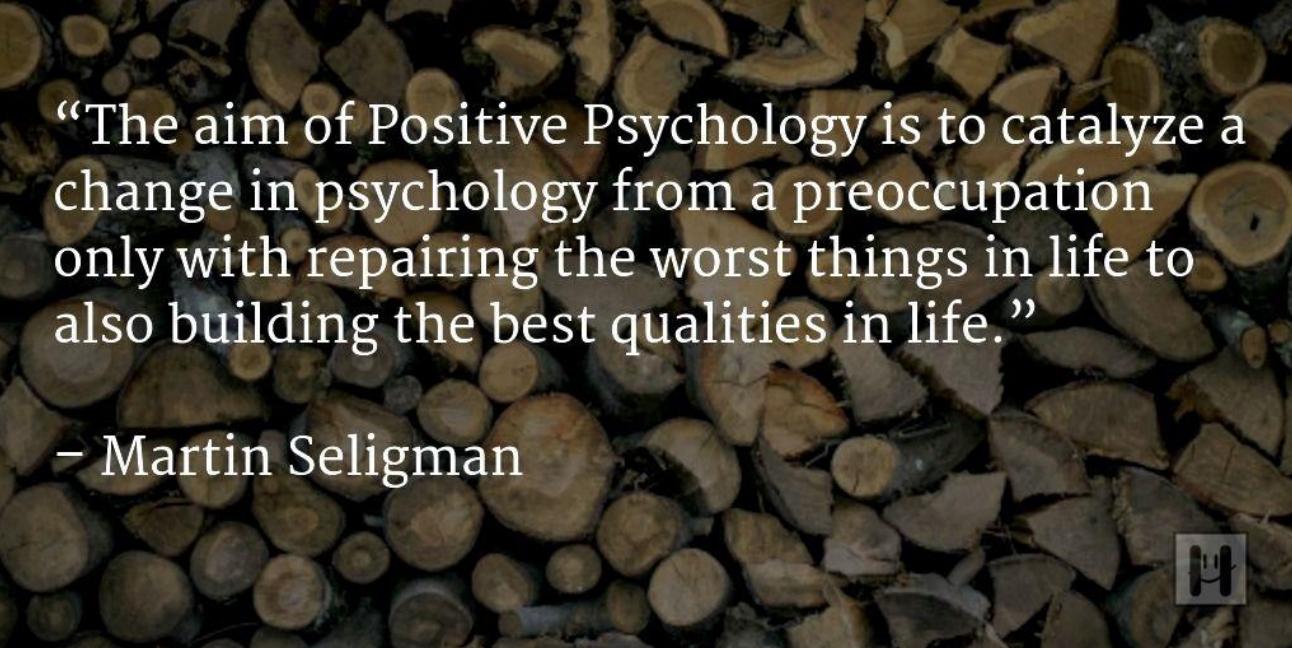




# Positive Psychology

An Introduction



“The aim of Positive Psychology is to catalyze a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life.”

– Martin Seligman



CHANGE THE  
UOY YAW  
E E S  
EVERYTHING

THROUGH ASSET-BASED THINKING

KATHRYN D. CRAMER, Ph.D.

Found & Managing Partner The Cramer Brothers LLC

HANK WASIAK

Co-founder The Group Nine



YOU HAVE POWER  
OVER YOUR MIND  
NOT OUTSIDE EVENTS  
REALIZE THIS, AND  
YOU WILL FIND STRENGTH

*Marcus Aurelius*



# Positive Psychology

The scientific study of positive human functioning and flourishing on multiple levels that include the biological, personal, relational, institutional, cultural, and global dimensions of life

—Seligman and Csikszentmihalyi

# Positive Psychology

- Everyday language: The scientific study of what makes life most worth living
- Concerned with eudaimonia, or "the good life," a reflection about what holds the greatest value in life – the factors that contribute the most to a well-lived and fulfilling life.



# Historical overview

- Before World War II emphasis on curing illness, making life more fulfilling, and nurturing talent...
- 1947 NIMH shifted focus to research into pathology
- Human beings came to be seen as passive

# School Sisters of Notre Dame 1932



- Cecilia O'Payne Autobiographical sketch

“God started my life off well by bestowing upon me grace of inestimable value...The past year which I spent as a candidate studying at Notre Dame has been a very happy one. Now I look forward with eager joy to receiving the Holy Habit of Our Lady and to a life of union with Love Divine.”

*Authentic Happiness by Seligman (2002)*

# School Sisters of Notre Dame 1932



- Marguerite Donnelly Autobiographical sketch

“I was born on September 26, 1909, the eldest of seven children, five girls and two boys...My candidate year was spent in the motherhouse, teaching chemistry and second year Latin at Notre Dame Institute. With God’s grace, I intend to do my best for our Order, for the spread of religion and for my personal sanctification.”

*Authentic Happiness by Seligman (2002)*

# School Sisters of Notre Dame 1932



- Sketches were rated in the amount of positive feeling
  - Most cheerful quarter: 90% alive at age 85, 54% at age 94
  - Least cheerful quarter: 34% alive at age 85, 11% at age 94
- Cecilia O'Payne (lived over 98 years)
- Marguerite Donnelly (died at 59)

*Authentic Happiness by Seligman (2002)*

# PsycInfo Research Papers

## Clinical Psychology

Anger

31,260

Anxiety

243,516

Depression 299,809



o As of July 2018

## Positive Psychology

Joy 8,762

Happiness 17,716

Life satisfaction 22,436

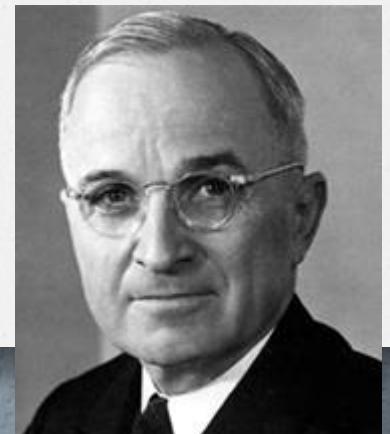
Mindfulness 11,414

- o Note: Mindfulness increased the most in the last year...21% increase vs 6-8% in other categories

# Thoughts from Seligman

- Need a psychology of rising to the occasion...thought of this as a missing piece in the jigsaw puzzle of predicting human behavior
- We measure behavior in absence of real-world challenges, and try to predict what a person *would* do
  - Correlation between IQ and performance...but some people with high IQ fail, and some with lower IQ succeed life challenges
- Harry Truman effect
  - We have all strengths we may not even know about until we are challenged

*Authentic Happiness by Seligman (2002)*



# Guiding Theories in Positive Psychology

- Seligman's PERMA
- Seligman and Peterson's Character Strengths and Virtues
- Csikszentmihalyi's theory of Flow

# Seligman's shift

- o Where did the shift from pathology to prevention come from?
- o Seligman known for research on learned helplessness
  - o BUT...not all rats and dogs became helpless, not all people became helpless with insolvable problems or inescapable noise
    - o 1 out of 3 never gives up!
    - o And...1 out of 8 is helpless to begin with

