

# optimism ||



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# Learned Optimism



# Dr. Seligman's claims



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# The Second claim



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# Explanatory theory

```
# actual method  
#  
#   'foo'.andand.size => 3  
#   nil.andand.size => nil  
#   'foo'.andand { |s| s << 'bar' } => 'foobar'  
#   nil.andand { |s| s << 'bar' } => nil  
#  
def andand (p = nil)  
  if self  
    if block_given?  
      yield(self)  
    elsif p  
      p.to_proc.call(self)  
    else  
      self  
    end  
  else  
    if block_given? or p  
      self  
    else  
      MockReturningMe.new(self)  
    end  
  end  
end
```



# Invokes the method and returns the receiver if nothing is raised. Therefore,  
# the purpose of calling the method is strictly for side effects. In the block  
# form, it resembles `#tap` from Ruby 1.9, and is useful for debugging. It also  
# resembles `binding.from Rails`, with slightly different syntax.



# **Some people like andand, because**



## **something-something.**

**Some people dislike andand, because  
they  
something-something.**

summary

Personal vs.  
Impersonal



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***Hacker News liked this  
blog post.***

*I have experience, I've  
thought these ideas out,  
and Hacker News  
validates my experience  
and my approach.*

summary

# Specific vs. General



***We did some good things,  
and as a result, this  
project was a success.***

*This was one highlight on  
a 30+ year career arc, as  
well as PagerDuty's own  
ongoing growth.*

**summary**

**Temporary vs.  
Permanent**

# The Recap



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I WAS  
**Inconsistent**



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# Pessimists

# Optimists



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# Learned Optimism



# **Conclusion:**

**Changing your explanations through repetition and consistency, changes your life: You become happier and more productive.**



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a funny thing happened  
on the way to

**DevDay 2016**



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# **Fixed and Growth Mindsets**

# The Fixed Mindset

# The Growth Mindset



# children and the **Fixed** **Mindset**



# children and the Growth Mindset



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# changing Mindsets



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# Returning to childhood

**you got an "A," because**

**you studied**

**you got an "A," because**

**when you study, your  
grades improve**

**you got an "A," because**

**when you study, you  
learn, and your grades  
reflect your learning**



# Optimism and growth for **positive** feedback

- Emphasize personal choice;
- Generalize the results of the our choices;
- Emphasize an ongoing arc of applying choices to produce personal growth.

this code is great, because

when you study  
technique and apply it to  
your work, the results get  
better and better



# Optimism and growth for **negative** feedback

- Emphasize an impersonal cause of the event;
  - Restrict to a specific impact;
- Emphasize that this is a temporary blip in an otherwise positive ongoing arc.



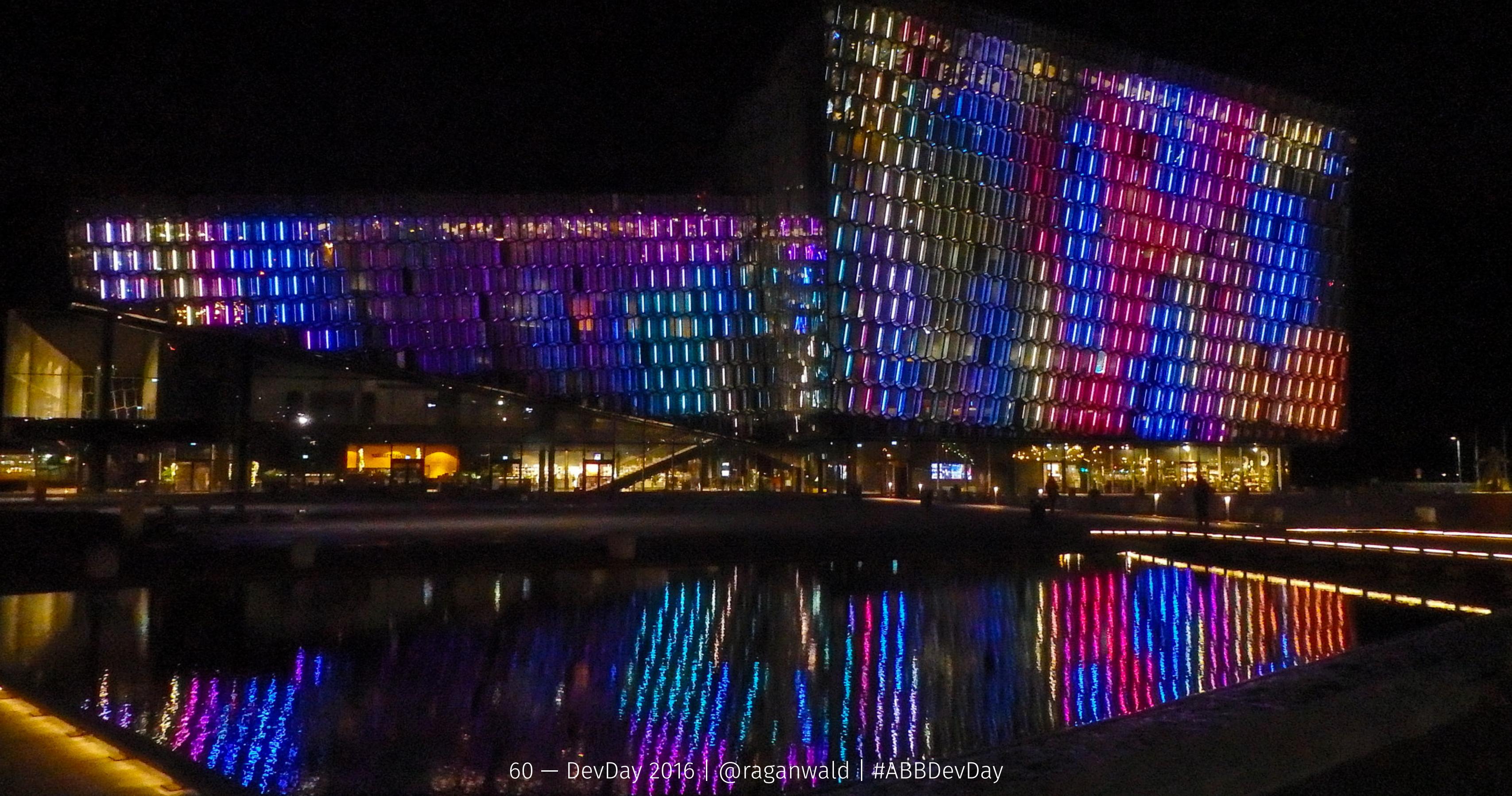
**this blog post lacks an overall narrative that would hold its arguments together**

**when you state a theme  
and stick to it, your posts  
are always powerful**



# Grit

## (explained)



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# The optimistic team



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NATIONAL BESTSELLER

# LEARNED OPTIMISM

How to Change  
Your Mind and  
Your Life

WITH A NEW PREFACE

MARTIN E. P. SELIGMAN, Ph.D.

Author of *Authentic Happiness*

“Vaulted me out of my funk. . . . So, fellow moderate pessimists, go buy this book.” —Marian Sandmaier, *The New York Times Book Review*