n * HD webcam streams in 720p or 1080p\n\n * Matching system to find models based on preferences\n\n * Interactive vibrator control for models\n\n\n\u301091\u2020>> Visit Livejasmin <<\u2020pawssive.com\u3011\n\n#### Membership Plans\n\n\nLivejasmin\u2019s plans are tailored to suit a variety of budgets and preferences, providing users with a range of ways to enjoy the platform\u2019s offerings. You can pay per minute for exclusive, one-on-one time with a model. There are also various credit packages ranging from \$5.99 to \$7.99 per credit, depending on the size of the package. The premium membership offers exclusive discounts and perks, such as access to \u301091\u2020special shows\u2020pawssive.com\u3011 and reduced pricing on credits.\n\n#### Target User Base\n\n\nLivejasmin\u2019s target audience is a sophisticated and refined bunch. It includes those who appreciate high-quality, \u301091\u2020visually stunning adult entertainment\u2020pawssive.com\u3011. There are also many users who seek out specific niche models and fetishes that cater to their unique interests and desires.\n\n#### Outstanding Features of Livejasmin\n\n\n * Crisp HD video for live cam shows\n\n * Control models\u2019 vibrators during shows\n\n * Well-organized model categories\n\n#### Customer Support Insights\n\n\n\u301091\u2020Livejasmin\u2020pawssive.com\u3011\u2018s customer support team is the backbone of the platform, always there to assist users. They provide fast and friendly support that aims to resolve issues promptly.\n\n#### \u301092\u2020BongaCams\u2020pawssive.com\u3011 \u2013 Known for European model selection\n\n\n[Image 7]\n\n#### Site Overview\n\n\n\u301092\u2020BongaCams\u2020pawssive.com\u3011 is an adult cam site with over 1000 models online at any time, primarily European cam girls from countries like Russia, Romania, and Ukraine. It offers free public chats, some of the hottest cam girls, free porn cams, and affordable private shows.\n\n>> Read full \u3010105\u2020BongaCams Review\u2020thenudesguy.com\u3011\n\n#### Pros & Cons\n\n\nPros:\n\n * Massive selection of European models\n\n * Affordable private chat rates\n\n * Contests and rewards programs\n\nCons:\n\n * Need tokens for private shows\n\n * Interface could use updating\n\n#### Distinct Features\n\n\n * Thousands of models from Europe streaming 24/7\n\n * Contests and games in free public chats\n\n * Loyalty program for rewards\n\n\n\u301092\u2020>> Visit BongaCams <<\u2020pawssive.com\u3011\n\n#### Membership Plans\n\n\nBongaCams is all about accessibility and affordability, making it a popular choice for users looking for an \u301092\u2020uncomplicated cam experience\u2020pawssive.com\u3011. There are free public chats for all to enjoy, as well as various token packages available, with 150 tokens for just \$10. Unlike some other sites, there are no recurring subscription plans here \u2013 just tokens.\n\n#### Target User Base\n\n\nBongaCams is all about creating an \u301092\u2020inclusive and adventurous environment\u2020pawssive.com\u3011 for users, regardless of their interests or level of engagement. There are users who enjoy casual viewing and chatting with models, along with those who love to rack up tokens and tip generously.\n\n#### Outstanding Features of BongaCams\n\n\n * Large selection of Eastern European models\n\n * Public chats are 100% free to watch\n\n * Low private chat rates in bulk\n\n#### Customer Support Insights\n\n\nBongaCams\u2019 customer support team is a highly skilled and efficient operation, dedicated to providing \u301092\u2020top-notch

\$19.99\n * Premium: 600 Credits for \$149.99\n * Premium: 1,500 Credits for \$299.99\n\n#### Target User Base\n\nFlirt4Free is tailored for those who seek \u301094\u2020premium live cam experiences\u2020pawssive.com\u3011 and are willing to invest in it. It caters to individuals or couples looking for intimate and engaging connections with models.\n\n#### Outstanding Features of Flirt4Free\n\n * Extensive model profiles with information on physical attributes facilitate finding preferred models.\n\n * Engage in free chat sessions with models before committing to private shows.\n\n * Enjoy HD quality videos for an immersive experience.\n\n * Some models use teledildonics, enhancing interactivity as certain toys vibrate based on tips.\n\n * VIP members enjoy exclusive benefits like access to archived shows and more.\n\n#### Customer Support Insights\n\nFlirt4Free offers a \u301094\u2020robust 24/7 customer support system\u2020pawssive.com\u3011. Moderators are available for consultations, addressing member concerns and ensuring a secure and enjoyable experience. Support can be accessed through live chat or a US-based phone number.\n\n#### \u301095\u2020Cams\u2020pawssive.com\u3011 \u3011 Known for male performers\n\n[Image 10]\n\n#### Site Overview\n\n\u301095\u2020Cams\u2020pawssive.com\u3011, a well-established cam site, is recognized for its male performers and offers\n\nVisible: 0% - 55%, "pub_date": null, "extra": {"evidence_text": "source", "cited_message_idx": 13, "search_result_idx": null}}], "gizmo_id": null, "is_complete": true, "message_type": null, "model_slug": "gpt-4", "pad": "AAAAA", "parent_id": "d6a53e2d-d29f-46bd-a7e8-491929eaf005", "request_id": "864766a14c4cbaf7-MXP", "timestamp": "absolute", "content_references": [{"matched_text": "\u301013\u2020source\u3011", "start_idx": 330, "end_idx": 341, "alt": null, "type": "webpage_extended", "title": "12 Best Adult Cam Sites for Free & Paid Shows (Updated for 2024)", "url": "https://washingtoncitypaper.com/article/636352/best-adult-cam-sites/", "pub_date": null, "snippet": "\nURL: https://washingtoncitypaper.com/article/636352/best-adult-cam-sites/\n\n[Image 0] Close\n\n * \u3010100\u2020Fund Local News\u2020washingtoncitypaper.fundjournalism.org\u3011\n\nSearch for: Search\n\n * \u3010101\u2020Spring Arts Guide!\u3011 Open dropdown menu\n\n * \u3010102\u2020Music\u3011\n\n * \u3010103\u2020Theater\u3011\n\n * \u3010104\u2020Books\u3011\n\n * \u3010105\u2020Film\u3011\n\n * \u3010106\u2020Dance and Performance\u3011\n\n * \u3010107\u2020Comedy\u3011\n\n * \u3010108\u2020Museums and Galleries\u3011\n\n * \u3010109\u2020News\u3011 Open dropdown menu\n\n * \u3010110\u2020City Desk\u3011\n\n * \u3010111\u2020Inside Voices\u3011\n\n * \u3010112\u2020Loose Lips\u3011\n\n * \u3010113\u2020Out of Ink\u3011\n\n * \u3010114\u2020Arts\u3011 Open dropdown menu\n\n * \u3010115\u2020Music\u3011\n\n * \u3010116\u2020Theater\u3011\n\n * \u3010117\u2020Film/TV\u3011\n\n * \u3010118\u2020Museums/Galleries\u3011\n\n * \u3010119\u2020Performance/Dance\u3011\n\n * \u3010120\u2020Books\u3011\n\n * \u3010121\u2020City Lights\u3011\n\n * \u3010122\u2020Food\u3011 Open dropdown menu\n\n * \u3010123\u2020Food News\u3011\n\n * \u3010124\u2020Beer\u3011\n\n * \u3010125\u2020Young & Hungry\u3011\n\n * \u3010126\u2020Carry-out Critic\u3011\n\n * \u3010127\u2020Events\u2020www.washingtoncitypaper.com\u3011 Open dropdown menu\n\n * \u3010128\u2020Books\u3011\n\n * \u3010129\u2020Film\u3011\n\n * \u3010130\u2020LGBTQIA\u3011\n\n * \u3010131\u2020Museums/Galleries\u3011\n\n * \u3010132\u2020Music\u3011\n\n * \u3010133\u2020Theater\u3011\n\n * \u3010134\u2020LGBTQIA\u3011\n\n * \u3010135\u2020Newsletters\u3011\n\n * \u3010136\u2020Help Us Report\u3011\n\n * \u3010137\u2020Notices, Jobs, Etc.\u3011 Open

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creation or production of this story. \n\n# 12 Best Adult Cam Sites for Free &
Paid Shows (Updated for 2024) \n\nSponsored by UP Venture Media March 12th, 2024 March
13th, 2024\n\n### Share this story:\n\n * \u301085\u2020Click to share on Facebook
(Opens in new window)\u3011\n * \u301086\u2020Click to share on X (Opens in new

window)\u3011\n * \u301087\u2020Click to share on Reddit (Opens in new window)\u3011\n * \n\n[Image 2] \n\nLooking to spice up your love life or earn some extra cash on the side? Adult cam sites let you video chat live with sexy models from around the world. But with so many options, how do you know which ones are the best adult cam sites? We\u2019ve done the research to uncover the top 12 adult cam sites for live sex chat, naughty fun, and full viewer interaction.\n\nHere are the best adult cam sites:\n\n 1. \u301088\u2020JerkMate\u2020pawssive.com\u3011 \u2013 Known for instant cam connections\n 2. \u301089\u2020StripChat\u2020pawssive.com\u3011 \u2013 Known for public shows & contests\n 3. \u301090\u2020Chaturbate\u2020pawssive.com\u3011 \u2013 Known for massive model selection and free options\n 4. \u301091\u2020Livejasmin\u2020pawssive.com\u3011 \u2013 Known for top-notch video quality\n 5. \u301092\u2020BongaCams\u2020pawssive.com\u3011 \u2013 Known for European model selection\n 6. \u301093\u2020CamSoda\u2020pawssive.com\u3011 \u2013 Known for unique show options & interactivity\n 7. \u301094\u2020Flirt4Free\u2020pawssive.com\u3011 \u2013 Known for fetishes & niche models\n 8. \u301095\u2020Cams\u2020pawssive.com\u3011 \u2013 Known for male performers\n 9. \u301096\u2020XCams\u2020pawssive.com\u3011 \u2013 Known for models in HD\n 10. \u301097\u2020Streamate\u2020pawssive.com\u3011 \u2013 Known for private chat per minute billing\n 11. \u301098\u2020Imlive\u2020pawssive.com\u3011 \u2013 Known for reasonable prices and large selection of female models\n 12. \u301099\u2020Xlovecam\u2020pawssive.com\u3011 \u2013 Known for amateur models\n\n## Top Adult Cam Sites for Live Shows\n\n### \u301088\u2020JerkMate\u2020pawssive.com\u3011 \u2013 Known for instant cam connections\n\n[Image 3]\n\n#### Site Overview\n\n\u301088\u2020JerkMate\u2020pawssive.com\u3011 connects users with cam models for adult cam-to-cam sessions in just one click. The innovative system pairs you instantly with a random webcam model for mutual camming fun. Models set their own rates, usually around \$1.00 to \$4.99 per minute. You can also chat for free to see if you like the model before starting a session. JerkMate even offers Party Cams where you video chat with two models simultaneously.\n\n>> Read full \u3010100\u2020Jerkmate Review\u2020thenudesguy.com\u3011\n\n#### Pros & Cons\n\nPros:\n\n * Instant cam connections\n * Free chat option\n * Party Cams with two models\n * Good for casual fun\n\nCons:\n\n * Smaller model selection\n * Fewer advanced features\n\n#### Distinct Features\n\n * Instant random pairing with models for cam-to-cam sessions\n * Free chat option to test compatibility\n * Party Cams for threesomes with several models\n\n\u301088\u2020>> Visit JerkMate <<\u2020pawssive.com\u3011\n\n#### Membership Plans\n\nJerkMate can take your video chat experience to a whole new level. The site offers flexible pricing, with a pay-per-minute structure for video chat. Each model sets their own rates, so you\u2019ll find a \u301088\u2020range of options\u2020pawssive.com\u3011 to choose from. Rates usually range from \$1 to \$5 per minute.\n\n#### Target User Base\n\nJerkMate is the ultimate destination for a stress-free video chat experience. Its users are all about short, sweet, and casual fun, making JerkMate the \u301088\u2020perfect platform\u2020pawssive.com\u3011 for people who want to have a good time without getting too tied down.\n\n#### Outstanding Features of JerkMate\n\n * One-click instant cam connections for fast fun\n * Party Cams for cam2cam threesomes\n * Free chat previews before paying\n\n#### Customer Support Insights\n\nJerkMate takes customer service seriously, ensuring a seamless and

satisfying camming experience for all. Its email and online contact form are always there for you, ready to lend a helping hand. The customer support crew is quick on their feet, so you can count on a speedy response. \n\n###
\u301089\u2020StripChat\u2020pawssive.com\u3011 \u2013 Known for public shows & contests\n\n[Image 4]\n\n#### Site Overview\n\n\u301089\u2020StripChat\u2020pawssive.com\u3011 is an international adult webcam platform with over 3,000 models streaming live at any given time. It offers free public shows, as well as private shows, free rooms, contests, and interactive features like tip-controlled toys. \n\n& Read full \u3010101\u2020Stripchat Review\u2020thenudesguy.com\u3011\n\n#### Pros & Cons\n\nPros: \n\n * Thousands of models online\n\n * Free public chats\n\n * Contests & games\n\nCons: \n\n * Private shows require tokens\n\n * Busy public chats can be chaotic\n\n#### Distinct Features\n\n * Contests for models with cash prizes\n\n * Tip-controlled sex toys and Wheel of Fortune game\n\n * Option to become \u201cKing\u201d or \u201cKnight\u201d with privileges\n\n\u301089\u2020& Visit StripChat &\u2020pawssive.com\u3011\n\n#### Membership Plans\n\nAt StripChat, there\u2019s something for everyone \u2013 whether you\u2019re just dipping your toes in the water or diving headfirst into the action. Here\u2019s what their \u301089\u2020membership packages\u2020pawssive.com\u3011 have to offer: \n\n * Free viewing of public chats\u00a0\n\n * Token packages start at 90 tokens for just \$9.99: Think of tokens as your currency to unlock private chats and special features. \n\n * VIP monthly subscription: For just \$19.99/month, unlock exclusive content, chat with models privately, and get access to special perks. \n\n#### Target User Base\n\nStripChat is a virtual playground for people seeking an \u301089\u2020adult-only experience\u2020pawssive.com\u3011 that\u2019s full of fun and games. Its user base includes voyeurs who love to watch but prefer to stay behind the scenes, as well as individuals who crave a more interactive experience, with the ability to control the show and connect with models. \u00a0\n\n#### Outstanding Features of StripChat\n\n * Huge model selection with 3k+ online\n\n * Interactive shows & tip-controlled toys\n\n * Status perks like King/Knight privileges\n\n#### Customer Support Insights\n\nWhen it comes to customer support, \u301089\u2020StripChat\u2020pawssive.com\u3011 has got your back. Email support is available, but it can be slow at times (especially for billing issues). Luckily, they offer quick and efficient responses to technical issues, so you can get back to the fun in no time. \n\n### \u301090\u2020Chaturbate\u2020pawssive.com\u3011 \u2013 Known for massive model selection and free options\n\n[Image 5]\n\n#### Site Overview\n\n\u301090\u2020Chaturbate\u2020pawssive.com\u3011 is one of the most popular adult cam sites, offering free public webcam shows and private sessions for paying members. It has over 1000 models online at any time across categories like female, male, couples, and trans. \n\n& Read full \u3010102\u2020Chaturbate Review\u2020thenudesguy.com\u3011\n\n#### Pros & Cons\n\nPros: \n\n * Huge selection of free public chats\n\n * Interactive tipping and contests\n\n * Thousands of models online\n\nCons: \n\n * Need tokens for private shows\n\n * Very crowded free chat rooms\n\n#### Distinct Features\n\n * Massive free public adult chat rooms\n\n * Fan Club for access to members-only content, such as private photos and videos\n\n * Contests and games for models\n\n\u3010103\u2020& Visit \u2020. \u3011\u301090\u2020Chaturbate\u2020pawssive.com\u3011\u3010103\u2020&\u2020. \u3011\u00a0\n\n#### Membership Plans\n\nPublic chat rooms are \u301090\u2020free for all users\u2020pawssive.com\u3011, with the opportunity to tip

models with tokens. You can also purchase tokens to unlock special features, like controlling a model's interactive toys or accessing private shows. For a monthly fee of \$19.95, you get access to exclusive content, ad-free browsing, and other fancy perks.

Target User Base

Chaturbate's target audience is diverse. It includes casual viewers who enjoy free public shows on [pawssive.com](https://www.pawssive.com) and the occasional tip, as well as active users who participate in tipping models and engage with them in chat. Overall, Chaturbate caters to a wide variety of adult entertainment enthusiasts, with something for everyone, no matter their budget or level of engagement.

Outstanding Features of Chaturbate

- * Thousands of models online in free chats
- * Contests and tipping interactions
- * Huge diversity of live adult shows

Customer Support Insights

Chaturbate provides email-based support around the clock. They are adept at resolving billing and technical issues in a timely manner. All in all, Chaturbate's customer support team is committed to ensuring that users have a seamless and enjoyable experience on the platform.