# What Is Positive Psychology?

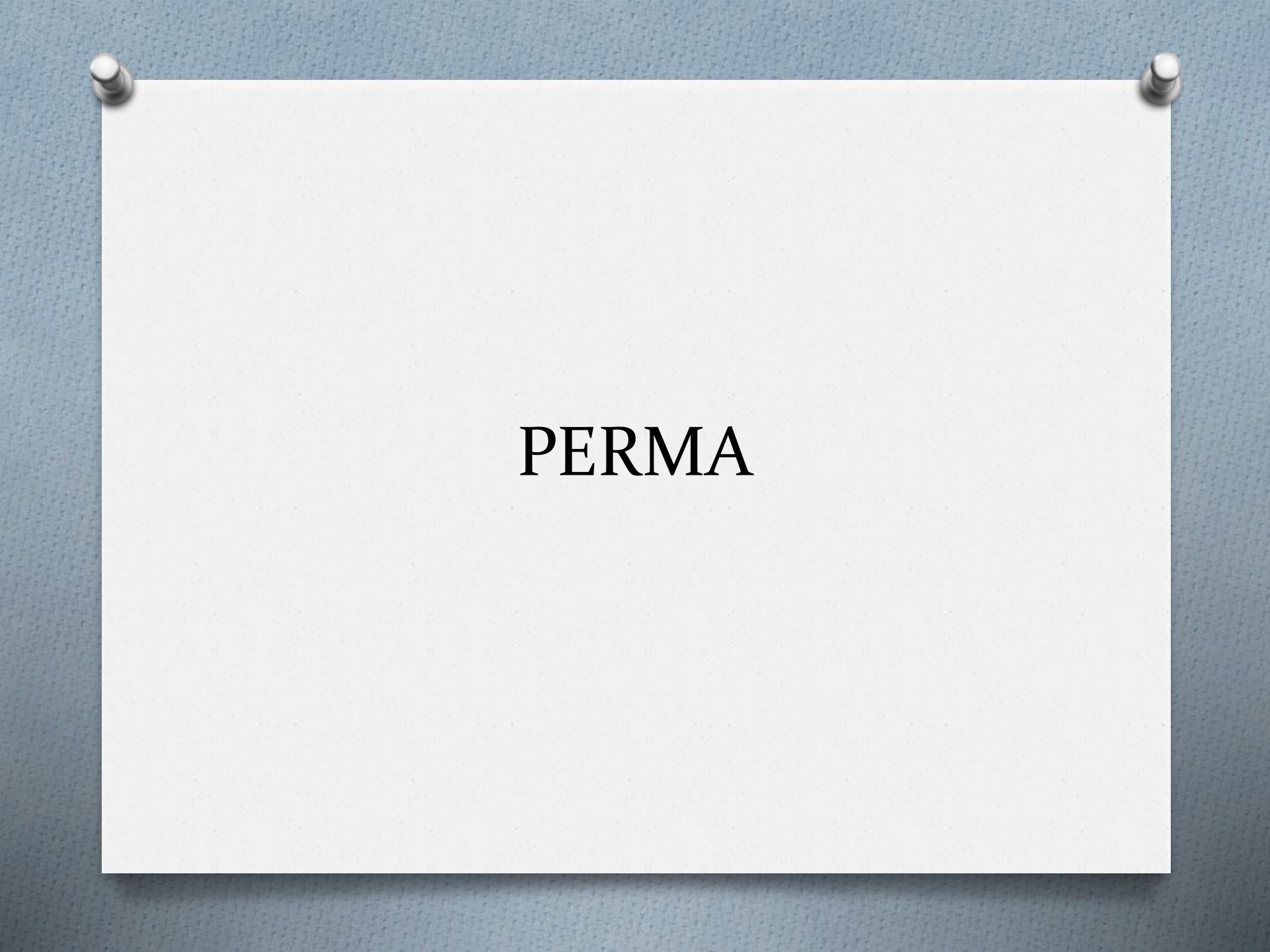
- ❖ Balancing foci of Applied Psychology:

What is wrong with  
people  
(study of deficits)

What is right with people  
(study of assets)

## Martin Seligman on the State of Psychology

- ❖ (See “Building Human Strength: Psychology’s Forgotten Mission”  
by Seligman, p. 4-5)



PERMA

## *The PERMA Model* *of Well-Being*

### *Positive Emotion*

Positive emotions are an essential part of our well-being. Happy people look back on the past with gladness; look into the future with hope; and they enjoy and cherish the present.

### *Relationships*

Everyone needs someone. We enhance our well-being and share it with others by building strong relationships with the people around us - family, friends, coworkers, neighbours.

### *Accomplishment*

Everyone needs to win sometimes. To achieve well-being and happiness, we must be able to look back on our lives with a sense of accomplishment: 'I did it, and I did it well'.

### *Engagement*

When we focus on doing the things we truly enjoy and care about, we can begin to engage completely with the present moment and enter the state of being known as 'flow'.

### *Meaning*

We are at our best when we dedicate time to something greater than ourselves. This might be religious faith, community work, family, politics, a charity, a professional or creative goal.

From Martin Seligman's *Flourish*, 2011

# 5 INGREDIENTS TO A Flourishing Life

**P**

**Positive Emotions**

-experience happiness, joy, hope, love, gratitude, etc.

**E**

**Engagement**

-use your strengths to meet challenges; be in the moment.

**R**

**Relationships**

-connect with others; love and be loved.

**M**

**Meaning**

-connect to meaning; find your purpose.

**A**

**Accomplishment**

-pursue and accomplish goals; strive for greatness.

<http://psychologyofwellbeing.com> © 2012

**The Psychology of Wellbeing**  
Moving on the science of holistic wellbeing.

PERMA Theory from Martin Seligman's  
"Flourish: A Virtuously New Understanding  
of Happiness & Well-being" (2012). See also

# Positive Emotions

- AKA Pleasant Life
- Contributes to well-being (In Authentic Happiness Theory, it was the cornerstone of the theory)
- Happiness and life satisfaction
- Measured subjectively
  - Includes variables of pleasure, ecstasy, comfort, warmth, and the like

# Quote

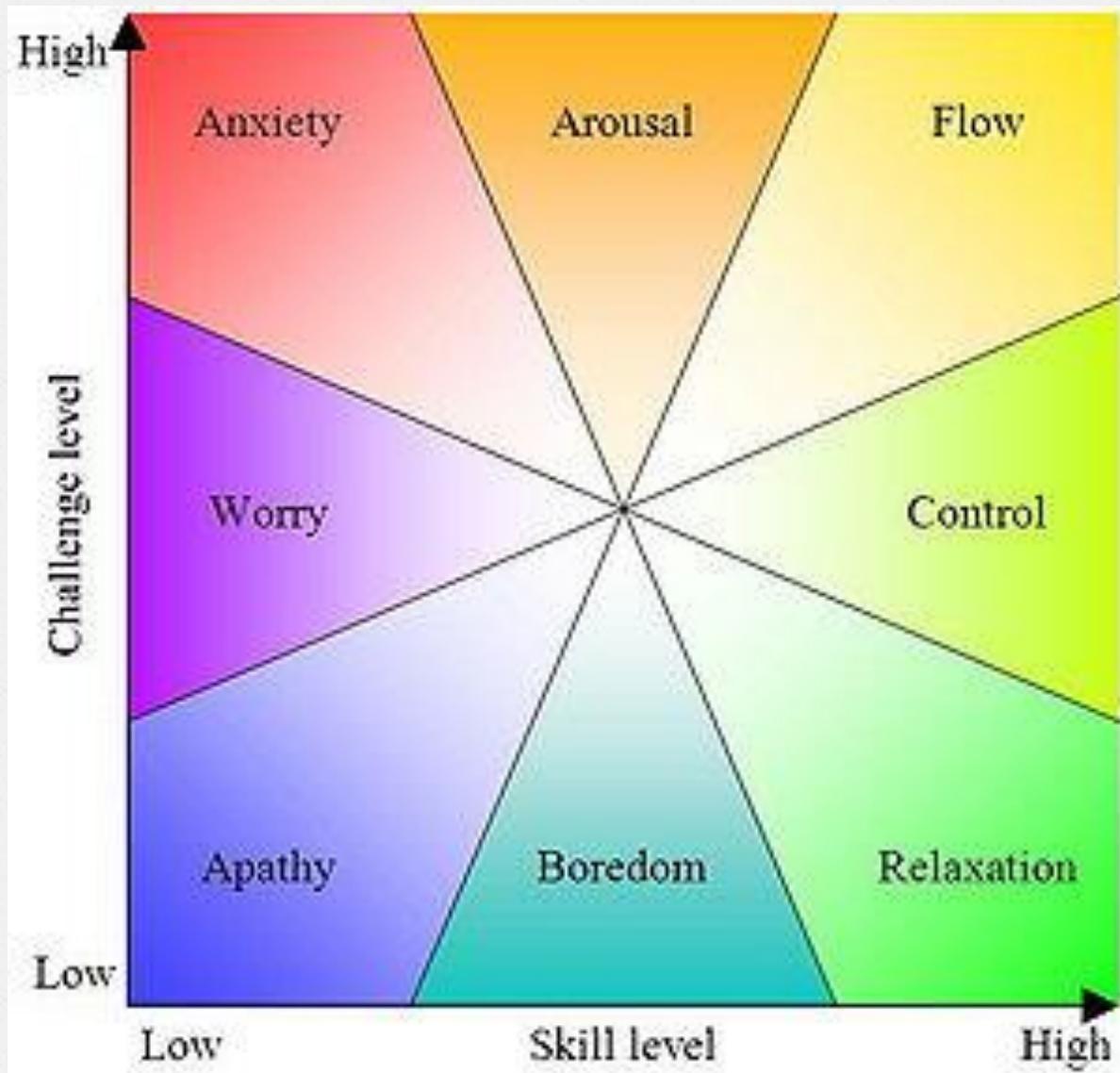
- “Be happy in the moment, that's enough. Each moment is all we need, not more.”  
— Mother Teresa



