

Kindness & Social Connection

Annoying Feature #1

Miswanting

The act of being mistaken about what and how much you will like something in the future.

- * our mind's strongest intuition is often wrong.

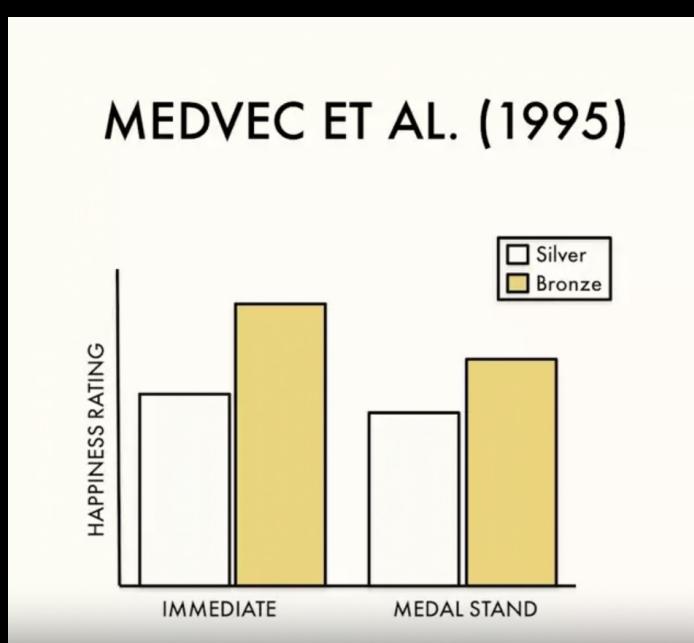
Annoying Feature #2

- * our minds don't think in terms of absolutes

judge relative to relative points

a salient (but often irrelevant) standard

Medvec Et al. (1995)



Do reference points also affect happiness in daily life?

How much salary do you need?

actual income "required income"

↑ \$1

× \$1.4

Social Comparison

The act of evaluating
one's own

salary
status
possessions

abilities

relative to those of other people

JUIN THE DARK SIDE

job satisfaction ↓ as comparative income ↑

option 1	\$50k	\$25k	56%
2	\$100k	\$250k	
	you	your co-worker	

What is a reasonable social comparison?

↑ our mind's don't do that

\uparrow TV watching = \uparrow estimate of other people's wealth.

↓ estimate of one's own wealth

for extra 1 hour/week , extra \$4.00/week in house hold spending.

Good Grades

BURLEIGH & MEEGAN (2013)

- NO ONE GOES DOWN IN GRADE AND 50% OF PEOPLE WILL GO UP
 - **41%** OF STUDENTS REJECTED PROPOSAL
 - TOP 50% OF CLASS = **52%** REJECTION
 - STUDENTS WILLING TO MISS OUT ON THEIR OWN GRADE BONUS JUST SO OTHERS DON'T GET IT TOO

Facebook ↑

self-esteem ↓

r = -0.20

↳ remember

income \Leftrightarrow happiness r = 0.1

so x2 effect on social media but in reverse.

Annoying Feature 3

our minds are built to get used to stuff

perceptual adaptation

Hedonic Adaptation

Daniel Gilbert "Stumbling on Happiness"

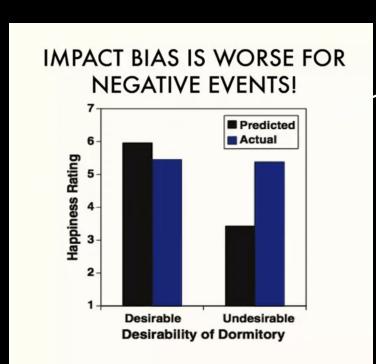
"Wonderful things are especially wonderful the first time they happen, but their wonderfulness wanes with repetition."

Annoying Feature 4

we don't realize that our minds are built to get used to stuff

Impact bias

the tendency to overestimate the emotional impact of future events both in terms of **Intensity** and **Duration**.



Impact bias is **worse** for negative events!

Impact bias stays the same even after multiple occurrences of the same event.

Why are we so bad at predicting how we will feel?

Focalism = The tendency to think just about 1 event and forget about other things that happen.

Immune Neglect = Unawareness of our "psychological immune system"

JOIN THE DARK SIDE

Annoying Feature Summary

1. miss wanting
2. think in relative terms
3. get used to stuff
4. don't realize our minds are built to get used to stuff

Q&A