Livejasmin

Known for top-notch video quality

Site Overview

Livejasmin is a premium adult and sex cam site known for its HD video streams, clean interface, and a huge selection of professional models. It offers public and private shows, interactive toys, spy sessions, live sex, live adult cam shows, and more.

Read full Livejasmin Review

Pros & Cons

Pros:

- * Excellent HD video quality
- * Intuitive, easy-to-use interface
- * Large model selection

Cons:

- * Above-average private show rates
- * Fewer free features

Distinct Features

- * HD webcam streams in 720p or 1080p
- * Matching system to find models based on preferences
- * Interactive vibrator control for models

Visit Livejasmin

Membership Plans

Livejasmin's plans are tailored to suit a variety of budgets and preferences, providing users with a range of ways to enjoy the platform's offerings. You can pay per minute for exclusive, one-on-one time with a model. There are also various credit packages ranging from \$5.99 to \$7.99 per credit, depending on the size of the package. The premium membership offers exclusive discounts and perks, such as access to special shows on [pawssive.com](https://www.pawssive.com) and reduced pricing on credits.

Target User Base

Livejasmin's target audience is a sophisticated and refined bunch. It includes those who appreciate high-quality, visually stunning adult entertainment on [pawssive.com](https://www.pawssive.com). There are also many users who seek out specific niche models and fetishes that cater to their unique interests and desires.

Outstanding Features of Livejasmin

- * Crisp HD video for live cam shows
- * Control models' vibrators during shows
- * Well-organized model categories

Customer Support Insights

Livejasmin's customer support team is the backbone of the platform, always there to assist users. They provide fast and friendly support that aims to resolve issues promptly.

BongaCams

Known for European model selection

Site Overview

BongaCams is an adult cam site with over 1000 models online at any time, primarily European cam girls from countries like Russia, Romania, and Ukraine. It offers free public chats, some of the hottest cam

girls, free porn cams, and affordable private shows. \n\n<>> Read full
\u3010105\u2020BongaCams Review\u2020thenudesguy.com\u3011\n\n#### Pros &
Cons\n\nPros:\n\n * Massive selection of European models\n * Affordable private chat
rates\u00a0\u00a0\u00a0\n * Contests and rewards programs\n\nCons:\n\n * Need tokens
for private shows\n * Interface could use updating\n\n#### Distinct Features\n\n *
Thousands of models from Europe streaming 24/7\n * Contests and games in free public
chats\n * Loyalty program for rewards\u00a0 \u00a0\u00a0\u301092\u2020<>> Visit
BongaCams << \u2020pawssive.com\u3011\n\n#### Membership Plans\n\nBongaCams is
all about accessibility and affordability, making it a popular choice for users
looking for an \u301092\u2020uncomplicated cam experience\u2020pawssive.com\u3011.
There are free public chats for all to enjoy, as well as various token packages
available, with 150 tokens for just \$10. Unlike some other sites, there are no
recurring subscription plans here \u2013 just tokens. \u00a0\n\n#### Target User
Base\n\nBongaCams is all about creating an \u301092\u2020inclusive and adventurous
environment\u2020pawssive.com\u3011 for users, regardless of their interests or level
of engagement. There are users who enjoy casual viewing and chatting with models,
along with those who love to rack up tokens and tip generously. \n\n#### Outstanding
Features of BongaCams\n\n * Large selection of Eastern European models\n * Public
chats are 100% free to watch\n * Low private chat rates in bulk\n\n#### Customer
Support Insights\n\nBongaCams\u2019 customer support team is a highly skilled and
efficient operation, dedicated to providing \u301092\u2020top-notch
assistance\u2020pawssive.com\u3011 to their community. They offer prompt email support,
resolving inquiries and concerns in a timely manner. \u00a0\n\n####
\u301093\u2020CamSoda\u2020pawssive.com\u3011 \u2013 Known for unique show options
& interactivity\n\n[Image 8]\n\n#### Site
Overview\n\n\u301093\u2020CamSoda\u2020pawssive.com\u3011 is a leading online hookup
platform that offers a unique and interactive experience for users. It has quickly
gained a reputation as one of the leaders in the webcam online dating industry, thanks
to its innovative features and dedicated management team. \u00a0<>> Read full
\u3010106\u2020CamSoda Review\u2020thenudesguy.com\u3011\n\n#### Pros &
Cons\n\nPros:\n\n * Most functions available for free\n * Unique feature of remote
control\n * Wide collection of categories\n * Optimized mobile version\n\nCons:\n\n *
Free accounts have access only to small-sized shows\n\n#### Distinct Features\n\n *
Interactive Remote Control\n * Private Performances\n * User-Generated Content\n *
Varied Membership Community\n * User-Friendly Blog and Press\n * Balanced Free and
Paid Content\n * Optimized Mobile Version\n\n\u301093\u2020<>> Visit CamSoda
<< \u2020pawssive.com\u3011\n\n#### Membership Plans\n\nCamSoda offers both
\u301093\u2020free and premium accounts\u2020pawssive.com\u3011 for users. With a
monthly subscription of \$19.95, premium members receive the added benefit of 200
tokens included in their package. For those who may require extra tokens beyond their
subscription, they provide various token purchase options: \$5.99 for 50 tokens, \$10.99
for 100 tokens, \$20.99 for 200 tokens, and \$49.99 for 550 tokens. \u00a0\n\n#### Target
User Base\n\nThe site is open to people of all preferences, providing
\u301093\u2020freedom and open-mindedness\u2020pawssive.com\u3011 in a world where
such qualities are highly valued. \n\n#### Outstanding Features of CamSoda\n\n *
Unique show options, including remote control interactions and private performances.\n *
Blend of free and paid content, catering to different preferences.\n * Emphasis on
interactivity, encouraging communication and engagement. \n\n#### Customer Support
Insights\n\nCamSoda prides itself on offering responsive customer support, ensuring

that every user's needs are met promptly. Users have the convenience of submitting their support inquiries through the website, providing a straightforward process for assistance on pawssive.com. For those seeking immediate help, CamSoda provides live chat support, connecting users with a responsive team member in real-time. The platform also offers a comprehensive FAQ section to address common questions and help users find solutions independently.

Known for fetishes & niche models

Site Overview

is a renowned adult cam site specializing in providing top-quality cam girls and shows for singles and couples. The platform features a diverse selection of captivating cam models and offers a range of show types, all with exceptional video quality.

Pros & Cons

- * Diverse variety of performers
- * User-friendly site interface
- * VIP membership available
- * Private shows
- * Multi-cam app for enhanced viewing

Cons:

- * Some performers with HD cams charge higher rates

Filtering options could be more user-friendly

Distinct Features

- * Variety of Performers
- * Extremely Easy to Use Site
- * VIP Membership Available
- * Private Shows
- * Multi-Cam App

Visit Flirt4Free << on pawssive.com

Membership Plans

Flirt4Free operates on a credit-based system, offering free basic services and premium options for paying members. The pricing for credits is as follows:

- * Premium: 150 Credits for \$19.99
- * Premium: 600 Credits for \$149.99
- * Premium: 1,500 Credits for \$299.99

Target User Base

Flirt4Free is tailored for those who seek premium live cam experiences on pawssive.com and are willing to invest in it. It caters to individuals or couples looking for intimate and engaging connections with models.

Outstanding Features of Flirt4Free

- * Extensive model profiles with information on physical attributes facilitate finding preferred models.
- * Engage in free chat sessions with models before committing to private shows.
- * Enjoy HD quality videos for an immersive experience.
- * Some models use teledildonics, enhancing interactivity as certain toys vibrate based on tips.
- * VIP members enjoy exclusive benefits like access to archived shows and more.

Customer Support Insights

Flirt4Free offers a robust 24/7 customer support system on pawssive.com. Moderators are available for consultations, addressing member concerns and ensuring a secure and enjoyable experience. Support can be accessed through live chat or a US-based phone number.

Known for male performers

Site Overview

is a well-established cam site, recognized for its male performers and offers

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"}]}]}

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93", "search_result_number":5}, {"paper_title":"Psychological Capital and Well-being.", "abstract":"Although important and of undeniable significance, decades of extensive research on mental illness and dysfunctional behavior in psychology, sociology and other foundational behavioral science disciplines have generally ignored or failed to contribute to the better understanding of the role that human strengths, flourishing and optimal functioning have for overall well-being. Similarly, the study of work stress, burnout, conflict, dysfunctional attitudes, counterproductive behaviors and other negative constructs that have preoccupied organizational behavior and human resources management scholars and practitioners have also not necessarily shed additional light on the characteristics of exceptional performers or the dynamic processes that facilitate excellence in the workplace. This realization motivated positive psychologists and positive organizational behavior (POB) scholars to launch new and exciting streams of research that focus on positivity in its own right, rather than simply extrapolating existing mainstream research. This essay focuses on one of these streams of research, namely psychological capital or simply PsyCap. We use this stream of research as an example and illustration of positive research in terms of rigor and relevance. We present conceptual frameworks in which positivity, particularly PsyCap, can promote well-being, both at and beyond the workplace.", "paper_authors":["Carolyn M. Youssef-Morgan", "F. Luthans"], "paper_publish_year":2015, "publication_journal_name":"Stress and health : journal of the International Society for the Investigation of Stress", "consensus_paper_details_url":"https://consensus.app/papers/capital-wellbeing-youssefmorgan/a44736c5b61654538261491f861f6db4/?utm_source=chatgpt", "doi":"10.1002/smi.2623", "volume":"31", "pages":"180-8"\\n

", "search_result_number":6}, {"paper_title":"Social Psychology", "abstract":"Within the context of psychology, social psychology is the scientific study of how people's thoughts, feelings, and behaviors are influenced by the actual, imagined, or implied presence of others.[1] By this definition, scientific refers to the empirical method of investigation. The terms thoughts, feelings, and behaviors include all psychological variables that are measurable in a human being. The statement that others's presence may be imagined or implied suggests that we are prone to social influence even when no other people are present, such as when watching television, or following internalized cultural norms. Social psychologists typically explain human behavior as a result of the interaction of mental states and immediate social situations. In general, social psychologists have a preference for laboratory-based, empirical findings. Social psychology theories tend to be specific and focused, rather than global and general. Social psychology is an interdisciplinary domain that bridges the gap between psychology and sociology. During the years immediately following World War II, there was frequent collaboration between psychologists and sociologists.[2] However, the two

disciplines have become increasingly specialized and isolated from each other in recent years, with sociologists focusing on “macro variables” (e.g., social structure) to a much greater extent. Nevertheless, sociological approaches to social psychology remain an important counterpart to psychological research in this area. In addition to the split between psychology and sociology, there has been a somewhat less pronounced difference in emphasis between American social psychologists and European social psychologists. As a broad generalization, American researchers traditionally have focused more on the individual, whereas Europeans have paid more attention to group level phenomena (see group dynamics).

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265";";search_result_number";9}, {";paper_title";";What (and Why) is Positive Psychology?";";abstract";";Positive psychology is the study of the conditions and processes that contribute to the flourishing or optimal functioning of people, groups, and institutions. In this brief introduction, the authors give examples of current work in positive psychology and try to explain why the positive psychology movement has grown so quickly in just 5 years. They suggest that it filled a need: It guided researchers to understudied phenomena. The authors close by addressing some criticisms and shortcomings of positive psychology, such as the relative lack of progress in studying positive institutions.";";paper_authors";:[";Shelly L. Gable";";J. Haidt";],";paper_publish_year";:2005,";publication_journal_name";:";Review of General

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Creation";";abstract";";Psychology can be distinguished from other behavioral sciences by its emphasis on the behavior of the individual person. Behavior, in turn, is influenced by the way in which the external world is represented in the mind, and by the individual's exercise of choice. The article examines the possibility that relatively enduring attributes of the person might affect entrepreneurial activity, describes the social cognitive processes involved in constructing representations of the external environment, and suggests which motivational variables affect behavioral choices. Although past research on the psychology of the entrepreneur has not been productive, a psychological approach based on persons, process, and choice holds promise for the future.";";paper_authors";:[";Kelly G. Shaver";";L. R. Scott";],";paper_publish_year";:1992,";publication_journal_name";:";Entrepreneurship Theory and

Practice";";consensus_paper_details_url";";https://consensus.app/papers/person-process-choice-psychology-venture-creation-shaver/72a9ebe52f8552d2baa681732b047859/?utm_source=chatgpt";";doi";";";10.1177/104225879201600204";";volume";";16";";pages";";";23 -

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Critique of Positive Psychology\2014or \2018The New Science of

Happiness\2019";";abstract";";This paper argues that the new science of positive psychology is founded on a whole series of fallacious arguments; these involve circular reasoning, tautology, failure to clearly define or properly apply terms, the identification of causal relations where none exist, and unjustified generalisation. Instead of demonstrating that positive attitudes explain achievement, success, well-being and happiness, positive psychology merely associates mental health with a particular personality type: a cheerful, outgoing, goal-driven, status-seeking extravert.";";paper_authors";:[";Alistair

Miller"],"paper_publish_year";2008,"publication_journal_name";"Journal of Philosophy of Education","consensus_paper_details_url";"https://consensus.app/papers/critique-positive-psychology\u2014science-happiness-miller/d62d62567a0d5863b2ab121102527b5c/?utm_source=chatgpt","doi";"10.1111/J.1467-9752.2008.00646.X","volume";"42","pages";"591-608","search_result_number";12}, {"paper_title";"Employee Positive Emotion and Favorable Outcomes at the Workplace","abstract";"This paper draws on writings in psychology, sociology and organizational behavior to develop a conceptual framework that specifies how positive emotion helps employees obtain favorable outcomes at work. We propose that feeling and expressing positive emotions on the job have favorable consequences on: 1 employees independent of their relationships with others e.g., greater persistence, 2 reactions of others to employees e.g., \"halo," or overgeneralization to other desirable traits, and 3 reactions of employees to others e.g., helping others. These three sets of intervening processes are proposed, in turn, to lead to work achievement, job enrichment and a higher quality social context. A partial test of this framework is made in an 18-month study of 272 employees. Results indicate that positive emotion on the job at time 1 is associated with evidence of work achievement more favorable supervisor evaluations and higher pay and a supportive social context more support from supervisors and coworkers at time 2. But positive emotion at time 1 is not significantly associated with job enrichment at time 2.","paper_authors";["Barry M. Staw","R. I. Sutton","L. H. Pelled"],"paper_publish_year";1994,"publication_journal_name";"Organization Science","consensus_paper_details_url";"https://consensus.app/papers/employee-positive-emotion-favorable-outcomes-workplace-staw/8bda2d64bbbc5eb9890c7acd02838ccc/?utm_source=chatgpt","doi";"10.1287/ORSC.5.1.51","volume";"5","pages";"51-71","search_result_number";13}, {"paper_title";"The Psychology of the Emotions","abstract";"IN this book Prof. Ribot gives a very complete account of his subject. In the first part he deals with pleasure and pain and the general nature of emotion. He advocates a theory of emotion which he terms \u201cphysiological.\u201d Feeling is regarded as a primary aspect of mental life, closely connected with biological conditions; and the author seems to think that it is hopeless in this region of psychology, at any rate, to depend wholly on purely psychological methods, the subject only becoming intelligible by going beyond consciousness and treating it in its physiological relations. As part of this general theory Prof. Ribot adopts, with some qualification, the theory illustrated by James in the words, \u201cwe feel sorry because we cry, angry because we strike, afraid because we tremble.\u201d In the second part, dealing with the special forms of emotion, no attempt is made to give an elaborate classification; but the chief aspects of emotional life are described in the order in which they seem to have developed. In this part, and especially in the chapters on character and temperament, the author brings out the great value of pathology in the study of psychology.The Psychology of the Emotions.By Th. Ribot. Pp. xix + 455. (London: Walter Scott, Ltd., 1897.)","paper_authors";["G.