# Engagement

- AKA Flow
- Measured subjectively
  - Did time stop for you?
  - Were you completely absorbed by the task?
  - Did you lose self-consciousness?
- Subjective state for engagement is retrospective...since when we are in a flow state
- Flow: when our skills are challenged





# Flow

o Flow Talk on Ted



# Positive Relationships

- o Research: doing a kind thing for another produces the single most reliable momentary increase in well-being of any exercise tested
- o Seligman stamp example
- o George Valliant: master strength is the capacity to be loved

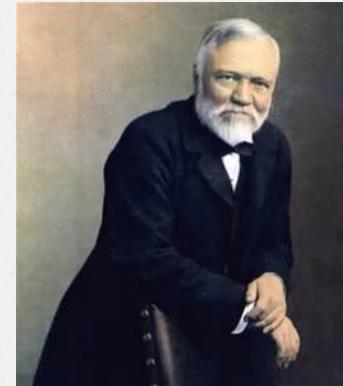


# Meaning

- AKA Meaningful Life
- Belonging to and serving something that you believe is bigger than the self



# Accomplishment



- AKA Achieving Life
- Idea that we pursue success, accomplishment, winning, achievement and mastery for their own sakes
- Pursuit may not bring positive emotion or meaning, or positive relationships
- Tycoons turned philanthropists: Andrew Carnegie, John D. Rockefeller, Bill Gates (created meaning later in life)
- “accumulators” or play to win

# Flourishing and Strengths

# Flourish and Strengths

- 24 Strengths
- Strengths underpin all five elements
- Deploying your highest strengths leads to more positive emotion, to more meaning, to more accomplishment, and to better relationships

# Strengths

- o <http://www.viacharacter.org/www/Character-Strengths/VIA-Classification>



# VIA Classification of Character Strengths and Virtues

## The Character Strengths of a Flourishing Life

### WISDOM



#### Creativity

Originality; adaptive; ingenuity



#### Curiosity

Interest; novelty-seeking; exploration; openness to experience



#### Judgment

Critical thinking; thinking things through; open-minded



#### Love of Learning

Mastering new skills & topics; systematically adding to knowledge



#### Perspective

Wisdom; providing wise counsel; taking the big picture view

### COURAGE



#### Bravery

Valor; not shrinking from fear; speaking up for what's right



#### Perseverance

Persistence; industry; finishing what one starts



#### Honesty

Authenticity; integrity



#### Zest

Vitality; enthusiasm; vigor; energy; feeling alive and activated

### HUMANITY



#### Love

Both loving and being loved; valuing close relations with others



#### Kindness

Generosity; nurturance; care; compassion; altruism; "niceness"



#### Social Intelligence

Emotional intelligence; aware of the motives/feelings of self/others; knowing what makes other people tick



### JUSTICE



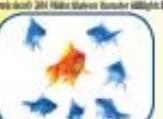
#### Teamwork

Citizenship; social responsibility; loyalty



#### Fairness

Just; not letting feelings bias decisions about others



#### Leadership

Organizing group activities; encouraging a group to get things done

### TEMPERANCE



#### Forgiveness

Mercy; accepting others' shortcomings; giving people a second chance



#### Humility

Modesty; letting one's accomplishments speak for themselves



#### Prudence

Careful; cautious; not taking undue risks



#### Self-Regulation

Self-control; disciplined; managing impulses & emotions

### TRANSCENDENCE



#### Appreciation of Beauty and Excellence

Awe; wonder; elevation



#### Gratitude

Thankful for the good; expressing thanks; feeling blessed



#### Hope

Optimism; future-mindedness; future orientation



#### Humor

Playfulness; bringing smiles to others; lighthearted



#### Spirituality

Religiousness; faith; purpose; meaning



(where the world finds strength)

[www.viacharacter.org](http://www.viacharacter.org)



# Martin Seligman

o [Martin Seligman Ted Talk](#)



# Positive Psychotherapy

## Exercises and Tools

Gratitude  
Journal

Design a  
Beautiful  
Day

Self  
Esteem  
Journal

Values in  
Action  
Survey

Mindfulness  
Meditation

# Gratitude Journal

Write in journal up to 5 things for which you are grateful

Can be small in importance (e.g., sunshine) to large (e.g., I got my dream job)

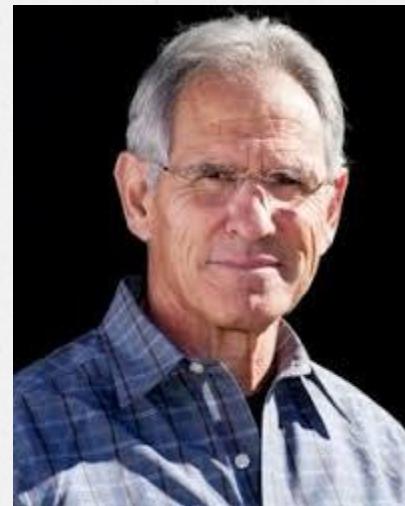
- Be specific
- Focus on people
- See good things as gifts
- Savor surprises
- Revise if you repeat something
- Write regularly (some recent research suggests 3x/week is ideal)

# Mindfulness



# Mindfulness

- o The practice has moved from a largely obscure Buddhist concept founded about 2,600 years ago to a mainstream psychotherapy construct today (apa.org)



“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn

# Benefits of Mindfulness

- Self-control
- Objectivity
- Attention
- Memory
- Emotional intelligence
- Less anxiety
- Improved concentration and mental clarity
- The ability to relate to others and one's self with kindness, acceptance and compassion.

# Welcome to Positive Psychology

- o Scientific study of ordinary human strength and virtues
- o Helps people find what is best within themselves
- o Enhances their experiences in work and relations

# The Dimensions of Positive Psychology: 3 Levels

- Subjective level
  - Focuses on positive emotions and constructive thoughts
- Individual level
  - Focuses on positive behavior pattern and individual creative potential.
- Society level
  - Work on development of civic virtues as well as support and nurture citizens.

# The Scope of Positive Psychology

- List of interests
  - Building enriching communities, compassion, creativity, and empathy
  - Enhancement of immune system and functioning
  - Life span models of positive personality development
  - Psychological benefits of Zen meditation

# Basic Themes of Positive Psychology

**The Good Life** (Combination of three elements)

- Connections with others
- Positive individual traits
  - e.g., Integrity, creativity, courage
- Life regulation qualities
- Regulate behavior to accomplish goals while interacting with the world

# Basic Themes of Positive Psychology

## Positive Emotions Are Important

- Focus working on positive emotions rather than negative emotions
- Helps people emerge from debilitating psychological problems...use adaptive coping
- Self-help interventions based on positive psychology

# Importance of Positive Emotions

- o Positive emotions related to...
  - o Attaining goals
  - o Physically healthier
  - o More resistant to illness
  - o Live longer!

# Basic Themes of Positive Psychology

## People Can Flourish and Thrive

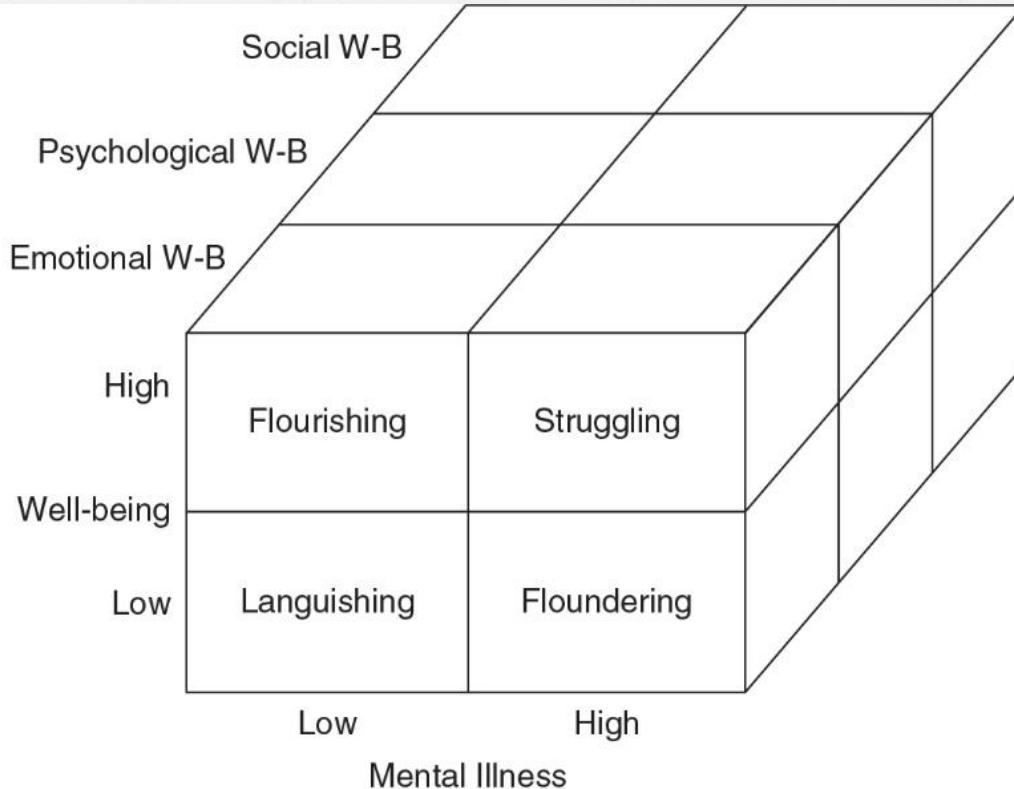
- Classification of mental health
  - Flourishing
  - Struggling
  - Floundering
  - Languishing

# Basic Themes of Positive Psychology

## People Can Flourish and Thrive

- Complete health comprises
  - High emotional well-being
  - High psychological well-being
  - High social well-being
  - Low mental illness

# Basic Themes of Positive Psychology



Compton, *Positive Psychology*, 3e. © SAGE Publications, 2020.

Source: Courtesy of William C. Compton, PhD.

# Basic Themes of Positive Psychology

## People Need Positive Social Relationships

- Teach children about nature of happiness, good life
- Consider happiness achievable through individual effort
- Enhance understanding of how people experience psychological well-being

# Basic Themes of Positive Psychology

## Strengths and Virtues Are Important

- Values like courage, fidelity, and honesty
- Scientifically discover values that enhance the quality of life

# Basic Themes of Positive Psychology

## Compassion and Empathy Are Important

- ① Capacity for empathy associated with life satisfaction and positive relationships
- ① Motivate people to overcome low self-esteem by helping others

# Basic Themes of Positive Psychology

## Independence of Positive and Negative Emotions

- Optimism and pessimism have differential effects on a person's self-reported well-being
- Dynamic model of affect...independence of positive and negative emotions depends on the situation
  - Sometimes positive and negative emotions “fuse,” such as when we are under stress or uncertainty

# Basic Themes of Positive Psychology

## Negative Emotions Are Still Important

- Negative emotions are vital to self-understanding and personal growth
- Research says happiness may be necessary to the good life but not sufficient
- Increase one's quality of life is to help others increase their level of happiness and life satisfaction.

# Basic Themes of Positive Psychology

## The Science of Well-being

- Study healthy personality development and optimal states of well-being
- Need to build an experimental knowledge base in the psychological laboratory

# A Short History of Well-being in the Western World

## Hedonism

- Only pleasure or displeasure motivates us
- Arguments for psychological hedonism
- Arguments against psychological hedonism

## The Early Hebrews

- Influenced Western culture--along with Greek civilization and Christianity

# A Short History of Well-being in the Western World

## The Greeks

- ① Set the stage for developments in philosophy, science, art, and psychology

# A Short History of Well-being in the Western World

## The Greeks: Socrates

- Ø True happiness could be achieved only through self-knowledge
- Ø Know the good or the core elements of the good life

# A Short History of Well-being in the Western World

The Greeks: Plato

- Ancient Greek philosopher;
- Student of Socrates, teacher of Aristotle.
- Theme of research--
  - Conflict between nature and convention
  - Role of heredity and environment on human intelligence

# A Short History of Well-being in the Western World

## The Greeks: Aristotle

- Work influenced by Socrates
- Discussion of principle of eudemonia
- Proposition of 12 basic virtues leads to virtue theory

# A Short History of Well-being in the Western World

## The Greeks: The Epicureans

Ø Founders of school of

Epicureanism

Ø Pleasures can be achieved by

avoiding unnecessary pains

# A Short History of Well-being in the Western World

The Greeks: The Summary of Greek Ideas  
on the Good Life

- Four major theories
  - The contemplative life
  - The active life
  - The fatalistic life
  - Hedonism

# A Short History of Well-being in the Western World

The Greeks: The Summary of Greek Ideas on the Good Life

- Ø Two additional perspectives on the good life
- Ø The heroic life
- Ø The saintly life

# A Short History of Well-being in the Western World

## Early Christianity and the Middle Ages

- Christianity also transformed the meaning of religious devotion in the West

## The Virtue Theory in the Middle Ages

- Seven deadly sins
- Four cardinal virtues and three theological virtues

# A Short History of Well-being in the Western World

Early Christianity and the Middle Ages: Moses Maimonides

- Renowned Jewish religious leader, philosopher, and physician in Egypt
- Advocated the practice of mindfulness as vital to healthy functioning
- Encouraged the development of positive character traits

# A Short History of Well-being in the Western World

The Renaissance to the Age of  
Enlightenment: The Rise of Science

- ➊ Universe as a whole is one vast machine
- ➋ Western intellectual life became modern in mood, temper, purpose, and presupposition

# A Short History of Well-being in the Western World

The Renaissance to the Age of  
Enlightenment: The Rise of Democracy

① All men are created equal: they are  
endowed by their Creator with certain  
inalienable rights

② The action of happiness became a right  
Compton, Positive Psychology, 3e. © SAGE Publications, 2020.