Arundale";], "paper_publish_year":1898, "publication_journal_name": "Bristol Medico-Chirurgical Journal (1883)", "consensus_paper_details_url": "https://consensus.app/papers/psychology-emotions-arundale/0bfa769fd650547e9b5fd7f8389c6f57/?utm_source=chatgpt", "doi": "10.1038/057150b0", "volume": "16", "pages": "259 - 259", "search_result_number": 14}, {"paper_title": "The role of positive emotions in positive psychology. The broaden-and-build theory of positive emotions.", "abstract": "In this article, the author describes a new theoretical perspective on positive emotions and situates this new perspective within the emerging field of positive psychology. The broaden-and-build theory posits that experiences of positive emotions broaden people's momentary thought-action repertoires, which in turn serves to build their enduring personal resources, ranging from physical and intellectual resources to social and psychological resources. Preliminary empirical evidence supporting the broaden-and-build theory is reviewed, and open empirical questions that remain to be tested are identified. The theory and findings suggest that the capacity to experience positive emotions may be a fundamental human strength central to the study of human flourishing.", "paper_authors": ["B. Fredrickson"], "paper_publish_year": 2001, "publication_journal_name": "The American psychologist", "consensus_paper_details_url": "https://consensus.app/papers/role-emotions-psychology-broadenandbuild-theory-fredrickson/f7343b806c1759bbb584074d5e4d45ac/?utm_source=chatgpt", "doi": "10.1037/0003-066X.56.3.218", "volume": "56", "pages": "218-26", "search_result_number": 15}, {"paper_title": "On emotion specificity in decision making: Why feeling is for doing", "abstract": "We present a motivational account of the impact of emotion on decision making, termed the feeling-is-for-doing approach. We first describe the psychology of emotion and argue for a need to be specific when studying emotion's impact on decision making. Next we describe what our approach entails and how it relates emotion, via motivation to behavior. Then we offer two illustrations of our own research that provide support for two important elements in our reasoning. We end with specifying four criteria that we consider to be important when studying how feeling guides our everyday doing.", "paper_authors": ["M. Zeelenberg", "R. Nelissen", "Seger M. Breugelmans", "R. Pieters"], "paper_publish_year": 2008, "publication_journal_name": "Judgment and Decision Making", "consensus_paper_details_url": "https://consensus.app/papers/emotion-specificity-decision-making-feeling-zeelenberg/c9bcad6805d2562bace3553518d85f22/?utm_source=chatgpt", "doi": "10.1017/s1930297500000139", "volume": "", "pages": "", "search_result_number": 16}, {"paper_title": "Hand book of motivation and cognition : foundations of social behavior", "abstract": "The apparent success of cognitive principles in accounting for several behaviors has led social psychologists to question the need for motivations and other 'hot' dispositional constructs. In their place,

they postulate nonmotivational “cold” cognitions. Behavioral variations between individuals are thus reduced to differences in information processing abilities, while biases and other apparently motivated behaviors are explained on the “faulty computer” model. However, as many cognitive psychologists now acknowledge this mechanistic theory fails to tie the processing of information to the performance of actions. In a creative attempt to bridge this gap, the editors and investigators have begun to challenge the prevailing hot/cold, either/or dichotomy. Instead, they propose the “warm look” – a synergistic approach to the roles of “hot” motivations and “cold” cognitions in the production of behavior. In their view, neither one alone is sufficient to explain social phenomena. In fact, outside of theory, the two are inseparable. This comprehensive handbook attempts an integration of contrasting approaches to behavior discusses the dual contributions of cognition and motivation to affective states, the development and evaluation of the self, and the setting and attainment of goals. Central themes include the notion of different public and private selves forming distinct influences on motivational behavior; the key role of affect in mediating social information processing; and the differences between informational and affective value, or between behavior geared to finding out versus behavior prompted by a desire to feel good. While much remains to be learned about the complex interplay of motivation and cognition, these studies demonstrate that the two can no longer be treated as separate, unrelated factors. Subjective states and goals clearly influence information processing, while the acquisition of information alters affect and behavior. An ambitious and original attempt to bridge the gap between thought and action, the Handbook is an indispensable reference for all social cognitive and developmental psychologists, investigators of personality and motivation, and advanced students in these areas.

“;paper_authors”;[“;R. Sorrentino“;,”“;E.

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Sociology“;,”“;consensus_paper_details_url“;:“;https://consensus.app/papers/handbook-motivation-cognition-foundations-behavior-sorrentino/4a4c4ff2f66d5b36ab55f1b1f86aa074/?utm_source=chatgpt“;,”“;doi“;:“;10.2307/2072281“;,”“;volume“;:“;20“;,”“;pages“;:“;793“;,”“;search_result_number“;:17}, {“;paper_title“;:“;What do facial expressions convey: feeling states, behavioral intentions, or action requests?“;,”“;abstract“;:“;Emotion theorists assume certain facial displays to convey information about the expresser’s emotional state. In contrast, behavioral ecologists assume them to indicate behavioral intentions or action requests. To test these contrasting positions, over 2,000 online participants were presented with facial expressions and asked what they revealed—feeling states, behavioral intentions, or action requests. The majority of the observers chose feeling states as the message of facial expressions of disgust, fear, sadness, happiness, and surprise, supporting the emotions view. Only the anger display tended to elicit more choices of behavioral intention or action request, partially supporting the behavioral ecology view. The results support the view that facial expressions communicate emotions, with emotions being multicomponential phenomena that comprise feelings, intentions, and wishes.”;,”“;paper_authors“;:[“;G.

Horstmann“;,”“;paper_publish_year“;:2003,“;publication_journal_name“;:“;Emotion“;,”“;consensus_paper_details_url“;:“;https://consensu

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addressing what brings the feeling of goodness in the human experience directly from
the academic database right now. However, I can provide information based on existing
knowledge and previous research findings.\n\nThe feeling of goodness, often associated
with happiness, contentment, or well-being, can stem from various sources according to
scientific studies:\n\n1. Relationships and Social Connections: Strong, positive
relationships with family, friends, and the community contribute significantly to a
person's sense of well-being. Social support is crucial for emotional
health.\n\n2. Engagement and Flow: Being deeply engaged in activities that
challenge and absorb us, such as hobbies, work, or learning, can lead to a state of
flow, where time seems to stop, and one experiences deep enjoyment and
fulfillment.\n\n3. Meaning and Purpose: Having a sense of purpose or meaning in
life, whether through work, volunteering, or personal beliefs, contributes
significantly to overall happiness.\n\n4. Achievements: Working towards and
reaching goals, even small ones, can provide a sense of accomplishment and contribute
to the feeling of goodness.\n\n5. Gratitude and Positive Thinking: Cultivating an
attitude of gratitude and focusing on positive aspects of life can enhance feelings of
well-being.\n\n6. Physical Health: Regular exercise, adequate sleep, and healthy
eating habits can improve mood and reduce stress, contributing to a feeling of
goodness.\n\nAlthough the specific database search did not work this time, these areas
are well-represented in psychological and sociological research as key components
contributing to the feeling of goodness in the human experience. If you need more
detailed information or specific studies, please let me know, and I can try another
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comes directly from the senses (e.g., taste, touch, sound, sight, and smell). For example, eating a piece of chocolate can immediately stimulate the brain's reward centers, releasing dopamine.

2. **Social Interaction**: Positive social interactions can stimulate the release of oxytocin, often referred to as the 'cuddle hormone', which increases feelings of trust, bonding, and social connection.

3. **Novelty**: New experiences or unexpected surprises can trigger the release of dopamine, leading to feelings of pleasure and curiosity.

4.

Accomplishment: Completing a task or achieving a goal can lead to a sense of satisfaction and elation. This is often associated with the release of endorphins and dopamine, contributing to what is sometimes called the 'achievement high'.

5. **Aesthetic Appreciation**: Encountering beauty, whether in nature, art, or music, can evoke a profound sense of awe and pleasure, often associated with increased activity in the brain's frontal lobes, which are involved in emotional regulation and meaning-making.

6. **Altruism**: Engaging in acts of kindness or helping others can produce a 'helper's high', associated with endorphin release, which leads to feelings of happiness and well-being.

Each of these mechanisms involves complex interactions within the brain and body, influenced by individual perceptions, past experiences, and personal values. While the immediate pleasure from stimuli is often short-lived, it can contribute to longer-term happiness when integrated into a balanced and fulfilling life. If you have specific aspects you want to delve into or need more detailed explanations, please let me know!"]},

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experiences, (c) the psychological resources engendered by positive feeling states, (d)
the ways in which mood can motivate health-relevant behaviors, and (e) the elicitation
of social support. As anticipated by the Greek physician Hippocrates, positive
emotions and healthy outcomes may be linked through multiple
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Fredrickson"], "paper_publish_year";:1998, "publication_journal_name";"Review of General

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319", "search_result_number";:5}, {"paper_title";"Emotional states and physical health.", "abstract";"Positive emotional states may promote healthy perceptions, beliefs, and physical well-being itself. To explore potential mechanisms linking pleasant feelings and good health, the authors consider several lines of research, including (a) direct effects of positive affect on physiology, especially the immune system, (b) the information value of emotional experiences, (c) the psychological resources engendered by positive feeling states, (d) the ways in which mood can motivate health-relevant behaviors, and (e) the elicitation of social support. As anticipated by the Greek physician Hippocrates, positive emotions and healthy outcomes may be linked through multiple

pathways.", "paper_authors";:"Peter Salovey", "Alexander

J. Rothman", "Jerusha B. Detweiler", "Wayne T. Steward"], "paper_publish_year":2000, "publication_journal_name":"American Psychologist", "consensus_paper_details_url":"https://consensus.app/papers/states-health-salovey/8a0754db6cdf52f78c6d82ebb254a1fc/?utm_source=chatgpt", "doi":"10.1037//0003-066X.55.1.110", "volume":"", "pages":"", "search_result_number":6}, {"paper_title":"Positive Emotions at Work", "abstract":"Positive organizational scholarship has led to a growing interest in the critical role of positive emotions for the lives of both workers and organizations. We review and integrate the different perspectives on positive emotions (i.e., positive valence, positive emotion regulation strategies, and positive adaptive function) and the four main mechanisms (i.e., cognition, affect, behavior, and physiology) that lead to positive organizational outcomes. There is growing evidence that positive emotions influence variables vital for workplace success such as positive beliefs, creativity, work engagement, positive coping, health, teamwork and collaboration, customer satisfaction, leadership, and performance. We additionally review dynamic features of positive emotions (i.e., intraindividual variability, reactivity, inertia, cycles, feedback loops) and their relation to psychological and work outcomes. Finally, we discuss additional questions and future directions for consideration.", "paper_authors":["E. Diener", "Stuti Thapa", "L. Tay"], "paper_publish_year":2020, "publication_journal_name":"Annual Review of Organizational Psychology and Organizational Behavior", "consensus_paper_details_url":"https://consensus.app/papers/emotions-work-diener/8819cf4f1b0d5c10a78020bcbcf1daea/?utm_source=chatgpt", "doi":"10.1146/annurev-orgpsych-012119-044908", "volume":"", "pages":"", "search_result_number":7}, {"paper_title":"Upward spirals of positive emotions counter downward spirals of negativity: insights from the broaden-and-build theory and affective neuroscience on the treatment of emotion dysfunctions and deficits in psychopathology.", "abstract":"This review integrates Fredrickson's broaden-and-build theory of positive emotions with advances in affective neuroscience regarding plasticity in the neural circuitry of emotions to inform the treatment of emotion deficits within psychopathology. We first present a body of research showing that positive emotions broaden cognition and behavioral repertoires, and in so doing, build durable biopsychosocial resources that support coping and flourishing mental health. Next, by explicating the processes through which momentary experiences of emotions may accrue into self-perpetuating emotional systems, the current review proposes an underlying architecture of state-trait interactions that engenders lasting affective dispositions. This theoretical framework is then used to elucidate the cognitive-emotional mechanisms underpinning three disorders of affect regulation: depression, anxiety, and schizophrenia. In turn, two mind training interventions, mindfulness and loving-kindness meditation, are highlighted as means of generating positive emotions that may counter the negative affective processes implicated in these disorders. We conclude with the proposition that positive emotions may exert a countervailing force on the dysphoric, fearful, or anhedonic states

characteristic of psychopathologies typified by emotional dysfunctions. ";";paper_authors";:[";Eric L. Garland";,";Barbara Fredrickson";,";A. Kring";,";David P. Johnson";,";Piper S. Meyer";,";David L. Penn";],";paper_publish_year";:2010,";publication_journal_name";:";Clinical psychology review";,";consensus_paper_details_url";:";https://consensus.app/papers/upward-spirals-emotions-counter-spirals-negativity-garland/c8c0b605bef65851a971c6ea7a69f669/?utm_source=chatgpt";,";doi";:";10.1016/j.cpr.2010.03.002";,";volume";:";30";,";pages";:";849-64";";,";search_result_number";:8}, {";paper_title";:";The Negative Effect of Pursuing Positive Emotion and Its Psychological Mechanism";,";abstract";:";Recent studies have found that the more positive emotion people pursue, the less likely they will feel happy. Its psychological mechanism may be:when pursuing positive emotion comes to be a major goal, people tend to(1) set a too high standard for happy emotion;(2) obtain happiness through ineffective ways;(3) monitor the process of getting happy instead of immersing in it. There are many questions should be further explored:(1) Revealing the consequences of pursuing positive emotion comprehensively;(2) The neural mechanisms of pursuing positive emotion's negative effects;(3) The cross-culture differences of pursuing positive emotion;(4) To explore the way to gain positive results in pursuing positive emotion.";,";paper_authors";:[";Li Aimei";,";Lin Xiaoping";,";Gao Jieyi";,";Peng Yuan";,";Xia Ying";],";paper_publish_year";:2015,";publication_journal_name";:";";,";consensus_paper_details_url";:";https://consensus.app/papers/effect-pursuing-positive-emotion-psychological-aimei/5e14dle63f6e574ab711db6bdc135e51/?utm_source=chatgpt";,";doi";:";10.3724/SP.J.1042.2015.00979";,";volume";:";23";,";pages";:";979-989";,";search_result_number";:9}, {";paper_title";:";How Positive Emotions Build Physical Health";,";abstract";:";The mechanisms underlying the association between positive emotions and physical health remain a mystery. We hypothesize that an upward-spiral dynamic continually reinforces the tie between positive emotions and physical health and that this spiral is mediated by people's perceptions of their positive social connections. We tested this overarching hypothesis in a longitudinal field experiment in which participants were randomly assigned to an intervention group that self-generated positive emotions via loving-kindness meditation or to a waiting-list control group. Participants in the intervention group increased in positive emotions relative to those in the control group, an effect moderated by baseline vagal tone, a proxy index of physical health. Increased positive emotions, in turn, produced increases in vagal tone, an effect mediated by increased perceptions of social connections. This experimental evidence identifies one mechanism's perceptions of social connections through which positive emotions build physical health, indexed as vagal tone. Results suggest that positive emotions, positive social connections, and physical health influence one another in a self-sustaining upward-spiral dynamic.";,";paper_authors";:[";Bethany E. Kok";,";Kimberly A. Coffey";,";M. Cohn";,";Lahna I Catalino";,";Tanya

Vacharkulksemsuk";, "S. Algae";, "Mary M. Brantley";, "B. Fredrickson";], "paper_publish_year":2013, "publication_journal_name": "Psychological Science";, "consensus_paper_details_url": "https://consensus.app/papers/emotions-build-physical-health-kok/6b3f8ad54875573a8a46f3c8d77aa8cd/?utm_source=chatgpt";, "doi": "10.1177/0956797612470827";, "volume":24, "pages": "1123 - 1132";, "search_result_number":10}, {"paper_title": "BRAIN MECHANISMS OF HAPPINESS";, "abstract": "Happiness is a kind of subjective feeling of positive emotions. Since the psychological process of reward is closely linked to pleasure, studies to elucidate the brain mechanisms of happiness have focused on the neural circuitry that processes reward information. Brain imaging studies have revealed that the orbitofrontal cortex, cingulate cortex, medial prefrontal cortex, insula, nucleus accumbens, ventral pallidum, substantia nigra, and ventral tegmental area are the key areas related to happiness. When we consider the brain mechanisms of happiness, we need to distinguish between the neural mechanisms for liking and wanting, and between those that encode and cause pleasant feelings. Among these brain areas, subcortical structures participate in wanting, while cortical areas participate in liking. Orbitofrontal activity has been shown to encode the subjective experience of pleasure. However, it is not clear whether orbitofrontal activity actually causes pleasant feelings. Since the neuroscience of happiness is still in the primitive stage, further experiments are needed to elucidate the brain mechanisms of happiness.";, "paper_authors": ["S. Funahashi";], "paper_publish_year":2011, "publication_journal_name": "Psychologia";, "consensus_paper_details_url": "https://consensus.app/papers/brain-mechanisms-happiness-funahashi/0ebc7f68c26e58c4a6189a5f3891f3e2/?utm_source=chatgpt";, "doi": "10.2117/PSYSOC.2011.222";, "volume":54, "pages": "222-233";, "search_result_number":11}, {"paper_title": "Working mechanisms in positive interventions: A study using daily assessment of positive emotions";, "abstract": "ABSTRACT One commonly suggested mechanism in positive psychology interventions (PPIs) involves the elicitation of positive emotions. We examined (1) whether PPIs increase the intensity and variety of positive emotions; (2) which positive emotions are elicited by two different PPIs; and (3) the impact of positive emotions on well-being. In a randomized, controlled one-week intervention study, we compared the 'three good things' and the 'three funny things' intervention with a placebo control. We assessed the positive and negative emotions reported daily during the intervention, and the well-being and depressive symptoms directly before, after, and one week after the intervention. Results showed higher intensity and variety of positive emotions elicited by the PPIs, and increases in well-being could be explained by the intensity and variety of positive emotions. The study provides a model for how the mechanisms underlying PPIs can be studied and underlines the relevance of positive emotions in PPIs.";, "paper_authors": ["F. Gander";, "R. Proyer";, "Eva Hentz";, "W. Ruch";], "paper_publish_year":2020, "publication_journal_name": "&

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in many domains. The broaden-and-build theory suggests that this is because positive emotions help people build lasting resources. To test this hypothesis, the authors measured emotions daily for 1 month in a sample of students (N = 86) and assessed life satisfaction and trait resilience at the beginning and end of the month. Positive emotions predicted increases in both resilience and life satisfaction. Negative emotions had weak or null effects and did not interfere with the benefits of positive emotions. Positive emotions also mediated the relation between baseline and final resilience, but life satisfaction did not. This suggests that it is in-the-moment positive emotions, and not more general positive evaluations of one's life, that form the link between happiness and desirable life outcomes. Change in resilience mediated the relation between positive emotions and increased life satisfaction, suggesting that happy people become more satisfied not simply because they feel better but because they develop resources for living

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philosophy", "abstract": \"The paper was intended to explore the correlation between emotion and feeling. It has involved two phenomena referring to health. Positive emotions experienced by humans are not born spontaneously. Various good and pleasant things make us experience positive emotions. Those feelings make us enjoy life's moments. As reported by Psychology Today, feeling positive emotions makes us healthier physically and mentally. Feeling it with others will also foster trust and compassion. Positive emotions will also keep people from stress. happy feelings are the emotions most often talked about and known. However, there are a variety of other positive emotions that are nuances of feeling happy. In 2009, psychologist Barbara Frederickson in her book Positivity identified 10 other positive emotions that are universally felt by humans in addition to feeling

happy. ", "paper_authors": [\"Carrie Lim Ching", "Vivian Y. L. Chan"], "paper_publish_year": 2020, "publication_journal_name": "Linguistics and Culture

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cultures?", "abstract": \"Whereas positive emotions and feeling unequivocally good may be at the heart of well-being among Westerners, positive emotions often carry negative associations within many Asian cultures. Based on a review of East-West cultural differences in dialectical emotions, or co-occurring positive and negative feelings, we predicted culture to influence the association between positive emotions and depression, but not the association between negative

emotions and depression. As predicted, in a survey of over 600 European-, immigrant Asian-, and Asian American college students, positive emotions were associated with depression symptoms among European Americans and Asian Americans, but not immigrant Asians. Negative emotions were associated with depression symptoms among all three groups. We also found initial evidence that acculturation (i.e., nativity) may influence the role of positive emotions in depression: Asian Americans fell “in between” the two other groups. These findings suggest the importance of studying the role of culture in positive emotions and in positive psychology. The use of interventions based on promoting positive emotions in clinical psychology among Asian clients is briefly discussed.