65

as well as a personal choice

# A Short History of Well-being in the Western World

Romanticism and the 19th Century: Emotion and the Romantics

- Express individualism
- The Romantic movement
- Ability to feel emotions intensely was important to living a full and significant life

# A Short History of Well-being in the Western World

Romanticism and the 19th Century:  
Love in the Romantic Period

ØThe romantic love in different  
countries

# A Short History of Well-being in the Western World

Romanticism and the 19th Century:  
Celebrating Childhood Experience

Ø Emphasizes the importance of exposing  
children to nature and encouraging their  
individual self-expression

# A Short History of Well-being in the Western World

The 20th Century: Humanistic Psychology

- ① Differences between humanistic psychology and positive psychology
- ① Western psychology and Eastern psychology in the 20th century

# Positive Psychology Today

- ① Positive psychology extensively covered in professional journals
- ① Special focus on studying topics relevant to positive human functioning
- ① Positive psychology has a permanent place in scientific psychology

# **Chapter 2**

## **Foundations: Emotion, Motivation, and the Nature of Well-Being**

## 2 THE BASIC EMOTIONS

---

- Ekman Seven basic emotions
  - Sadness, fear, anger, disgust, contempt, surprise, happiness
- Positive and negative emotions--relatively independent
- Core affect
  - Similar to personality trait: our emotional reactions consistently experienced; can impact how we evaluate/interpret situations we find ourselves in
- Combination of biological, cognitive, behavioral, and sociocultural influences

### 3 THE COMPONENTS OF EMOTIONS

---

#### The Biology of Emotions: The Happy Brain

- Left prefrontal cortex--associated with happiness
- Addiction is partly associated with the prefrontal cortex
- Pleasure hot spots

## 4 THE COMPONENTS OF EMOTIONS

---

### The Biology of Emotions: Neurotransmitters and the Chemicals of Pleasure

- Chemical in brain responsible for pleasurable experience
- The effects of the hormone oxytocin
- Tetrahydrocannabinols or THC
- Bliss molecule

## 5 THE COMPONENTS OF EMOTIONS

---

### The Biology of Emotions: Neuroplasticity

- Growth of a brain
- Gray matter may slightly increase in size upon learning music and meditation

## 6 THE COMPONENTS OF EMOTIONS

---

### The Biology of Emotions: The Genetics of Emotions

- Genetic influence--30–50% (twin research)
  - Positive Affect: 40% of variability due to genetics
  - Negative Affect: 55% of variability due to genetics
- Family environment and learning can impact well-being

## 7 THE COMPONENTS OF EMOTIONS

---

### The Biology of Emotions: The Happiness Set Point

- Hereditability--most people have an average level of a set point
- Everyone returns to an average or baseline level of well-being
- Recent research does not support strong interpretation of set point...life satisfaction can change over time; 26 year longitudinal study: we can increase our happiness over time

## 8 THE COMPONENTS OF EMOTIONS

---

### The Biology of Emotions: Do Genes Rule Emotional Lives?

Authors: we influence our well-being by creating environments that are more conducive to feelings of happiness and by working with our genetic makeup

Basic point...genes affect the mind largely indirectly, by influencing the kinds of experiences we have and the kinds of environments we seek out. Genetic steersman...it's your life and, within wide limits, you can choose your own destinations instead of having them chosen for you (p.35)

## 9 THE COMPONENTS OF EMOTIONS

---

### The Biology of Emotions: Do Our Genes Rule Our Emotional Lives?

- Affect influences, experiences, and environments sought after
- Do not completely determine happiness-- typical level of well-being can change with time

# 10 THE COMPONENTS OF EMOTIONS

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## The Highly Sensitive Person (HSP)

- Differential susceptibility: Genes express themselves differently in different environments.
- DOES
  - D: greater depth of cognitive processing
  - O: easily overstimulated
  - E: emotionally reactive and empathic
  - S: sensitive to subtle stimuli

## II THE COMPONENTS OF EMOTIONS

---

### The Highly Sensitive Person (HSP)

- 20% of population exhibit this trait
- Those with HSP trait and raised in difficult homes tend to have emotional problems; those raised in supportive homes have advantages because their sensitivity to the environment and to other people helps them navigate their worlds better

## 12 THE COMPONENTS OF EMOTIONS

---

### Cognition: How We Think Impacts How We Feel

- Changing negative styles of thinking changes how we feel
  - Lonely...I am loved by someone
  - Crisis...opportunity
- Seligman's learned optimism: Possible to unlearn negative styles and learn how to interpret events with more realistic optimism

## 13 THE COMPONENTS OF EMOTIONS

---

### Cognition: How We Think Impacts How We Feel

- How people think about time can impact:
  - Well-being
  - Physical health
  - Coping with negative events and decision making
  - Work satisfaction

## 14 THE COMPONENTS OF EMOTIONS

---

### Cognition: How We Think Impacts How We Feel

- Five approaches that influence our happiness
  - Past-negative type (focus on neg past experiences)
  - Past-positive type (pleasant, nostalgic view of past events)
  - Present-hedonistic type (pleasure-seeking impulses)
  - Present-fatalistic type (feel powerless to change present or future)
  - Future-oriented type (ambitious but feel nagging sense of urgency that can impact relationships)
- Transcendental-future (how present will impact life after death)

## 15 THE COMPONENTS OF EMOTIONS

---

Cognition: How We Think Impacts How We Feel

Balanced Time Perspective may be most advantageous for well-being

- We should try to learn from the past and maintain the ability to look toward goals
- We should try to delay gratification to reach our hoped-for future while giving ourselves time to have fun and enjoy present pleasures

# 16 THE COMPONENTS OF EMOTIONS

---

Cognition: How We Think Impacts How We Feel

Live Like You Were Dying Time

- “imagining time as scarce prompted people to seize the moment and extract greater well-being from their lives”  
(Layous, Kurtz, Chancellor, Lyubomirsky, 2017, p. 1)



# 17 THE COMPONENTS OF EMOTIONS

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## Behavior: How We Act Influences How We Feel

- Behavior causes a major influence on emotions
- Contribution of positive psychology is its focus on positive behaviors

## 18 THE COMPONENTS OF EMOTIONS

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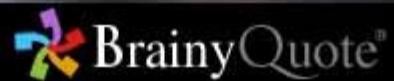
How We Act Influences How We Feel :Virtues, Strengths, Character, and Our Emotions

- Strengths and virtues important tools to handle stress and difficult situations
- The StrengthsFinder evaluates 34 themes
- Signature strengths are most important



I love the name of honor,  
more than I fear death.

JULIUS CAESAR



# CLASSIFICATIONS OF ILLNESS AND STRENGTHS



## ❖ Karl Menninger

- ❖ 1893-1990
- ❖ 1919 he and his father founded Menninger Clinic
  - ❖ Provided a “total environment” where people stayed and were treated with kindness in a family atmosphere with medical doctors
  - ❖ Also patients had to exercise!