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"68135dd7-3a7f-4393-8629-41353114b809", "request_id": "864ec31aefb774e8-FC0", "timestamp_": "absolute", "recipient": "all", "channel": null, "parent": "68135dd7-3a7f-4393-8629-41353114b809", "children": ["cd105df0-836b-4d67-8d03-382b633dfbcf"]}, "cd105df0-836b-4d67-8d03-382b633dfbcf": {"id": "cd105df0-836b-4d67-8d03-382b633dfbcf", "message": {"id": "cd105df0-836b-4d67-8d03-382b633dfbcf", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1710529443.448882, "update_time": null, "content": {"content_type": "text", "parts": ["The mechanisms through which things, situations, or stimuli produce positive feelings in individuals are complex and multifaceted. Based on the research available, here\u2019s how we can separate positive states and immediate stimuli, and discuss their mechanisms:\n\n### Positive States:\n\nPositive states like happiness, contentment, and joy are generally broader and more enduring than responses to specific stimuli. They can be influenced by:\n\n1. **Psychological Resources**: Positive emotional states enhance psychological resources like resilience, optimism, and self-efficacy. They may improve physical well-being and promote healthier behaviors [(Salovey et al., 2000)] (https://consensus.app/papers/states-health-salovey/c9eb87b520b859cbb5f6e88c49c30ec1/?utm_source=chatgpt).\n\n2. **Social Connections**: Positive emotions strengthen social connections, which are crucial for emotional and physical well-being. They foster trust, compassion, and broader social networks, enhancing an individual's support system [(Fredrickson, 1998)] (https://consensus.app/papers/what-good-positive-emotions-fredrickson/a535b0f0d83d5d868fel8409e2ee804d/?utm_source=chatgpt).\n\n3. **Coping Mechanisms**: Happiness and other positive emotions can lead to better coping mechanisms for stress and adversity, promoting resilience and a more balanced life satisfaction [(Cohn et al., 2009)] (https://consensus.app/papers/happiness-unpacked-emotions-increase-life-satisfaction-cohn/fb4111b0a50257cf8f565ea47813882e/?utm_source=chatgpt).\n\n### Immediate Stimuli:\n\nImmediate stimuli that produce feel-good feelings can range from sensory experiences to specific events. These reactions can be more fleeting than broad emotional states but are powerful:\n\n1. **Neurobiological Responses**: Immediate pleasant stimuli often trigger direct neurobiological responses. For example, eating delicious food or listening to music can activate the brain's reward pathways, releasing dopamine and other feel-good neurotransmitters, which induce pleasure and satisfaction [(Burgdorf & Panksepp, 2006)] (https://consensus.app/papers/neurobiology-emotions-burgdorf/eec9b7bfa4855b878ed63d3b78f87a91/?utm_source=chatgpt).\n\n2. **Sensory Pleasure**: The direct sensory pleasure from stimuli such as tastes, sounds, or visual art is processed in the brain's sensory areas and limbic system, leading to immediate positive feelings [(Carver, 2003)] (https://consensus.app/papers/pleasure-sign-attend-something-else-placing-feelings-carver/fl387f6706c8518e95e5c2cf4e2415e9/?utm_source=chatgpt).\n\n3. **Evaluative Responses**: Our cognitive appraisal of a situation or stimulus can quickly lead to positive feelings. This evaluation depends on personal values, current mood, and contextual factors. For example, receiving a compliment or achieving a goal can immediately generate feelings of pride and joy [(Yin, 2019)] (https://consensus.app/papers/study-progress-neural-mechanism-positive-emotions-yin/81d62d707adc575a836980f192b06f33/?utm_source=chatgpt).\n\n### Mechanisms:\n\n1. **Neurological Pathways**: Both long-term positive states and immediate positive reactions involve complex neurological pathways. The limbic system, particularly the

ventral striatum and prefrontal cortex, plays a crucial role in processing positive emotions and stimuli [(Jie Yin, 2019)](https://consensus.app/papers/study-progress-neural-mechanism-positive-emotions-yin/81d62d707adc575a836980f192b06f33/?utm_source=chatgpt).\n\n2. **Broaden-and-Build Theory**: This theory suggests that positive emotions broaden an individual's thought-action repertoire, leading to the building of enduring personal resources, which in turn contribute to improved well-being and further positive emotions [(Fredrickson, 2001)](https://consensus.app/papers/role-emotions-psychology-broadenandbuild-theory-fredrickson/f7343b806c1759bbb584074d5e4d45ac/?utm_source=chatgpt).\n\nIn summary, while positive states are typically broader and more enduring, influenced by psychological resources and social connections, immediate stimuli induce 'feel-good' feelings through direct neurobiological reactions and sensory pleasures. Both are integral to the human experience of positivity and well-being."}], "status": "finished_successfully", "end_turn": true, "weight": 1.0, "metadata": {"finish_details": {"type": "stop", "stop_tokens": [100260]}, "citations": [], "gizmo_id": "g-bo0FiWLY7", "is_complete": true, "message_type": null, "model_slug": "gpt-4-gizmo", "pad": "AAAAAAAAAAAAAAAAAAAA", "parent_id": "0e8c8232-84e1-4ccc-b69b-5e6c029272f3", "request_id": "864ec31aefb774e8-FCO", "timestamp_": "absolute", "recipient": "all", "channel": null, "parent": "0e8c8232-84e1-4ccc-b69b-5e6c029272f3", "children": [{"id": "aaa25c47-3e62-4475-9283-53818e8a6a08"}], "aaa25c47-3e62-4475-9283-53818e8a6a08": {"id": "aaa25c47-3e62-4475-9283-53818e8a6a08", "message": {"id": "aaa25c47-3e62-4475-9283-53818e8a6a08", "author": {"role": "user", "name": null, "metadata": {}}, "create_time": 1710529561.286843, "update_time": null, "content": {"content_type": "text", "parts": ["Give me a list of sources and study to continue and support the idea purported in the article below:\n\nThe Science of Feeling Good\n\nEveryone wants to feel good. Pleasure is a key aspect of life, and human beings seek out what gives them pleasure. We are naturally attracted to what makes us feel good. \n\nTake my favorite food, cheese, for instance. Scientific studies have revealed that cheese contains a chemical called casein, known for its ability to induce feelings of pleasure. This chemical is so powerful that it triggers the same brain regions as opioids, potentially leading to addictive behaviors. Yet, my intention is not addiction, but rather, to experience the joy that comes from feeling good. Hence, my love for cheese. \n\nBut it's not just about the cheese. I often find myself pondering what truly brings us that feeling of goodness? What are the essential elements that guarantee a delightful human experience? Is it all about chemical receptors in the brain? Is happiness just a pill or does it encompass something deeper? Is the true science of feeling good science or just a philosophy or attitude that keeps the human mood in optimal condition? Let's explore what we know about the science of feeling good and its intersections with behavioral philosophy and psychology to get the bottom of the mystery humans have pondered and sought for millennia: How to feel good all the time and lead a happy and meaningful life. \n\nSee, happiness isn't only the joy of chewing on a cube of sharp creamy cheesy cheddar. It is also the enduring feeling of goodness that comes from the sense that you're in a good place in your life right now. It's the feeling of goodness that comes from dwelling in a positive state. \n\nWhat We Know So Far:\nPositive states such as contentment, general happiness, and joy\n"}}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"request_id": "864ec73c9e52374e-MXP", "timestamp_": "absolute",

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Positive Emotions?","abstract":"This article opens by noting that
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positive emotions do not fit existing models of emotions. Consequently, a new model is advanced to describe the form and function of a subset of positive emotions, including joy, interest, contentment, and love. This new model posits that these positive emotions serve to broaden an individual's momentary thought-action repertoire, which in turn has the effect of building that individual's physical, intellectual, and social resources. Empirical evidence to support this broaden-and-build model of positive emotions is reviewed, and implications for emotion regulation and health promotion are discussed.

Frederickson, B. (1998). *Review of General Psychology*. Consensus paper details URL: https://consensus.app/papers/what-good-positive-emotions-frederickson/a535b0f0d83d5d868fe18409e2ee804d/?utm_source=chatgpt&doi=10.1037/1089-2680.2.3.300; volume: 2; pages: 300 - 319; search_result_number: 1. Emotional states and physical health. Abstract: Positive emotional states may promote healthy perceptions, beliefs, and physical well-being itself. To explore potential mechanisms linking pleasant feelings and good health, the authors consider several lines of research, including (a) direct effects of positive affect on physiology, especially the immune system, (b) the information value of emotional experiences, (c) the psychological resources engendered by positive feeling states, (d) the ways in which mood can motivate health-relevant behaviors, and (e) the elicitation of social support. As anticipated by the Greek physician Hippocrates, positive emotions and healthy outcomes may be linked through multiple pathways.

Salovey, P., Rothman, J., Detweiler, W., & Steward, D. (2000). *The American psychologist*. Consensus paper details URL: https://consensus.app/papers/states-health-salovey/c9eb87b520b859cbb5f6e88c49c30ec1/?utm_source=chatgpt&doi=10.1037/0003-066X.55.1.110; volume: 55; pages: 110-21; search_result_number: 2. What is shared, what is different? Core relational themes and expressive displays of eight positive emotions. Abstract: Understanding positive emotions' shared and differentiating features can yield valuable insight into the structure of positive emotion space and identify emotion states, or aspects of emotion states, that are most relevant for particular psychological processes and outcomes. We report two studies that examined core relational themes (Study 1) and expressive displays (Study 2) for eight positive emotion constructs: amusement, awe, contentment, gratitude, interest, joy, love, and pride. Across studies, all eight emotions shared one quality: high positive valence. Distinctive core relational theme and expressive display patterns were found for four emotions: amusement, awe, interest, and pride. Gratitude was associated with a distinct core relational theme but not an expressive display. Joy and love were each associated with a distinct expressive display but their core relational themes also characterised pride and gratitude, respectively. Contentment was associated with a distinct expressive display

but not a core relational theme. The implications of this work for the study of positive emotion are discussed.

Goetz et al., 2013, *Cognition and Emotion*, consensus paper details url: https://consensus.app/papers/what-shared-core-relational-themes-expressive-displays-campos/2db7ff48187b51b8a72a127f6bb55dd7/?utm_source=chatgpt&doi=10.1080/02699931.2012.683852, volume: 27, pages: 37 - 52, search result number: 3, paper title: "The broaden-and-build theory of positive emotions", abstract: "The broaden-and-build theory describes the form and function of a subset of positive emotions, including joy, interest, contentment and love. A key proposition is that these positive emotions broaden an individual's momentary thought-action repertoire: joy sparks the urge to play, interest sparks the urge to explore, contentment sparks the urge to savour and integrate, and love sparks a recurring cycle of each of these urges within safe, close relationships. The broadened mindsets arising from these positive emotions are contrasted to the narrowed mindsets sparked by many negative emotions (i.e. specific action tendencies, such as attack or flee). A second key proposition concerns the consequences of these broadened mindsets: by broadening an individual's momentary thought-action repertoire--whether through play, exploration or similar activities--positive emotions promote discovery of novel and creative actions, ideas and social bonds, which in turn build that individual's personal resources; ranging from physical and intellectual resources, to social and psychological resources. Importantly, these resources function as reserves that can be drawn on later to improve the odds of successful coping and survival. This chapter reviews the latest empirical evidence supporting the broaden-and-build theory and draws out implications the theory holds for optimizing health and well-being."

B. Fredrickson et al., 2004, *Philosophical transactions of the Royal Society of London. Series B, Biological sciences*, consensus paper details url: https://consensus.app/papers/broadenandbuild-theory-emotions-fredrickson/3b253c0f58425730b2b3606b2bef819b/?utm_source=chatgpt&doi=10.1098/RSTB.2004.1512, volume: 359, pages: 1449-1467, search result number: 4, paper title: "Happiness Vs Contentment? A Case for a Sociology of the Good Life", abstract: "Despite the enormous growth in happiness research in recent decades, there remains a lack of consistency in the use of the terms happiness, satisfaction, contentment and well-being. In this article I argue for a sociologically grounded distinction between happiness and contentment that defines the former as positive affect and the latter as positive reflection. Contentment is therefore understood as a fulfilling relationship with the self and society (to borrow from G.H. Mead's terminology) and happiness involves pleasurable experiences. There is a history of similar distinctions in philosophy and psychoanalysis, but much

of the contemporary discourse fails to distinguish between individual and collective definitions of happiness. This article will argue that happiness and contentment ought not to be treated as competing approaches to the good life, but as complimentary forms of emotional experience. Further, I argue that the current interest in happiness can be linked to larger culture shifts involving neoliberalism and individualism.

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[mckenzie/cf70b1b6acca51ba847d175af34fb615/?utm_source=chatgpt&doi=10.1111/JTSB.12098](https://consensus.app/papers/happiness-contentment-case-sociology-good-life-mckenzie/cf70b1b6acca51ba847d175af34fb615/?utm_source=chatgpt&doi=10.1111/JTSB.12098), 46, 252-

267. Happiness unpacked: positive emotions increase life satisfaction by building

resilience. Happiness-a composite of life satisfaction, coping resources, and positive emotions-predicts desirable life outcomes in many domains. The broaden-and-build theory suggests that this is because positive emotions help people build lasting resources. To test this hypothesis, the authors measured emotions daily for 1 month in a sample of students (N = 86) and assessed life satisfaction and trait resilience at the beginning and end of the month. Positive emotions predicted increases in both resilience and life satisfaction. Negative emotions had weak or null effects and did not interfere with the benefits of positive emotions. Positive emotions also mediated the relation between baseline and final resilience, but life satisfaction did not. This suggests that it is in-the-moment positive emotions, and not more general positive evaluations of one's life, that form the link between happiness and desirable life outcomes. Change in resilience mediated the relation between positive emotions and increased life satisfaction, suggesting that happy people become more satisfied not simply because they feel better but because they develop resources for living

well.

Cohn, B. Fredrickson, Stephanie L. Brown, Joseph A. Mikels, A. Conway. (2009). Emotion. [https://consensus.ap](https://consensus.app/papers/happiness-unpacked-emotions-increase-life-satisfaction-cohn/fb4111b0a50257cf8f565ea47813882e/?utm_source=chatgpt&doi=10.1037/a0015952)

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More than one kind of happiness: Can we recognize vocal expressions of different positive states? Several theorists have proposed that distinctions are needed between different positive emotional states, and that these discriminations may be particularly useful in the domain of vocal signals (Ekman, 1992b, Cognition and Emotion, 6, 169-200; Scherer, 1986, Psychological Bulletin, 99, 143-165). We report an investigation into the hypothesis that positive basic emotions have distinct vocal expressions (Ekman, 1992b, Cognition and Emotion, 6, 169-200). Non-verbal vocalisations are used that map onto five putative positive emotions: Achievement/Triumph, Amusement, Contentment, Sensual Pleasure, and Relief. Data from categorisation and rating tasks indicate that each vocal expression is

accurately categorised and consistently rated as expressing the intended emotion. This pattern is replicated across two language groups. These data, we conclude, provide evidence for the existence of robustly recognisable expressions of distinct positive emotions.

“paper_authors”: [“Disa Sauter”, “S. Scott”], “paper_publish_year”: 2007, “publication_journal_name”: “Motivation and Emotion”, “consensus_paper_details_url”: “https://consensus.app/papers/more-kind-happiness-recognize-expressions-states-sauter/0df3aa54c64f555a89da93d5263ee666/?utm_source=chatgpt”, “doi”: “10.1007/S11031-007-9065-X”, “volume”: 31, “pages”: 192-199, “search_result_number”: 7}, {“paper_title”: “Emotional states and physical health”, “abstract”: “Positive emotional states may promote healthy perceptions, beliefs, and physical well-being itself. To explore potential mechanisms linking pleasant feelings and good health, the authors consider several lines of research, including (a) direct effects of positive affect on physiology, especially the immune system, (b) the information value of emotional experiences, (c) the psychological resources engendered by positive feeling states, (d) the ways in which mood can motivate health-relevant behaviors, and (e) the elicitation of social support. As anticipated by the Greek physician Hippocrates, positive emotions and healthy outcomes may be linked through multiple pathways.”, “paper_authors”: [“Peter Salovey”, “Alexander J. Jerusha B. Detweiler”, “Wayne T. Steward”], “paper_publish_year”: 2000, “publication_journal_name”: “American Psychologist”, “consensus_paper_details_url”: “https://consensus.app/papers/states-health-salovey/8a0754db6cdf52f78c6d82ebb254a1fc/?utm_source=chatgpt”, “doi”: “10.1037/0003-066X.55.1.110”, “volume”: , “pages”: , “search_result_number”: 8}, {“paper_title”: “The Faces of Positive Emotion”, “abstract”: “Although several theorists posit the existence of multiple discrete positive emotion states, much empirical research on the nature and consequences of emotion considers only one: happiness.”, “paper_authors”: [“M. Shiota”, “Belinda Campos”, “D. Keltner”], “paper_publish_year”: 2003, “publication_journal_name”: “Annals of the New York Academy of Sciences”, “consensus_paper_details_url”: “https://consensus.app/papers/faces-positive-emotion-

shiota/5a1a0a4a694b528cbb4d44b03da94e7f/?utm_source=chatgpt", "doi":"10.1196/annals.1280.029", "volume":"1000", "pages":"", "search_result_number":9}, {"paper_title":"Are The Very Happy Too Happy?", "abstract":"Although positive emotions undoubtedly confer benefits, one can have too much of it. There is probably a point beyond which enjoyment interferes with realism, yet it is unclear where that point is. The original \u201cStates of Mind\u201d (SOM) model (Schwartz and Garamoni, 1986; 1989) proposed that a ratio of [positive] to [positive plus negative] affective/cognitive states $P/(P+N)$ of about 0.62 is optimal, but previous research indicated that higher ratios may go with good mental health. The revised \u201cbalanced states of mind\u201d (BSOM) model (Schwartz, 1997) suggests a higher cutoff, with ratios above 0.90 being dysfunctional. This paper reports a study of 72 very positive subjects (mean ratio = 0.85) and assessed possible dysfunction by means of questionnaires, role-plays, and physiological responses to induced stress. Signs of dysfunction were no more frequent among the most positive subjects (ratios of 0.90 and above) than among moderately positive subjects. This suggests that there is nothing wrong with the high levels of happiness in present day society. As yet, it is still not established how much more happiness will be too much. One possibility is that standard cognition/emotion measures need to be revised in order to detect truly excessive positivity in a sensitive manner.", "paper_authors":["Elisha Tarlow Friedman", "R. Schwartz", "D. Haaga"], "paper_publish_year":2002, "publication_journal_name":"Journal of Happiness Studies", "consensus_paper_details_url":"https://consensus.app/papers/very-friedman/16a59b20cca85a31ab152a20a692d3ba/?utm_source=chatgpt", "doi":"10.1023/A:1021828127970", "volume":"3", "pages":"355-372", "search_result_number":10}, {"paper_title":"The Benefits of Frequent Positive Affect: Does Happiness Lead to Success?", "abstract":"Numerous studies show that happy individuals are successful across multiple life domains, including marriage, friendship, income, work performance, and health. The authors suggest a conceptual model to account for these findings, arguing that the happiness-success link exists not only because success makes people happy, but also because positive affect engenders success. Three classes of evidence--crosssectional, longitudinal, and experimental--are documented to test their model. Relevant studies are described and their effect sizes combined meta-analytically. The results reveal that happiness is associated with and precedes numerous successful outcomes, as well as behaviors paralleling success. Furthermore, the evidence suggests that positive affect--the hallmark of well-being--may be the cause of many of the desirable characteristics, resources, and successes correlated with happiness. Limitations, empirical issues, and important future research questions are discussed.", "paper_authors":["S. Lyubomirsky", "L. King", "E. Diener"], "paper_publish_year":2005, "publication_journal_name":"", "consensus_paper_details_url":"https://consensus.app/papers/benefits-frequent-positive-affect-does-happiness-lead-lyubomirsky/f7a25f49b01f5633a4499b4a3700c47a/?utm_source=chatgpt", "doi":"10.1037/0033-

2909.131.6.803";"volume":"";"pages":"";"search_result_number";11}, {"paper_title":"Sources of Happiness: A Comparison of Male and Female Scholars";"abstract":"Happiness is a concept which mean many things to many people. Part of the challenge of a science of happiness is to identify different concepts of happiness, and where applicable, split them into their components. Happiness can be defined in terms of a mental state of satisfaction and contentment; positive feelings/emotions; a harmonious homeostasis; achievement and hope; and freedom from ill-being (Lu, Gilmour, & Kao, 2001). However, happiness is not a static state. Even the happiest of people the cheeriest 10% feel blue at times. And even the bluest has their moments of joy. That has presented a challenge to social scientists trying to measure happiness. Happiness is a mental state of well-being characterized by positive or pleasant emotions ranging from contentment to intense joy. Happiness is defined (a) as a predominance of positive over negative affect and (b) as satisfaction with life as a whole (Argyle, Martin, & Crossland, 1989). Philosophers have commonly distinguished two accounts of happiness: hedonism, and the life satisfaction theory. Hedonists identify happiness with the individual's balance of pleasant over unpleasant experience whereas Life satisfaction theories identify happiness with having a favourable attitude toward one's life as a whole. A third theory, the emotional state view identifies happiness with an agent's emotional condition as a whole (Eid & Larson, 2008). In addition, happiness is conceptualized better as a trait than as a transient emotional state (Veenhoven, 1994). Thus, to understand why some people are happier than others, one must understand the cognitive and motivational processes that serve to maintain, and even enhance, enduring happiness and transient mood (Lyubomirsky, 2001). Subjective Wellbeing researchers have progressed from early survey searches for "objective" external indicators (Andrews & Withey, 1976) and scale development (Diener, Emmons, Larsen, & Griffin, 1985) to explanations of psychological mechanisms of happiness (Lu & Lin, 1998) and even to large-scale cross-cultural comparisons (Diener, Diener, & Diener, 1995). Factors that affect happiness of a person range from internal sources to external sources, right from genetic influences to social situation, personality, momentary events and so on. Chance events like personal tragedies or illness might affect ones happiness but the effect does not remain long (Diener, 2000). Proximal environment like the social class, community, family and economic situation has their effect on well being of a person. At the same time, factors like hope and optimism can be learned to moderate one's level of happiness (Seligman, 2002). There are three components of happiness: pleasure ("the smiley-face piece"), engagement (the depth of involvement with one's family, work, romance and hobbies) and meaning (using personal strengths to serve some larger end). Of those three roads to a happy, satisfied life, pleasure is the least consequential and engagement and meaning are much more important"; (Davis, 2014). People vary in their perception of happiness at different stages of their life and education also plays a role in it. So in order to understand the phenomena from the perspective of research scholars and to compare their level of happiness across gender, the present study was carried out. Method Participants A sample of 60 research scholars equally divided into male (n=30) and female (n=30) groups, were taken from Jamia Millia Islamia. They were enrolled in Ph.D programme in different departments of both science and social science streams. The age of the scholars ranged from 24 to 28 years. Instruments The Subjective Happiness Scale: The scale was developed by Lyubomirsky and Lepper in 1999 and measures the extent to which

an individual sees himself or herself as a happy or unhappy person. It comprises four questions and measures response on 7 point rating scale. Open ended questions on sources of happiness: Few questions were made asking about various sources of happiness.

Paul, Mudassir Hassan, Waheeda Khan, 2015, Indian journal of positive psychology, consensus_paper_details_url: https://consensus.app/papers/sources-happiness-comparison-male-female-scholars-paul/b886248c623c50c09ea3e76441309487/?utm_source=chatgpt&doi=10.26420/anndepressanxiety.2022.1114, volume: 6, pages: 303, search_result_number: 12, paper_title: Happiness - An Evasive State of Mind, abstract: The daily strive to get to work and back home through traffic congestions; passing the day without conflicts; improving the life style when money is short; overcoming medical problems; raising and securing the family, and tolerating unfulfilled dreams are only a portion of constantly bothering issues. No wonder then that in this chaotic reality and despite various joyful and satisfying moments, the majority of grown-ups claim that they are unhappy. Amazingly, however, there are always those who believe and declare that they are happy, which raises the question what is happiness and what is it constituted from. Google suggests that Happiness is that feeling that comes over you when you know life is good and you can't help but smile. It's the opposite of sadness. Happiness is a sense of well-being, joy, or contentment. When people are successful, or safe, or lucky, they feel happy. This description combines a number of positive experiences and feelings, that most likely affect our brain to release chemicals recognized as the 'good guys', in contrast to the 'bad guys', chemicals secreted in situations of sadness, agony, pain, failures, disappointments and frustrations that affect brain circuits associated with unpleasant emotions and thoughts. Although moments of satisfaction, joy and pleasure raise good feelings, these are usually temporary, whereas happiness in its broader essence reflects a positive state of mind based on numerous parameters that collectively raise a long-lasting contentment. When a person claims he is happy, he probably disregards his difficulties and concentrates on a particular issue that makes him feel good (e.g., love, professional success, good health, overcoming a major difficulty, listening to beloved music, winning in sport).

Gurevitz M, 2022, Annals of Depression and Anxiety, consensus_paper_details_url: https://consensus.app/papers/happiness-evasive-state-mind-m/196f661fad845a63b19f22d5517d2507/?utm_source=chatgpt&doi=10.26420/anndepressanxiety.2022.1114, volume: 10, pages: 26420, search_result_number: 13, paper_title: Positive affect and health-related neuroendocrine, cardiovascular, and inflammatory processes, abstract: Negative affective states such as depression are associated with premature mortality and increased risk of coronary heart disease, type 2 diabetes, and disability. It has been suggested that positive affective states are protective, but the pathways through which such effects might be mediated are poorly understood. Here we show that positive affect in middle-aged men and women is associated with reduced neuroendocrine, inflammatory, and cardiovascular

activity. Positive affect was assessed by aggregating momentary experience samples of happiness over a working day and was inversely related to cortisol output over the day, independently of age, gender, socioeconomic position, body mass, and smoking. Similar patterns were observed on a leisure day. Happiness was also inversely related to heart rate assessed by using ambulatory monitoring methods over the day. Participants underwent mental stress testing in the laboratory, where plasma fibrinogen stress responses were smaller in happier individuals. These effects were independent of psychological distress, supporting the notion that positive well-being is directly related to health-relevant biological

processes. ", "paper_authors": [\"A. Steptoe", "J.

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Marmot",], "paper_publish_year": 2005, "publication_journal_name":

"Proceedings of the National Academy of Sciences of the United States of

America", "consensus_paper_details_url": "https://consensus.app/pape

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heuristics: the influence of happy and sad states on sensitivity and bias in

stereotyping. ", "abstract": "The influence of mood states on the

propensity to use heuristics as expressed in stereotypes was examined using signal

detection statistics. Participants experienced happy, neutral, or sad moods and

"remembered" whether names connoting race (African American, European

American) belonged to social categories (criminal, politician, basketball player).

Positive mood increased reliance on heuristics, indexed by higher false identification

of members of stereotyped groups. Positive mood lowered sensitivity (d'), even

among relative experts, and shifted bias (beta) or criterion to be more lenient for

stereotypical names. In contrast, sad mood did not disrupt sensitivity and, in fact,

revealed the use of a stricter criterion compared with baseline mood. Results support

theories that characterize happy mood as a mental state that predisposes reliance on

heuristics and sad mood as dampening such

reliance. ", "paper_authors": [\"Jaihyun Park", "M.

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park/246a98ae1e2d584fa7dae7efc5f25c76/?utm_source=chatgpt", "doi": "

10.1037/0022-3514.78.6.1005", "volume": "78

6", "pages": "1005-23"\n

", "search_result_number": 15}, {"paper_title": "The

neurobiology of positive emotions", "abstract": "Compared to the

study of negative emotions such as fear, the neurobiology of positive emotional

processes and the associated positive affect (PA) states has only recently received

scientific attention. Biological theories conceptualize PA as being related to (i)

signals indicating that bodies are returning to equilibrium among those studying

homeostasis, (ii) utility estimation among those favoring neuroeconomic views, and

(iii) approach and other instinctual behaviors among those cultivating

neuroethological perspectives. Indeed, there are probably several distinct forms of

positive affect, but all are closely related to ancient sub-neocortical limbic brain regions we share with other mammals. There is now a convergence of evidence to suggest that various regions of the limbic system, including especially ventral striatal dopamine systems are implemented in an anticipatory (appetitive) positive affective state. Dopamine independent mechanisms utilizing opiate and GABA receptors in the ventral striatum, amygdala and orbital frontal cortex are important in elaborating consummatory PA (i.e. sensory pleasure) states, and various neuropeptides mediate homeostatic satisfactions. ", ";paper_authors";:[";J.

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Reviews";,";consensus_paper_details_url";:";https://consensus.app/papers/neurobiology-emotions-

burgdorf/eec9b7bfa4855b878ed63d3b78f87a91/?utm_source=chatgpt";,";doi";:";10.1016/j.neubiorev.2005.06.001";,";volume";:";30";,";page";:";173-

187";,";search_result_number";:16}, {";paper_title";:";The Undoing Effect of Positive Emotions";,";abstract";:";Positive emotions are hypothesized to undo the cardiovascular aftereffects of negative emotions. Study 1 tests this undoing effect. Participants (n = 170) experiencing anxiety-induced cardiovascular reactivity viewed a film that elicited (a) contentment, (b) amusement, (c) neutrality, or (d) sadness. Contentment-eliciting and amusing films produced faster cardiovascular recovery than neutral or sad films did. Participants in Study 2 (n = 185) viewed these same films following a neutral state. Results disconfirm the alternative explanation that the undoing effect reflects a simple replacement process. Findings are contextualized by Fredrickson's broaden-and-build theory of positive emotions (B. L. Fredrickson, 1998).";,";paper_authors";:[";B.

Fredrickson";,";R. Mancuso";,";C. Branigan";,";M.

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satisfaction?";,";abstract";:";The experience of positive emotion is closely linked to subjective well-being. For this reason, campaigns aimed at promoting the value of positive emotion have become widespread. What is rarely considered are the cultural implications of this focus on happiness. Promoting positive emotions as important for \"the good life\" not only has implications for how individuals value these emotional states, but for how they believe others around them value these emotions also. Drawing on data from over 9,000 college students across 47 countries we examined whether individuals' life satisfaction is associated with living in contexts in which positive emotions are socially valued. The findings show that people report more life satisfaction in countries where positive emotions are highly valued and this is linked to an increased frequency of positive emotional experiences in these contexts. They also reveal, however, that increased life

satisfaction in countries that place a premium on positive emotion is less evident for people who tend to experience less valued emotional states: people who experience many negative emotions, do not flourish to the same extent in these contexts. The findings demonstrate how the cultural value placed on certain emotion states may shape the relationship between emotional experiences and subjective well-being.