# CLASSIFICATIONS OF ILLNESS AND STRENGTHS



## ❖ **Karl Menninger**

- ❖ Instrumental in founding the Winter Veterans Administration Hospital in Topeka KS (one of the largest psychiatric training centers in the world)
- ❖ Challenged labeling of pathology
- ❖ Diagnosis focused on:
  - life process vs. states or conditions
- ❖ Power of hope, faith, & love

# CLASSIFICATIONS OF ILLNESS AND STRENGTHS

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- ❖ “**Strength**” defined as: capacity for feeling, thinking, and behaving in a way that allows optimal functioning in the pursuit of valued outcomes (Linley & Harrington, 2006).
- ❖ Strengths can be acquired with time, effort and determination (Seligman)

# CRITERIA FOR STRENGTHS

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- A strength is a trait
  - A psychological characteristic seen across different situations and over time (e.g., Kindness)
- A strength is valued in its own right
- Strengths are ubiquitous (valued in almost every culture in the world)



Bravery



Kindness



Perspective

# VALUES IN ACTION CLASSIFICATION OF STRENGTHS

---

- ❖ Developed by Peterson & Seligman (2004)
- ❖ Antithesis of the DSM
- ❖ Provides a common language for strengths
- ❖ 24 Strengths grouped by 6 Virtues
  - ❖ Wisdom and Knowledge (cognitive strengths)
  - ❖ Courage (emotional strengths to accomplish goals)
  - ❖ Humanity (interpersonal strengths)
  - ❖ Justice (civic strengths)
  - ❖ Temperance (strengths that protect against excess)
  - ❖ Transcendence (strengths that forge connections to larger universe and provide meaning)

# VALUES IN ACTION

---

- VIA Character Strengths List
-

# VIA Classification of Character Strengths and Virtues

## The Character Strengths of a Flourishing Life

### WISDOM

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#### Creativity

Originality; adaptive; ingenuity

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#### Curiosity

Interest; novelty-seeking; exploration; openness to experience

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#### Judgment

Critical thinking; thinking things through; open-minded

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#### Love of Learning

Mastering new skills & topics; systematically adding to knowledge

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#### Perspective

Wisdom; providing wise counsel; taking the big picture view

### COURAGE

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#### Bravery

Valor; not shrinking from fear; speaking up for what's right

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#### Perseverance

Persistence; industry; finishing what one starts

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#### Honesty

Authenticity; integrity

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#### Zest

Vitality; enthusiasm; vigor; energy; feeling alive and activated

### HUMANITY

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#### Love

Both loving and being loved; valuing close relations with others

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#### Kindness

Generosity; nurturance; care; compassion; altruism; "niceness"

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#### Social Intelligence

Emotional intelligence; aware of the motives/feelings of self/others; knowing what makes other people tick

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#### Leadership

Organizing group activities; encouraging a group to get things done

### JUSTICE

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#### Teamwork

Citizenship; social responsibility; loyalty

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#### Fairness

Just; not letting feelings bias decisions about others

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#### Leadership

Organizing group activities; encouraging a group to get things done

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#### Prudence

Careful; cautious; not taking undue risks

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#### Self-Regulation

Self-control; disciplined; managing impulses & emotions

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#### Humor

Playfulness; bringing smiles to others; lighthearted

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### TEMPERANCE

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#### Forgiveness

Mercy; accepting others' shortcomings; giving people a second chance

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#### Humility

Modesty; letting one's accomplishments speak for themselves

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#### Gratitude

Thankful for the good; expressing thanks; feeling blessed

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#### Hope

Optimism; future-mindedness; future orientation

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#### Spirituality

Religiousness; faith; purpose; meaning

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{where the world finds strength}

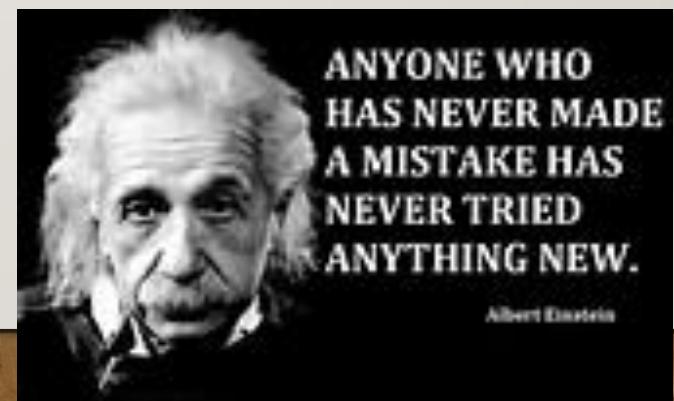
[www.viacharacter.org](http://www.viacharacter.org)

# WISDOM AND KNOWLEDGE

---

- **Creativity** [originality, ingenuity]: Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it
- **Curiosity** [interest, novelty-seeking, openness to experience]: Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering; like ambiguity; can be specific curiosity or general
- **Judgment** [critical thinking]:

Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly



# WISDOM AND KNOWLEDGE

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- **Love of Learning:** Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; obviously related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows
- **Perspective [wisdom]:** Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people



# COURAGE

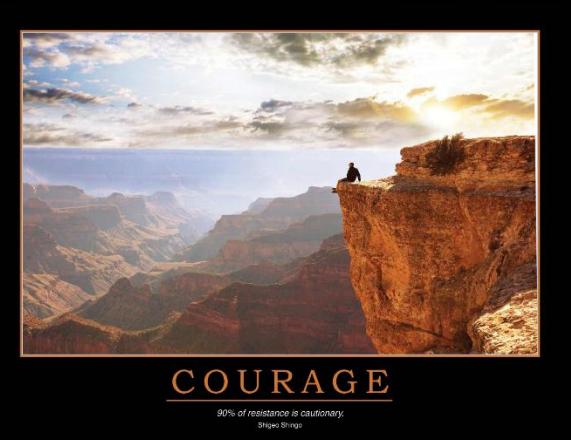


Life begins when you leave your comfort zone

- **Bravery** [valor]: Not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it
- **Perseverance** [persistence, industriousness]: Finishing what one starts; persisting in a course of action in spite of obstacles; “getting it out the door”; taking pleasure in completing tasks

# COURAGE

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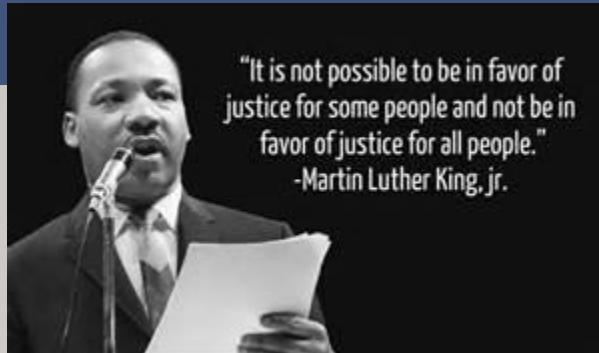
- **Honesty** [authenticity, integrity]: Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions
- **Zest** [vitality, enthusiasm, vigor, energy]: Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated

# HUMANITY

---



- **Love:** Valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people
- **Kindness** [generosity, nurturance, care, compassion, altruistic love, "niceness"]: Doing favors and good deeds for others; helping them; taking care of them
- **Social Intelligence** [emotional intelligence, personal intelligence]: Being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick



"It is not possible to be in favor of justice for some people and not be in favor of justice for all people."  
-Martin Luther King, jr.

Scientific and Practical Explorations of  
SOCIAL JUSTICE



# JUSTICE

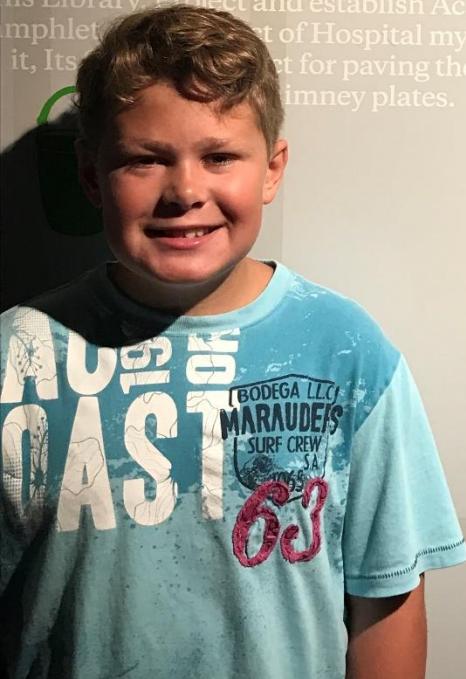
- **Teamwork** [citizenship, social responsibility, loyalty]: Working well as a member of a group or team; being loyal to the group; doing one's share
- **Fairness**: Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others; giving everyone a fair chance.
- **Leadership**: Encouraging a group of which one is a member to get things done, and at the same time maintaining good relations within the group; organizing group activities and seeing that they happen.