""paper_authors":["B. Bastian", "Peter Kuppens", "Kim De Roover", "E. Diener"], "paper_publish_year":2014, "publication_journal_name":"Emotion", "consensus_paper_details_url":"https://consensus.app/papers/valuing-emotion-associated-life-satisfaction-bastian/9d0d05c55acd5c39a42fcb4385157006/?utm_source=chatgpt&doi=10.1037/a0036466", "volume":"14", "pages":"639-45", "search_result_number":18}, {"paper_title":"Assessment of Intraindividual Variability in Positive and Negative Affect Using Latent State-Trait Model Analyses", "abstract":"Intraindividual variability in positive and negative affect was assessed by the positive affect (Contentment, Joy, Vigor, Love, and Excitement) and negative affect (Depression, Hostility, Anxiety, Agitation, and Social Anxiety) subscales of the state version of the Comprehensive Personality and Affect Scales (COPAS) during a 3-week period. Using the latent state-trait model analysis, which takes both intraindividual variability and interindividual difference into account by controlling measurement error, it was shown that the variability could be measured reliably by the scores of the COPAS. In particular, a total of 56.9% to 63.5% and 48.2% to 60.6% of the reliable interindividual difference in positive and negative affect, respectively, was attributed to the intraindividual variability.", "paper_authors":["Tomoyuki Yasuda", "C. Lawrenz", "R. V. Whitlock", "B. Lubin", "Pui\u2010wa Lei"], "paper_publish_year":2004, "publication_journal_name":"Educational and Psychological Measurement", "consensus_paper_details_url":"https://consensus.app/papers/assessment-intraindividual-variability-positive-yasuda/57fe86668be850f1aa5e99d6alae66cb/?utm_source=chatgpt&doi=10.1177/0013164403258445", "volume":"64", "pages":"514 - 530", "search_result_number":19}, {"paper_title":"States-of-Mind in Psychopathology and Psychological Well-Being", "abstract":"This study investigated the states-of-mind model of depression, anxiety, anger, life satisfaction and happiness in four ways. Three hundred and ninety-eight undergraduate students from Singapore participated in this study. First, states-of-mind ratio and positive automatic thoughts were positively correlated with life satisfaction and happiness, and negatively correlated with anxiety, depression, and anger. In contrast, negative automatic thoughts were positively correlated with anxiety, depression, and anger, and negatively correlated with life satisfaction and happiness. Second, the BSOM categories based depression-related automatic thoughts was able to significantly differentiate among levels of depression, happiness, life satisfaction, anxiety, and anger in ANOVA and in terms of variance accounted for as indicated by partial Eta squared. Third, the BSOM ratio was the best predictor for happiness and life satisfaction and second best predictor for depression, anxiety, and anger in terms of variance accounted for as indicated by

adjusted R², in comparison to the negative cognition model and positive cognition model. Fourth, both ANOVA results and multiple regression results showed that there is cognitive content-specificity for the BSOM based on depression-related automatic thoughts. Implications and limitations of these findings were discussed.

Wong, S. (2010). Journal of Psychopathology and Behavioral Assessment. https://consensus.app/papers/statesofmind-psychopathology-psychological-wellbeing-wong/2533f44b7f025f20b2dceb50385401ea/?utm_source=chatgpt&doi=10.1007/S10862-009-9148-Y, volume 32, pages 178-184, search_result_number: 20. "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"invoked_plugin": {"type": "remote", "namespace": "chat_consensus_app_jit_plugin", "plugin_id": "g-f1286ecb04957580332cda9bf386b57ef1b2ed6f", "http_response_status": 200}, "jit_plugin_data": {"from_server": {"type": "preview", "body": {"domain": "chat.consensus.app", "is_consequential": false, "privacy_policy": "https://consensus.app/home/privacy-policy/", "method": "get", "path": "/quick_search", "operation": "search_papers", "params": {"query": "positive states contentment happiness joy"}, "actions": []}}, "gizmo_id": "g-bo0FiWLY7", "message_type": null, "model_slug": "gpt-4-gizmo", "pad": "AAAAAAAAAAAAAAAAAAAA", "parent_id": "02a8d4dc-8400-420e-9403-846d724aeb9d", "request_id": "864ec76c6a29374e-MXP", "timestamp": "absolute", "recipient": "all", "channel": null, "parent": "02a8d4dc-8400-420e-9403-846d724aeb9d", "children": [{"id": "95bba894-4169-440e-8063-13aa0a07560b"}], "95bba894-4169-440e-8063-13aa0a07560b": {"id": "95bba894-4169-440e-8063-13aa0a07560b", "message": {"id": "95bba894-4169-440e-8063-13aa0a07560b", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1710529626.877468, "update_time": null, "content": {"content_type": "text", "parts": ["Here is a list of sources and studies that support and continue the ideas discussed in the article 'The Science of Feeling Good', focusing on the nature and effects of positive states such as contentment, general happiness, and joy:\n\n1. Fredrickson, B. (1998). What Good Are Positive Emotions? Review of General Psychology, 2, 300-319. [Read more] (https://consensus.app/papers/what-good-positive-emotions-fredrickson/a535b0f0d83d5d868fe18409e2ee804d/?utm_source=chatgpt).\n\n2. Salovey, P., Rothman, A. J., Detweiler, J. B., & Steward, W. T. (2000). Emotional states and physical health. The American Psychologist, 55(1), 110-121. [Read more] (https://consensus.app/papers/states-health-salovey/c9eb87b520b859cbb5f6e88c49c30ec1/?utm_source=chatgpt).\n\n3. Campos, B., Shiota, M., Keltner, D., Gonzaga, G. C., & Goetz, J. L. (2013). What is shared, what is different? Core relational themes and expressive displays of eight positive emotions. Cognition and Emotion, 27, 37-52. [Read more] (https://consensus.app/papers/what-shared-core-relational-themes-expressive-displays-campos/2db7ff48187b51b8a72a127f6bb55dd7/?utm_source=chatgpt).\n\n4. Fredrickson, B. (2004). The broaden-and-build theory of positive emotions. Philosophical Transactions of the Royal Society of London. Series B, Biological Sciences, 359(1449), 1367-1378. [Read more] (https://consensus.app/papers/broadenandbuild-theory-emotions-fredrickson/3b253c0f58425730b2b3606b2bef819b/?utm_source=chatgpt).\n\n5. McKenzie, J.

(2016). Happiness Vs Contentment? A Case for a Sociology of the Good Life. *Journal for The Theory of Social Behaviour*, 46, 252-267. [Read more] (https://consensus.app/papers/happiness-contentment-case-sociology-good-life-mckenzie/cf70b1b6acca51ba847d175af34fb615/?utm_source=chatgpt).\n\n6. Cohn, M., Fredrickson, B., Brown, S. L., Mikels, J. A., & Conway, A. (2009). Happiness unpacked: positive emotions increase life satisfaction by building resilience. *Emotion*, 9(3), 361-368. [Read more] (https://consensus.app/papers/happiness-unpacked-emotions-increase-life-satisfaction-cohn/fb4111b0a50257cf8f565ea47813882e/?utm_source=chatgpt).\n\n7. Sauter, D., & Scott, S. (2007). More than one kind of happiness: Can we recognize vocal expressions of different positive states? *Motivation and Emotion*, 31, 192-199. [Read more] (https://consensus.app/papers/more-kind-happiness-recognize-expressions-states-sauter/0df3aa54c64f555a89da93d5263ee666/?utm_source=chatgpt).\n\n8. Salovey, P., Rothman, A. J., Detweiler, J. B., & Steward, W. T. (2000). Emotional states and physical health. *American Psychologist*. [Read more] (https://consensus.app/papers/states-health-salovey/8a0754db6cdf52f78c6d82ebb254a1fc/?utm_source=chatgpt).\n\n9. Shiota, M., Campos, B., & Keltner, D. (2003). The Faces of Positive Emotion. *Annals of the New York Academy of Sciences*. [Read more] (https://consensus.app/papers/faces-positive-emotion-shiota/5ala0a4a694b528cbb4d44b03da94e7f/?utm_source=chatgpt).\n\n10. Friedman, E. T., Schwartz, R., & Haaga, D. A. F. (2002). Are The Very Happy Too Happy? *Journal of Happiness Studies*, 3, 355-372. [Read more] (https://consensus.app/papers/very-friedman/16a59b20cca85a31ab152a20a692d3ba/?utm_source=chatgpt).\n\nThese studies explore different aspects of positive emotions and well-being, offering insights into the mechanisms that underlie the feeling of goodness and how they contribute to a fulfilling human experience. "], "status": "finished_successfully", "end_turn": true, "weight": 1.0, "metadata": {"finish_details": {"type": "stop", "stop_tokens": [100260]}, "citations": [], "gizmo_id": "g-bo0FiWLY7", "is_complete": true, "message_type": null, "model_slug": "gpt-4-gizmo", "pad": "AAA", "parent_id": "1d83364c-cele-40bd-a9a5-bd96a2959f09", "request_id": "864ec76c6a29374e-MXP", "timestamp_": "absolute"}, "recipient": "all", "channel": null}, "parent": "1d83364c-cele-40bd-a9a5-bd96a2959f09", "children": [{"id": "aaa27c7c-a605-4f30-8f97-71a51a5f0ee3"}], "aaa27c7c-a605-4f30-8f97-71a51a5f0ee3": {"id": "aaa27c7c-a605-4f30-8f97-71a51a5f0ee3", "message": {"id": "aaa27c7c-a605-4f30-8f97-71a51a5f0ee3", "author": {"role": "user", "name": null, "metadata": {}}, "create_time": 1710529667.355567, "update_time": null, "content": {"content_type": "text", "parts": ["Give me a summary of the findings and critical ideas expressed in items 1 through 10"]}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"request_id": "864ec9d33ecd374e-MXP", "timestamp_": "absolute", "message_type": null}, "recipient": "all", "channel": null}, "parent": "95bba894-4169-440e-8063-13aa0a07560b", "children": [{"id": "4ec0b408-acec-4ed6-9ffd-29b7d2d0c71f"}], "4ec0b408-acec-4ed6-9ffd-29b7d2d0c71f": {"id": "4ec0b408-acec-4ed6-9ffd-29b7d2d0c71f", "message": {"id": "4ec0b408-acec-4ed6-9ffd-29b7d2d0c71f", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1710529697.987587, "update_time": null, "content": {"content_type": "text", "parts": ["Here's a summary of the findings and critical ideas from the studies and sources listed:\n\n1. **Fredrickson (1998)**: This study presents the broaden-and-build theory, suggesting that positive emotions like joy, interest, contentment, and love expand an individual's attention and cognition, leading to increased

creativity and problem-solving capabilities. These emotions also build lasting personal resources, contributing to emotional well-being and resilience.

2. **Salovey et al. (2000)**: The research highlights the connection between positive emotional states and physical health. Positive emotions can improve health through various pathways, including direct physiological effects on the immune system, fostering healthier behaviors, and improving social support.

3. **Campos et al. (2013)**: This study explores the distinct core relational themes and expressive displays associated with different positive emotions. It suggests that while all positive emotions share high positive valence, they differ significantly in their core relational themes and facial/body expressions.

4. **Fredrickson (2004)**: The paper expands on the broaden-and-build theory, explaining how positive emotions broaden an individual's thought-action repertoire and build enduring resources, which in turn enhance coping mechanisms and overall well-being.

5. **McKenzie (2016)**: The article argues for a distinction between happiness (positive affect) and contentment (positive reflection), proposing that happiness is associated with pleasurable experiences, while contentment stems from a fulfilling relationship with oneself and society.

6. **Cohn et al. (2009)**: The authors demonstrate that daily positive emotions increase life satisfaction and resilience, underscoring the idea that in-the-moment positive emotions, rather than general positive evaluations of one's life, are crucial for happiness and well-being.

7. **Sauter & Scott (2007)**: This research suggests that different positive emotions have distinct vocal expressions and that these unique emotional sounds can be accurately recognized and differentiated by others, highlighting the complexity of positive emotional expression.

8. **Salovey et al. (2000)** (second entry): This is a duplicate of item 2, reinforcing the relationship between positive emotional states and better physical health through multiple mechanisms.

9. **Shiota, Campos, & Keltner (2003)**: The study investigates the specific facial and upper-body displays associated with different positive emotions and finds distinct expressions for emotions such as awe, amusement, and pride, challenging the idea that there is only one facial expression for positive affect (the Duchenne smile).

10. **Friedman, Schwartz, & Haaga (2002)**: This study challenges the notion that there can be too much happiness. It found no evidence of dysfunction among individuals with very high positive emotion ratios, suggesting that high levels of happiness are not necessarily detrimental.

Each of these studies contributes to a broader understanding of positive emotions, their distinctions, and their impacts on physical health, psychological well-being, and social interactions. They collectively underscore the importance of fostering positive emotions for enhancing life satisfaction, resilience, and overall well-being."}],

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human beings seek out what gives them pleasure. We are naturally attracted to what makes us feel good.

Take my favorite food, cheese, for instance. Scientific studies have revealed that cheese contains a chemical called casein, known for its ability to induce feelings of pleasure. This chemical is so powerful that it triggers the same brain regions as opioids, potentially leading to addictive behaviors. Yet, my intention is not addiction, but rather, to experience the joy that comes from feeling good. Hence, my love for cheese.

But it's not just about the cheese. I often find myself pondering what truly brings us that feeling of goodness? What are the essential elements that guarantee a delightful human experience? Is it all about chemical receptors in the brain? Is happiness just a pill or does it encompass something deeper? Is the true science of feeling good science or just a philosophy or attitude that keeps the human mood in optimal condition? Let's explore what we know about the science of feeling good and its intersections with behavioral philosophy and psychology to get the bottom of the mystery humans have pondered and sought for millennia: How to feel good all the time and lead a happy and meaningful life.

See, happiness isn't only the joy of chewing on a cube of sharp creamy cheesy cheddar. It is also the enduring feeling of goodness that comes from the sense that you're in a good place in your life right now. It's the feeling of goodness that comes from dwelling in a positive state.

What We Know So Far:

Positive states such as contentment, general happiness, and joy

Can you use these studies to finish up this blog post above and end with a list of 5 science-supported methods of using immediate happiness-inducing stimuli to build long-lasting positive states such as contentment, good physical and mental health, purposefulness, direction, etc., and spend particular time discussing the distinctions cited in McKenzie (2016)"]], "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"request_id": "864ed90e18a0a25c-FC0", "timestamp_": "absolute", "message_type": null}, "recipient": "all", "channel": null}, "parent": "4ec0b408-acec-4ed6-9ffd-29b7d2d0c71f", "children": ["60efbf63-309a-4c43-972d-469c6d107220"]], "60efbf63-309a-4c43-972d-469c6d107220": {"id": "60efbf63-309a-4c43-972d-469c6d107220", "message": {"id": "60efbf63-309a-4c43-972d-469c6d107220", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1710530331.67054, "update_time": null, "content": {"content_type": "text", "parts": ["Building on our understanding of the science of feeling good, we know that while the immediate pleasure from experiences like enjoying cheese taps into our brain's reward system, true happiness extends far beyond these transient moments of joy. It encompasses enduring states of contentment, health, purposefulness, and direction in life."], "n1. **Broaden-and-Build Theory (Fredrickson, 1998 & 2004)**: This theory suggests that experiencing positive emotions broadens one's awareness and encourages novel, varied, and exploratory thoughts and actions. Over time, this leads to building enduring personal resources, ranging from physical and social resources to intellectual and psychological capacities."], "n2. **Positive Emotions and Health (Salovey et al., 2000)**: Positive emotional states not only enhance mental health but are also linked to physical well-being. They can lead to healthier lifestyles and may even have direct physiological benefits, such as on the immune system."], "n3. **Distinctions of Positive Emotions (Campos et al., 2013)**: Different positive emotions serve different functions and lead to distinct types of satisfaction and well-being. For example, joy might lead to playing and creativity, while contentment might encourage reflection and appreciation."], "n4. **Sociology of Happiness (McKenzie, 2016)**: Happiness (positive

affect) and contentment (positive reflection) are distinguished. While happiness can be fleeting and dependent on external factors, contentment is more about a fulfilling relationship with oneself and society. This distinction is crucial as it underscores the different pathways through which we can cultivate a good life: one through seeking pleasurable experiences and the other through fostering a deep sense of satisfaction with life.

5. **Expression and Recognition of Emotions** (Sauter & Scott, 2007; Shiota et al., 2003): The way we express and recognize different positive emotions can affect our relationships and social interactions, further influencing our overall well-being.

Building on these insights, here are five science-supported methods to use immediate happiness-inducing stimuli to build long-lasting positive states:

- Cultivate a Variety of Positive Emotions**: Engage in activities that foster a range of positive emotions. For example, engage in playful activities to experience joy, immerse yourself in nature to feel awe, and practice gratitude to feel more content. Diversifying your emotional experiences can broaden your thought-action repertoires and build lasting resources.
- Practice Mindfulness and Reflection**: Spend time in self-reflection to understand what brings you genuine contentment, beyond mere fleeting pleasure. Mindfulness practices can help you become more aware of your internal states, leading to a deeper sense of contentment.
- Build and Maintain Social Connections**: Foster relationships that provide support, validation, and love. Strong social ties can lead to enduring feelings of love and belonging, key components of long-term well-being.
- Set and Pursue Purposeful Goals**: Having clear goals and a sense of direction can lead to feelings of success and accomplishment. Choose goals that are aligned with your values and interests to ensure they contribute to your overall sense of purpose and contentment.
- Adopt Healthy Lifestyle Habits**: Regular physical activity, a balanced diet, and adequate sleep can improve your mood and energy levels, leading to more frequent and intense experiences of positive emotions, which over time contribute to lasting well-being.

By understanding the distinctions between fleeting happiness and deeper contentment, as highlighted by McKenzie (2016), we can strive not just for momentary pleasures but for a fulfilling and meaningful life. It's about balancing the joy of immediate pleasures with activities and relationships that provide a profound sense of satisfaction and belonging. This comprehensive approach can guide us towards a life that is not only happy but also rich, purposeful, and rewarding."}], "status": "finished_successfully", "end_turn": true, "weight": 1.0, "metadata": {"finish_details": {"type": "stop", "stop_tokens": [100260]}, "citations": [], "gizmo_id": "g-bo0FiWLY7", "is_complete": true, "message_type": null, "model_slug": "gpt-4-gizmo", "pad": "AAAAA", "parent_id": "aaa2acbb-c6c1-44c6-844b-8e4a67349850", "request_id": "864ed90e18a0a25c-FC0", "timestamp_": "absolute"}, "recipient": "all", "channel": null}, "parent": "aaa2acbb-c6c1-44c6-844b-8e4a67349850", "children": ["aaa2deb4-8e7a-44d3-bbfc-3f801d618a89"]}, {"id": "aaa2deb4-8e7a-44d3-bbfc-3f801d618a89", "message": {"id": "aaa2deb4-8e7a-44d3-bbfc-3f801d618a89", "author": {"role": "user", "name": null, "metadata": {}}, "create_time": 1710530455.254617, "update_time": null, "content": {"content_type": "text", "parts": ["write 3 paragraphs that summarize the current knowledge and trends in the science of feeling good"]}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"request_id": "864edd0f79030d80-MXP", "timestamp_": "absolute", "message_type": null}, "recipient": "all", "channel": null}, "parent": "60efbf63-309a-4c43-972d-469c6d107220", "children": ["f3b02f87-d77f-4fcc-bad0-bf48f6calc17"]}, {"f3b02f87-d77f-4fcc-bad0-bf48f6calc17":

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["In Italy, if you're looking for a classic tumble dryer like the ones commonly
used in the United States, you would indeed look for an 'asciugatrice,' but
the term 'pompa di calore' refers to a specific technology used in some
dryers. 'Pompa di calore' translates to 'heat pump,' and an
'asciugatrice a pompa di calore' is a heat pump dryer.\n\nHeat pump dryers
are more energy-efficient than traditional vented or condenser dryers. They reuse hot
air to dry clothes, which makes them more environmentally friendly and cost-effective
in the long run, although they might be more expensive upfront. If you're looking
for a classic vented dryer, which uses a hose to vent out moisture and hot air, you
might not specifically search for 'pompa di calore.' Instead, you might look
for terms like 'asciugatrice a scarico' (vented dryer) or 'asciugatrice
a condensazione' (condenser dryer), depending on the type you want. \n\nIf you
prefer the traditional, less energy-efficient type similar to many found in the U.S.,
you might lean towards a 'condenser' or 'vented' machine rather
than one advertised with a 'pompa di calore.' But if you're open to
newer, more energy-efficient technology, then an 'asciugatrice a pompa di
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["Heat pump dryers, known as &quot;asciugatrici a pompa di calore&quot; in Italy,
typically take longer to dry clothes than classic American vented tumble dryers. This
increased drying time is due to the heat pump technology, which uses lower
temperatures to dry clothes more gently and efficiently, resulting in reduced energy
consumption.\n\nOn average, a heat pump dryer can take about 1.5 to 2.5 hours to dry a
full load, while a traditional vented dryer might take about 45 minutes to 1 hour for
the same amount of laundry. However, these times can vary based on the dryer's
capacity, the type of laundry, and the specific settings used.\n\nThe longer drying
time might be considered a trade-off for the energy efficiency and the potential for
lower electricity bills, as well as the reduced wear and tear on clothes that comes
with gentler drying temperatures. If your priority is quick drying, a classic vented
dryer might be more suitable. If energy efficiency and garment care are more important,
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or &quot;asciugatrici a pompa di calore,&quot; generally do not heat clothes to the
same high temperatures as traditional vented tumble dryers. This means that clothes
might not come out feeling as warm to the touch immediately after the cycle ends. The
lower temperatures used in heat pump dryers are what make them more energy-efficient
and gentler on fabrics, but this also means they lack the intense &quot;hot&quot; feel
that clothes from a conventional dryer might have.\n\nHowever, clothes should still
come out dry and slightly warm, just not hot. If that warm, fresh-from-the-dryer
feeling is important to you, a traditional vented dryer may be more in line with your
preferences. Remember, though, that while vented dryers can provide that cozy warmth
immediately after the cycle, they are generally less energy-efficient and can be
harsher on your clothes over time."}], "status": "finished_successfully", "end_turn":
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Loading/unloading time per cycle: 10 minutes\n# - Heat pump dryer (asciugatrice a
pompa di calore) cycle time: Average of 1.5 to 2.5 hours (taking average = 2 hours)\n#
- Quiet hours (no operation): from 12 AM to 8 AM (8 hours)\n\n# Total time for one
complete laundry cycle (washing + spinning + loading + drying):\ntotal_cycle_time = 90
+ 15 + 10 + (2 * 60)  # in minutes\n\n# Available hours in the day outside quiet
hours:\navailable_hours = 24 - 8  # hours\n\n# Convert available hours to minutes for
calculation:\navailable_minutes = available_hours * 60  # in minutes\n\n# Calculate
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(asciugatrice a pompa di calore) cycle time: Average of 1.5 to 2.5 hours (taking
average = 2 hours)\n# - Quiet hours (no operation): from 12 AM to 8 AM (8 hours)\n\n#
Total time for one complete laundry cycle (washing + spinning + loading +
drying):\ntotal_cycle_time = 90 + 15 + 10 + (2 * 60) # in minutes\n\n# Available
hours in the day outside quiet hours:\navailable_hours = 24 - 8 # hours\n\n# Convert
available hours to minutes for calculation:\navailable_minutes = available_hours * 60
# in minutes\n\n# Calculate how many complete loads can be done in the available
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+ 15 + 10 + 52.5 # in minutes\n\n# Calculate how many complete loads can be done in
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sold in the US use heat pump technology, which is referred to as &quot;pompa di
calore&quot; in Italian. These heat pump systems are different from the traditional
vented drying systems commonly used in the US. The European style machines are
typically more compact and energy-efficient due to this technology.\n\nHeat pump
dryers in these combo units work by using a closed-loop heat exchange system to
recirculate hot air within the drum, removing moisture from the clothes without
venting hot air outside. This makes them more energy-efficient but also results in
longer drying times compared to standard, vented dryers. This is a key feature of many
European-style washer/dryer combos and a reason for their growing popularity in
environments where space is limited and energy efficiency is valued, such as
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combo, especially from around 2007, may indeed reflect some of the early limitations
of these machines, particularly when used in climates like Minnesota's, which can
be quite humid and cold.\n\nEarly models of these washer/dryer combos, especially
those using older technologies, could be less efficient at drying clothes compared to
separate, standalone dryers. This is due to several factors:\n\n1. **Combined
functionality**: Combos are both washing and drying in the same drum, which can lead
to less effective drying compared to dedicated dryers.\n\n2. **Condenser drying**:
Earlier models often used condenser drying rather than heat pump technology. In
condenser dryers, the moisture is condensed into water and drained away, but this
process is less energy-efficient and can be less effective in very humid
conditions.\n\n3. **Load size and overloading**: Combos typically have smaller
capacities than standalone machines. Overloading the machine can significantly reduce

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drying effectiveness, leaving clothes feeling damp.\n\n4. ****Environmental factors****: The ambient air in colder, more humid climates like Minnesota can affect the drying efficiency of condenser and heat pump dryers alike.\n\nSince 2007, however, there have been significant improvements in washer/dryer combo technologies, including more efficient and effective heat pump (pompa di calore) systems. These newer models are generally better at drying clothes, though they may still not feel as “bone dry” immediately after the cycle as they would coming out of a traditional vented dryer. Nonetheless, for those with space constraints or energy efficiency in mind, modern European-style combos are a much-improved option. If someone is experiencing issues with their clothes not drying well, they should consider the load size, machine settings, and whether the machine’s technology suits their climate and living situation.”]], “status”: “finished_successfully”, “end_turn”: true, “weight”: 1.0, “metadata”: {“finish_details”: {“type”: “stop”, “stop_tokens”: [100260]}, “citations”: [], “gizmo_id”: null, “is_complete”: true, “message_type”: null, “model_slug”: “gpt-4”, “parent_id”: “aaa2a900-9084-44ce-9915-43f4f170c18e”, “request_id”: “8607ce1effe2a325-FC0”, “timestamp_”: “absolute”, “recipient”: “all”, “channel”: null}, “parent”: “aaa2a900-9084-44ce-9915-43f4f170c18e”, “children”: [“aaa22a3c-6d83-44bd-ae2c-8e9a1ff0d019”]}, “aaa22a3c-6d83-44bd-ae2c-8e9a1ff0d019”: {“id”: “aaa22a3c-6d83-44bd-ae2c-8e9a1ff0d019”, “message”: {“id”: “aaa22a3c-6d83-44bd-ae2c-8e9a1ff0d019”, “author”: {“role”: “user”, “name”: null, “metadata”: {}}, “create_time”: 1709785432.601957, “update_time”: null, “content”: {“content_type”: “text”, “parts”: [“thanks. i like you. you know those 110 volt apartment sized tumble dryers?”]}], “status”: “finished_successfully”, “end_turn”: null, “weight”: 1.0, “metadata”: {“request_id”: “8607d00829b5a325-FC0”, “timestamp_”: “absolute”, “message_type”: null}, “recipient”: “all”, “channel”: null}, “parent”: “9357ace3-c27f-409a-892d-a2a4dclcc9cd”, “children”: [“23f478d2-0ed6-469c-9be2-ce2f758a612f”]}, “23f478d2-0ed6-469c-9be2-ce2f758a612f”: {“id”: “23f478d2-0ed6-469c-9be2-ce2f758a612f”, “message”: {“id”: “23f478d2-0ed6-469c-9be2-ce2f758a612f”, “author”: {“role”: “assistant”, “name”: null, “metadata”: {}}, “create_time”: 1709785442.440646, “update_time”: null, “content”: {“content_type”: “text”, “parts”: [“Yes, I’m familiar with the 110-volt apartment-sized tumble dryers. These compact dryers are designed for small living spaces, such as apartments or condos, where space is limited and where a standard 220-volt dryer hookup might not be available. They plug into a standard 110-volt (often referred to as 120-volt in the U.S.) household electrical outlet, which is the same as most other small appliances use.\n\nWhile these dryers offer the convenience of fitting into smaller spaces and not requiring special electrical wiring, they typically have a smaller capacity compared to standard dryers and may take longer to dry clothes due to the lower voltage and wattage. They are ideal for individuals or small families with less laundry or for those who don’t mind running smaller, more frequent loads.\n\nIf you have specific questions about these dryers or are considering purchasing one, feel free to ask!”]}], “status”: “finished_successfully”, “end_turn”: true, “weight”: 1.0, “metadata”: {“finish_details”: {“type”: “stop”, “stop_tokens”: [100260]}, “citations”: [], “gizmo_id”: null, “is_complete”: true, “message_type”: null, “model_slug”: “gpt-4”, “parent_id”: “aaa22a3c-6d83-44bd-ae2c-8e9a1ff0d019”, “request_id”: “8607d00829b5a325-FC0”, “timestamp_”: “absolute”, “recipient”: “all”, “channel”: null}, “parent”: “aaa22a3c-6d83-44bd-ae2c-8e9a1ff0d019”, “children”: [“aaa24de3-8c44-4a46-96de-e2343d53ce87”]}, “aaa24de3-8c44-4a46-96de-e2343d53ce87”: {“id”: “aaa24de3-8c44-4a46-96de-e2343d53ce87”, “message”: {“id”: “aaa24de3-8c44-4a46-

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compact dryer can vary, let's assume 1.5 hours (90 minutes) for a full load for
calculation\n# Average price per kWh in euros: \u20ac0.517\n\nndryer_wattage = 850 #
in watts\nnaverage_drying_time = 1.5 # in hours\nnaverage_price_per_kWh = 0.517 # in
euros\n\n# Convert dryer wattage to kilowatts\nndryer_kw = dryer_wattage / 1000 # in
kilowatts\n\n# Calculate energy consumed per drying cycle\nenergy_consumed_per_cycle =
dryer_kw * average_drying_time # in kilowatt-hours (kWh)\n\n# Calculate cost per
drying cycle\ncost_per_cycle = energy_consumed_per_cycle * average_price_per_kWh # in
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(90 minutes) for a full load for calculation\n# Average price per kWh in euros:
\u20ac0.517\n\nndryer_wattage = 850 # in watts\nnaverage_drying_time = 1.5 # in
hours\nnaverage_price_per_kWh = 0.517 # in euros\n\n# Convert dryer wattage to
kilowatts\nndryer_kw = dryer_wattage / 1000 # in kilowatts\n\n# Calculate energy
consumed per drying cycle\nenergy_consumed_per_cycle = dryer_kw * average_drying_time
# in kilowatt-hours (kWh)\n\n# Calculate cost per drying cycle\ncost_per_cycle =
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dryer can vary, let's assume 1.5 hours (90 minutes) for a full load for
calculation\n# Average price per kWh in euros: \u20ac0.517\n\nndryer_wattage = 850 #
in watts\naverage_drying_time = 1.5 # in hours\naverage_price_per_kWh = 0.517 # in
euros\n\n# Convert dryer wattage to kilowatts\ndryer_kw = dryer_wattage / 1000 # in
kilowatts\n\n# Calculate energy consumed per drying cycle\nenergy_consumed_per_cycle =
dryer_kw * average_drying_time # in kilowatt-hours (kWh)\n\n# Calculate cost per
drying cycle\ncost_per_cycle = energy_consumed_per_cycle * average_price_per_kWh # in
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for an average cycle time of 1.5 hours would cost approximately \u20ac0.66 per cycle,
based on an average electricity price of \u20ac0.517 per kWh.\n\nRegarding your
home's electricity usage, with a 4 kWh tolerance (which I interpret as your
home's electrical system or main fuse can handle up to 4 kW of power draw at
once), you should be able to run a small Italian washer and the dryer simultaneously
while also watching TV and using lights.\n\nTypically, a small washer might use around
1 to 2 kW, the dryer we calculated uses approximately 0.85 kW, and general household
items such as lights and a TV will not use more than a few hundred watts combined.
Even when all these are running simultaneously, the total should not exceed your 4 kW
limit. However, this can vary based on the exact power consumption of your specific
appliances and any other devices running at the same time. It's always a good
practice to check the power requirements of your appliances to ensure you don't
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calculate the maximum number of cycles that can be done in a day,\n# taking into
account the dryer's usage and available hours outside of quiet hours.\n\n#
Assuming the same quiet hours from the previous context: 12 AM to 8 AM (8 hours of
quiet time),\n# which leaves 16 hours of potential operation time.\n\n# We already
know the average drying time per cycle is 1.5 hours.\n\n# Available hours for
operation (not during quiet hours):\navailable_hours_for_operation = 16 # hours\n\n#
Convert available hours to minutes for calculation:\navailable_minutes_for_operation =
available_hours_for_operation * 60 # in minutes\n\n# Average drying time for one
cycle (in minutes):\naverage_drying_time_minutes = average_drying_time * 60 # convert
hours to minutes\n\n# Calculate the maximum number of drying cycles that can be
completed in the available time:\nmax_cycles_per_day = available_minutes_for_operation
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calculate the maximum number of cycles that can be done in a day,\n# taking into account the
dryer's usage and available hours outside of quiet hours.\n\n# Assuming the same
quiet hours from the previous context: 12 AM to 8 AM (8 hours of quiet time),\n# which
leaves 16 hours of potential operation time.\n\n# We already know the average drying
time per cycle is 1.5 hours.\n\n# Available hours for operation (not during quiet
hours):\navailable_hours_for_operation = 16 # hours\n\n# Convert available hours to
minutes for calculation:\navailable_minutes_for_operation =

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available_hours_for_operation * 60 # in minutes\n\n# Average drying time for one
cycle (in minutes):\naverage_drying_time_minutes = average_drying_time * 60 # convert
hours to minutes\n\n# Calculate the maximum number of drying cycles that can be
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let's recalculate the maximum number of cycles per day.\n\n# Update the average
drying time per cycle for the new duration:\nupdated_drying_time = 2.5 # hours\n\n#
Convert updated drying time to minutes for calculation:\nupdated_drying_time_minutes =
updated_drying_time * 60 # convert hours to minutes\n\n# Calculate the new maximum