Positive  
Human S

MOTIVATED  
TO IMPROVE

# “What good have I done today?”

In England. Get Employment. Ralph.  
hot. Franklin Franklin me to from  
England Book. Project. Franklin  
imperance. Conduct and Influence among the  
Men. into erected, its plan. Library erected,  
annealed. Franklin the project. Franklin  
lity. Franklin Franklin Community  
City Watch. amended. Project of subordinate  
Junto's Fire Company. Franklin. Propose  
a College. Franklin prosecuted. Dispute in  
moly upon Defence. Project for it. Plain Truth,  
Success. 10,000 Men raised and Disciplined.  
Lotteries. Battery built. Logan fond of me.  
his Library. Project and establish Academy.  
imphlet. Project of Hospital my Share in  
it, Its. Project for paving the City.  
smoke. Chimney plates.



MOTIVATED TO IMPROVE

“What good have I done

Franklin believed in  
bettering both himself  
and the world around him.  
His sharp eye perceived  
room for improvement  
everywhere. He contributed  
useful innovations such as  
a better street lamp design,  
the “Franklin Stove,” and  
bifocals.

In 1743 he prepared a  
detailed plan for a society  
to promote useful knowledge  
that became the American  
Philosophical Society.  
He fostered the creation  
of public institutions such  
as lending libraries,  
universities, firefighting  
and fire insurance  
companies, and schools  
for enslaved children.

# TEMPERANCE

---

- **Forgiveness**: Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful
- **Humility**: Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is
- **<http://www.sisterhelen.org/>**



# TEMPERANCE

---

- **Prudence**: Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted
- **Self-Regulation [self-control]**: Regulating what one feels and does; being disciplined; controlling one's appetites and emotions

# TRANSCENDENCE

---

- **Transcendence:** emotional strengths that reach outside and beyond you to connect you to something larger and more permanent: to other people, the future, evolution, the divine or the universe
- **Appreciation of Beauty and Excellence** [awe, wonder, elevation]: Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience
- **Gratitude:** Being aware of and thankful for the good things that happen; taking time to express thanks

# TRANSCENDENCE

---



- **Hope** [optimism, future-mindedness, future orientation]: Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about
- **Humor** [playfulness]: Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes
- **Spirituality** [faith, purpose]: Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort

# VALUES IN ACTION INVENTORY OF STRENGTHS (VIA-IS)

---

- ❖ Measures 24 character strengths
- ❖ on-line and paper-and-pencil measure for adults
- ❖ Psychometrically sound (valid and reliable)
- ❖ Sensitive to change over time

# VALUES IN ACTION INVENTORY OF STRENGTHS FOR YOUTH (VIA-YOUTH)

---

- ❖ Measures 24 character strengths
- ❖ on-line measure for adolescents
- ❖ Adequate psychometric properties

## 4I THE COMPONENTS OF EMOTIONS

---

### Social and Cultural Influences on Emotions

- People regulate moods based on understanding of social situations
- Examples: Victorian era: highly erotic for women to show legs in public; insults led to deadly duels to protect one's honor

## 42 MOODS AND WELL-BEING

---

❖ Question posed by prominent happiness researcher  
**Ed Deiner:**

Would you choose to have your brain treated with a  
chemical hormone that would make you ecstatically happy  
all of the time?





## 44 MOODS AND WELL-BEING

---

❖ Affect:

- ❖ Immediate, physiological response to a stimulus
- ❖ Involves appraisal of event as painful or pleasurable
- ❖ A component of emotion

❖ Emotion

- ❖ A feeling state resulting from the appraisal of an external object as salient to our own well-being
- ❖ A specific quality
- ❖ Always has an object

❖ Mood

- ❖ Objectless, free floating, and long lasting

## 45 MOODS AND WELL-BEING

---



- Emotions and moods not the same, but there's some disagreement as to how they are different
  - Moods: more diffuse, global and pervasive than emotions
  - Emotions: focused feelings that appear or disappear rapidly in response to events in the social environment
- Emotions and moods can impact almost any psychological process
- Moods--a continuous monitoring system that we can cope with events
- Faster thinking, more positive moods

# HISTORICAL STUDY OF EMOTIONS

---

- ❖ More focus on negative emotions



- Negative emotions (e.g., fear, anger) can harm the body but also have survival value (Selye, 1936)

- ❖ Less focus on positive emotions

- Seen as having hedonic (pleasure-based) value only

- ❖ Focus has gotten more balanced recently

# HISTORICAL STUDY OF EMOTIONS

---

- ❖ Development of the PANAS by Watson & Clark
- ❖ Measures both Positive and Negative Affect
- ❖ Content of Negative Affect: general distress
- ❖ Content of Positive Affect: joviality, self-assurance, and attentiveness
- ❖ Positive and Negative Affect viewed as independent (not polar opposites)

# PANAS

1 (VERY SLIGHTLY  
OR NOT AT ALL)

2 (A LITTLE)

3 (MODERATELY)

4 (QUITE A BIT)

5 (EXTREMELY)

---

interested

irritable

distressed

alert

excited

ashamed

upset

inspired

strong

nervous

guilty

determined

scared

attentive

hostile

jittery

enthusiastic

active

proud

afraid

# POSITIVE AFFECT

---

- Some people have a lot of positive affect
  - Feel great much of the time
  - Good things bring them pleasure and joy in abundance
- Some people have little positive affect
  - Don't feel great
  - Don't jump for joy at success

Seligman has a friend, Len, who is low in positive affect. But he is happy. So, people can be happy even if they don't have much positive emotion

50

# POSITIVE PSYCHOLOGY AND MOTIVATION

---

## Early theories of motivation

- Motivation and emotions are intertwined-- difficult to separate individual effects
- People can be motivated by more than just drives to fulfill physiological needs

# 5 | POSITIVE PSYCHOLOGY AND MOTIVATION

---

## Intrinsic and Extrinsic Motivation

- Intrinsic motivation--autonomous
  - Engagement in an activity regardless of an external reward
  - Autonomous--self-chosen and congruent with one's true self

52

# POSITIVE PSYCHOLOGY AND MOTIVATION

---

## Intrinsic and Extrinsic Motivation

- Extrinsic motivation
  - Engagement in an activity to gain an external reward
  - Controlled--driven by external rewards or guilt

## 53 **POSITIVE PSYCHOLOGY AND MOTIVATION**

---

### Intrinsic and Extrinsic Motivation Results

- High autonomously motivated positively related to:
  - Achieving positive outcomes in health, work, romantic relationships, parenting, education, religious participation, and political activism
  - Enhanced performance, persistence, creativity, self-esteem, vitality and general well-being

## 54 **POSITIVE PSYCHOLOGY AND MOTIVATION**

---

### Motivation and the Pursuit of Goals

- Approach goals motivate us to move toward something
- Avoidance goals motivate us to avoid difficulties, dangers, or fears