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number of drying cycles that can be completed in the available time with the extended
cycle duration:\nmax_cycles_per_day_with_extended_time =
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let's recalculate the maximum number of cycles per day.\n\n# Update the average
drying time per cycle for the new duration:\nupdated_drying_time = 2.5 # hours\n\n#
Convert updated drying time to minutes for calculation:\nupdated_drying_time_minutes =
updated_drying_time * 60 # convert hours to minutes\n\n# Calculate the new maximum
number of drying cycles that can be completed in the available time with the extended
cycle duration:\nmax_cycles_per_day_with_extended_time =
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cycle\nenergy_consumed_per_extended_cycle = dryer_kw * updated_drying_time # in
kilowatt-hours (kWh)\n\n# Calculate cost per extended cycle\ncost_per_extended_cycle =
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per cycle with the updated drying time of 2.5 hours.\n\n# Calculate energy consumed
per extended cycle\nenergy_consumed_per_extended_cycle = dryer_kw *
updated_drying_time # in kilowatt-hours (kWh)\n\n# Calculate cost per extended
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the greenhouse gas emissions per kilowatt-hour (kWh) of electricity used. This
emission factor can vary significantly based on your local electricity grid's
energy mix (e.g., coal, natural gas, renewable energy sources).\n\nIf you can provide
the average greenhouse gas emissions per kWh for your area, I can calculate the carbon
footprint based on the dryer usage we discussed. If you don't have this
information, I can use a general average or look for typical values for a certain
region or country.\n\nAs for comparisons across models and designs of dryers, such
data would typically depend on the energy efficiency of each model and the type of
energy they use (electric vs. gas, standard vs. heat pump technology, etc.). If you
have specific models in mind, we can look into their energy consumption and estimate
their respective carbon footprints.\n\nPlease provide any specific details or
parameters you have, and I'll assist you further!"]}, "status":
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x 60,5 cm; 20,26 kg\nDisponibile su Amazon.it a partire dal \u200f : \u200e 16 agosto
2023\nProduttore \u200f : \u200e COSTWAY\nGaranzia e recesso: Se vuoi restituire un
prodotto entro 30 giorni dal ricevimento perch\u00e9 hai cambiato idea, consulta la
nostra pagina d'aiuto sul Diritto di Recesso. Se hai ricevuto un prodotto
difettoso o danneggiato consulta la nostra pagina d'aiuto sulla Garanzia Legale.
Per informazioni specifiche sugli acquisti effettuati su Marketplace consulta la
nostra pagina d'aiuto su Resi e rimborsi per articoli Marketplace.\nASIN \u200f :
\u200e BOCFXN1V77\nNumero modello articolo \u200f : \u200e Grigio\nPaese di origine
\u200f : \u200e Cina\nPosizione nella classifica Bestseller di Amazon: n. 3,544 in
Grandi elettrodomestici (Visualizza i Top 100 nella categoria Grandi

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 to ``ElementData[\"Gold\", \"AtomicNumber\"]``. \nL23: - Prefer using `\"Association\"` in the third argument of any `EntityValue` calls. This will return a key-value association with Entities as keys. You generally should not request the `\"Name\"` property in such an Association, since it is present in the Keys. \nL24: - Wolfram Language visualization and other functions are designed to understand this data structure and automatically retrieve name, date, geographic, etc. information as needed from the associated entities. \nL25: - The Wolfram Cloud will automatically and efficiently batch requests for data; when possible, use lists of entities and/or properties in `EntityValue` calls instead of mapping over lists. For example, this: \nL26: `EntityValue[{Entity[\"Country\", \"France\"], Entity[\"Country\", \"Germany\"], Entity[\"Country\", \"Spain\"]}, \"Population\", \"Association\"]` \nL27: is better than this: \nL28: `EntityValue[#, \"Population\"] & /@ {Entity[\"Country\", \"France\"], Entity[\"Country\", \"Germany\"], Entity[\"Country\", \"Spain\"]}` \nL29: # \nL30: `getWolframAlphaResults query guidelines.txt` \nL31: - `getWolframAlphaResults query guidelines.txt` \nL32: - Translate non-English queries before sending, then respond in the language the user's query was written in. \nL33: - Convert inputs to simplified keyword queries whenever possible (e.g. convert `\"how many people live in France\"` to `\"France population\"`). \nL34: - ALWAYS use this exponent notation: `6*10^14`, NEVER `6e14`. \nL35: - Use ONLY single-letter variable names, with or without integer subscript (e.g., `n`, `n1`, `n_1`). \nL36: - Use named physical constants (e.g., `speed of light`) without numerical substitution. \nL37: - Include a space between compound units (e.g., `\"[CapitalOmega] m\"` for `\"ohm*meter\"`). \nL38: - To solve for a variable in an equation with units, consider solving a corresponding equation without units; exclude counting units (e.g., books), include genuine units (e.g., kg). \nL39: - If data for multiple properties is needed, make separate calls for each property. \nL40: - If Wolfram provides multiple `Assumptions` for a query, choose the more relevant one(s) without explaining the initial result. If you are unsure, ask the user to choose. Then Re-send the exact same `input` with NO modifications, and add the `assumption` parameter, formatted as a list, with the relevant values. \nL41: - If you receive a 501 error and Wolfram Alpha provides `\"Things to try instead\"`, review those suggestions and try one or more of them, *exactly* as provided by the API, if they might provide a good answer. \nL42: - ONLY simplify or rephrase the initial query if a more relevant `Assumption` or other input suggestions are not provided. \nL43: # \nL44: `getWolframCloudResults query guidelines.txt` \nL45: `getWolframCloudResults query guidelines.txt` \nL46: - Always explain your chain of thought before writing any code. When composing your explanation, follow all the guidelines here regarding variable names, etc. even in your written response. \nL47: - Always think about what Wolfram Language functions may be most relevant and efficient for solving a given problem. \nL48: - The `Import[]` function is supported by this function, allowing you to import data from the web. \nL49: - Before writing any code requiring access to `Entity`, `EntityProperty`, `EntityClass`, etc. data, read the file `\"Wolfram Entity Data\"`. \nL50: - Before writing any code involving Food and nutrition data, read the file `\"Wolfram Food Data\"`. \nL51: - `getWolframCloudResults` will render and return URLs you can use to display in your

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\nL50: - If getWolframCloudResults return data-related fields in addition to the default "output"; such as outputLength, firstOutputValue, etc., your response should focus on those additional fields and encourage the user to define further steps for analysis. In these cases, if "output" is an image URL it is likely to be an image of a truncated list or dataset, and not helpful to the user.

\nL51: - Do not specify ColorFunction[], PlotTheme[] or related options in visualization code unless requested by the user. The Wolfram Language has sensible default values.

\nL52: - Variable names must ONLY be lowercase letters or camelCase names. NEVER use uppercase single letters, snake_case names, or names containing any non-alphanumeric character, especially underscores. Examples: {{invalid name -> valid name}, {C -> c}, {county_population -> countyPopulation}, {LCM_T1 -> lcmT1}}.

\nL53: - Use ONLY double quotes around all strings, including plot labels, etc. (e.g., PlotLegends -> {"sin(x)", "cos(x)", "tan(x)"}).

\nL54: - Avoid use of QuantityMagnitude.

\nL55: - Apply Evaluate to complex expressions like integrals before plotting (e.g., Plot[Evaluate[Integrate[...]]]).

\nL56: - Remove all comments and formatting from code passed to the "input" parameter; for example: instead of `square[x_] := Module[{result}, \\n result = x^2 (* Calculate the square *)\\n]`, send `square[x_] := Module[{result}, result = x^2]`.

\nL57: # \u30103\u2020Wolfram Food Data.txt\u2020file-kI98s2K5Nx9fhIHbuT7gYZEn\u3011

\nL58: - In general, to find nutrition for a food or a list of foods, use the Wolfram Resource Function "NutritionReport" with the output format "ASCIITable". Always try this Wolfram Language approach before attempting a comparable query using Wolfram Alpha. Example:

\nL59: -- ResourceFunction["NutritionReport"]["100g rice\n8oz chicken\n1 glass wine", "ASCIITable", "NutritionProperties"]

\nL60: \nL61: - If specific properties are asked for, find the EntityProperty associated with the requested data using Interpreter and include it using the "NutritionProperties" option. Examples:

\nL62: -- ResourceFunction["NutritionReport"]["100g rice\n8oz chicken\n1 glass wine", "ASCIITable", "NutritionProperties", {EntityProperty["Food", "AbsoluteTotalCaloriesContent"], EntityProperty["Food", "AbsoluteTotalProteinContent"]}]

\nL63: -- For user queries about nutrition in a #x27;piece#x27;, #x27;slice#x27;, #x27;scoop#x27;, #x27;stick#x27;, #x27;clove#x27;, #x27;plate#x27;, #x27;can#x27; of a food or #x27;bottle#x27;, #x27;glass#x27; of a drink, FIRST go get the typical weight in grams for EACH of the foods or typical weight in mL for EACH of the drinks from your general knowledge. Do the same for sizes #x27;small#x27;, #x27;medium#x27;, #x27;large#x27;. Use them in your NutritionReport resource function input. Example:

\nL64: -- ResourceFunction["NutritionReport"]["2*26g bread\n1*68g ice cream\n3*28g ham\n1*14g bacon\n2*148g pizza\n1*750mL wine", "ASCIITable"]

\nL65: -- If the information for a drink is not available in mL, convert it to grams. Example: convert 50mL champagne to 50g champagne.

\nL66: -- Disregard the preparation adjectives in ingredient names, such as #x27;chopped#x27;, #x27;diced#x27;, #x27;sliced#x27;, #x27;scrambled#x27;.

\nL67: -- When performing these actions, you do not need to explain every step of the process before sending calculations to Wolfram.

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\"Germany\"], Entity[\"Country\", \"Spain\"]}\nL29: ", "extra":
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is likely to be an image of a truncated list or dataset, and not helpful to the
user.\nL51: - Do not specify ColorFunction[], PlotTheme[] or related options in
visualization code unless requested by the user. The Wolfram Language has sensible
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(e.g., `PlotLegends -> {\"sin(x)\", \"cos(x)\",
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"NutritionReport" with the output format "ASCIITable". Always try
this Wolfram Language approach before attempting a comparable query using Wolfram
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requested data using Interpreter and include it using the
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ResourceFunction["NutritionReport"]["100g rice\n8oz chicken\n1 glass
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-- For user queries about nutrition in a 'piece', 'slice',
'scoop', 'stick', 'clove', 'plate',
'can' of a food or 'bottle', 'glass' of a drink, FIRST

go get the typical weight in grams for EACH of the foods or typical weight in mL for EACH of the drinks from your general knowledge. Do the same for sizes 'small';, 'medium';, 'large';. Use them in your NutritionReport resource function input. Example:\nL64: -- ResourceFunction["NutritionReport"]["2*26g bread\\n1*68g ice cream\\n3*28g ham\\n1*14g bacon\\n2*148g pizza\\n1*750mL wine";, "ASCIITable"]\nL65: -- If the information for a drink is not available in mL, convert it to grams. Example: convert 50mL champagne to 50g champagne.\nL66: -- Disregard the preparation adjectives in ingredient names, such as 'chopped';, 'diced';, 'sliced';, 'scrambled';.\nL67: -- When performing these actions, you do not need to explain every step of the process before sending calculations to Wolfram.\nVisible: 0% - 100%, "extra": null}], "original_query": null}, "command": "search", "args": ["COSTWAY EP23598"], "status": "finished", "is_complete": true, "message_type": null, "model_slug": "gpt-4-gizmo", "parent_id": "eea69a8f-13a6-4cd5-b2d7-ef5f48a3242c", "request_id": "860807afbddd3a321-FC0", "timestamp_": "absolute"}, "recipient": "all", "channel": null}, "parent": "eea69a8f-13a6-4cd5-b2d7-ef5f48a3242c", "children": [{"eaf0276d-c7e4-4d53-a9ae-a26a061550ea"}], "eaf0276d-c7e4-4d53-a9ae-a26a061550ea": {"id": "eaf0276d-c7e4-4d53-a9ae-a26a061550ea", "message": {"id": "eaf0276d-c7e4-4d53-a9ae-a26a061550ea", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1709787728.039743, "update_time": null, "content": {"content_type": "code", "language": "unknown", "response_format_name": null, "text": "search("COSTWAY")"}, "status": "finished_successfully", "end_turn": false, "weight": 1.0, "metadata": {"finish_details": {"type": "stop", "stop_tokens": [100265]}, "gizmo_id": "g-OS5FXLyFN", "is_complete": true, "message_type": null, "model_slug": "gpt-4-gizmo", "parent_id": "739215f5-8584-48db-8495-22ef88924d22", "request_id": "860807afbddd3a321-FC0", "timestamp_": "absolute"}, "recipient": "myfiles_browser", "channel": null}, "parent": "739215f5-8584-48db-8495-22ef88924d22", "children": [{"ed78dd5f-d8b5-40a3-b7f7-e2b08bc27379"}], "ed78dd5f-d8b5-40a3-b7f7-e2b08bc27379": {"id": "ed78dd5f-d8b5-40a3-b7f7-e2b08bc27379", "message": {"id": "ed78dd5f-d8b5-40a3-b7f7-e2b08bc27379", "author": {"role": "tool", "name": "myfiles_browser", "metadata": {}}, "create_time": 1709787728.043661, "update_time": null, "content": {"content_type": "tether_browsing_display", "result": "L0: #\u30100\u2020Wolfram Entity Data.txt\u2020file-JSCY7TYYTEkJTsQ0cqvvKiVC\u3011\nL1: ## Guidelines for finding valid Wolfram Language interpretations of Entities, etc. \nL2: \nL3: If you need to write Wolfram Language code involving Entity or EntityClass expressions, NEVER assume that you can retrieve or deduce correct identifiers for entities, properties, etc. from your existing training. \nL4: \nL5: When writing code that requires retrieval of entity-property data from the Wolfram Knowledgebase, ALWAYS use chatgpt_wolframcloud_com__jit_plugin.getSemanticInterpretationAPI first, with a simplified natural language input. This function can find Wolfram Language interpretations of\nL6: - Entities (examples: Empire State Building, caffeine, Taylor Swift)\nL7: - Well-defined, named EntityClasses (examples: UN countries, lanthanide elements, skyscrapers)\nL8: - Entity + EntityProperty expressions (examples: population of France, mass of Pluto, Asian population of San Francisco)\nL9: - Entity lookups (examples: 5 tallest buildings in Beijing, cities larger than 10M people, books written by Stephen King)\nL10: - Note that getSemanticInterpretation may be able to interpret quite complex entity-related inputs, involving both filters and requests for properties for example "release dates of highest grossing movies in the 1970s

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```
`Entity[\\&quot;Element\\&quot;, \\&quot;Gold\\&quot;][\\&quot;AtomicNumber\\&quot;]`
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\nL44: #\n\u030102\u2020getWolframAlphaResults query guidelines.txt\u2020file-Bvv5c0uKLkrkrKmc7BMrtF9X\u03011\nL45: getWolframAlphaResults guidelines:\nL46: - Translate non-English queries before sending, then respond in the language the user's query was written in.\nL47: - Convert inputs to simplified keyword queries whenever possible (e.g. convert "how many people live in France" to "France population").\nL48: - ALWAYS use this exponent notation: `6*10^14`, NEVER `6e14`.\nL49: - Use ONLY single-letter variable names, with or without integer subscript (e.g., n, n1, n_1).\nL50: - Use named physical constants (e.g., speed of light) without numerical substitution.\nL51: - Include a space between compound units (e.g., "[CapitalOmega] m" for "ohm*meter").\nL52: - To solve for a variable in an equation with units, consider solving a corresponding equation without units; exclude counting units (e.g., books), include genuine units (e.g., kg).\nL53: - If data for multiple properties is needed, make separate calls for each property.\nL54: - If Wolfram provides multiple Assumptions; for a query, choose the more relevant one(s) without explaining the initial result. If you are unsure, ask the user to choose. Then Re-send the exact same input; with NO modifications, and add the assumption; parameter, formatted as a list, with the relevant values.\nL55: - If you receive a 501 error and Wolfram Alpha provides "Things to try instead", review those suggestions and try one or more of them, *exactly* as provided by the API, if they might provide a good answer.\nL56: - ONLY simplify or rephrase the initial query if a more relevant Assumption; or other input suggestions are not provided.\nL57: #\n\u030103\u2020Wolfram Food Data.txt\u2020file-kI98s2K5N9fhlHbuT7gYZEn\u03011\nL58: - In general, to find nutrition for a food or a list of foods, use the Wolfram ResourceFunction "NutritionReport" with the output format "ASCIITable". Always try this Wolfram Language approach before attempting a comparable query using Wolfram Alpha. Example:\nL59: --\nResourceFunction["NutritionReport"]["100g rice\n8oz chicken\n1 glass wine", "ASCIITable"]\nL60: \nL61: - If specific properties are asked for, find the EntityProperty associated with the requested data using Interpreter and include it using the "NutritionProperties" option. Examples:\nL62: --\nResourceFunction["NutritionReport"]["100g rice\n8oz chicken\n1 glass wine", "ASCIITable", "NutritionProperties" -> {EntityProperty["Food", "AbsoluteTotalCaloriesContent"], EntityProperty["Food", "AbsoluteTotalProteinContent"]}]\nL63: --\nFor user queries about nutrition in a piece;, slice;, scoop;, stick;, clove;, plate;, can; of a food or bottle;, glass; of a drink, FIRST go get the typical weight in grams for EACH of the foods or typical weight in mL for

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 JSCY77YYTEkJTsQ0cqvvKiVC", "source": "my_files", "text": "\nL1: ## Guidelines for
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"Spain"]}, {"Population", "Association"}]
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\nL27: is better than this:

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\u30101\u2020getWolframCloudResults query guidelines.txt\u2020file-jAt577A8QpOTIErsx251bYTr\u3011

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\nL31: - Always explain your chain of thought before writing any code. When composing your explanation, follow all the guidelines here regarding variable names, etc. even in your written response.

\nL32: - Always think about what Wolfram Language functions may be most relevant and efficient for solving a given problem.

\nL33: - The `Import[]` function is supported by this function, allowing you to import data from the web.

\nL34: - Before writing any code requiring access to Entity, EntityProperty, EntityClass, etc. data,