## 55 POSITIVE PSYCHOLOGY AND MOTIVATION

---

### Motivation and the Pursuit of Goals Research

- Goals that are the result of *autonomous motivation*, personally valued, realistic, and freely chosen better at raising subjective well-being
- Pursuing *meaningful goals* more fulfilling
- Self-concordance (personality-goal fit): better fit between values and goals, more positive evaluation of goal, greater motivation, greater commitment to the goal, higher well-being

## 56 POSITIVE PSYCHOLOGY AND MOTIVATION

---

### Motivation and the Pursuit of Goals Research

- Well-being enhanced by seeking goals associated with *positive relationships with others*
- Pursuing goals admired in one's culture can lead to greater social rewards
- Approach goals more likely to be related to subjective well-being

## 57 POSITIVE PSYCHOLOGY AND MOTIVATION

---

### Motivation and the Pursuit of Goals

- Four strategies to foster goal attainment:
  - Own your goal
  - Make it fun
  - Remember the big picture
  - Keep a balance between abstract and concrete goals





## 59 **POSITIVE PSYCHOLOGY AND MOTIVATION**

---

### Motivation and the Pursuit of Goals: Striving and Well-Being

- Personal Striving (groupings of smaller goals)
- Extrinsic strivings (for reward or for someone else)
- Introjected strivings (to avoid guilt)
- Identified strivings (goal someone else says is important)
- Intrinsic strivings (personally meaningful)



## 60

# POSITIVE PSYCHOLOGY AND MOTIVATION

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## Motivation and the Pursuit of Goals: Hope Theory

- Hope theory is a result of two processes
  - Pathways (believing one can find ways to achieve goal)
  - Agency (believing one can become motivated enough to pursue those goals)
- Hope for the future is the result of believing we can create both realistic plans and enough drive to reach important goals
- People who are hopeful also tend to feel more positive emotions

# 6 | POSITIVE PSYCHOLOGY AND MOTIVATION

---

## Motivation and the Pursuit of Goals: Affective Forecasting

- Predicting how one will feel upon achieving goals
- People not very good at affective forecasting
- Asking others about what they felt after achieving goals a more accurate assessment
- So, enjoy the journey to goal attainment!



62

## WELL-BEING AND POSITIVE EMOTION

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- Fewer basic positive emotions: Ratio of 1 positive to every 3–4 negative emotions
- Direct linkage between emotion and action absent in positive emotions
  - e.g., fight or flight when negative emotion fear
- Positive emotions make us feel good after all of the dangers have been taken care of

# THE STUDY OF POSITIVE EMOTIONS

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❖ **Alice Isen, Cornell University**

❖ When experiencing mild positive emotions, people are more likely to:

- help others
- be flexible in their thinking
- better problem-solve
- more willing to exhibit self-control

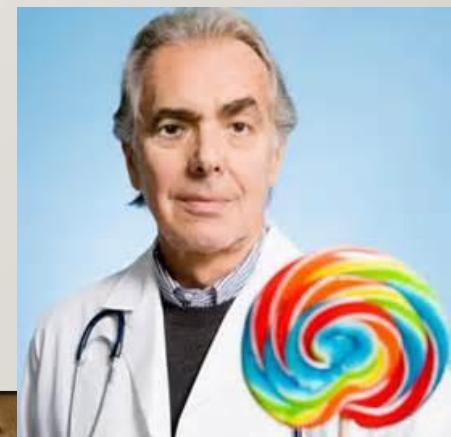


# THE STUDY OF POSITIVE EMOTIONS

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## Examples of research:

- ❖ Coins in pay phones...help others (Isen, 1970)
  
- ❖ Candies & physicians (Estrada, Isen, & Young, 1997)
  - ❖ Superior reasoning and decision making



## 65 WELL-BEING AND POSITIVE EMOTION

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### The Broaden and Build Model

- Positive emotions broaden intellectual, physical and social resources
- When in a positive mood, people like us better, and friendship, love, and coalitions are more likely to be established
- And, our mental set is expansive, tolerant, and creative; open to new ideas and new experience

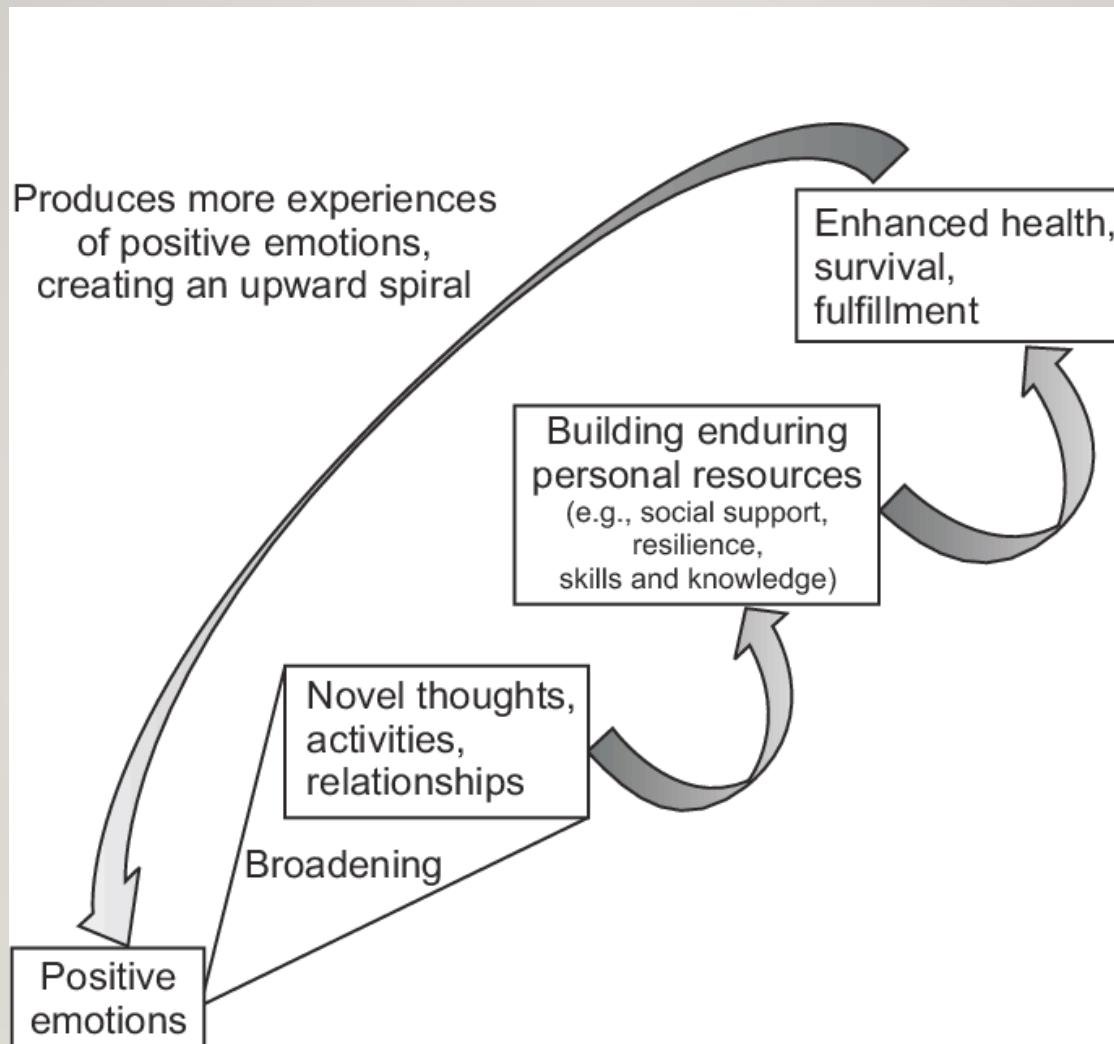
66

# WELL-BEING AND POSITIVE EMOTION

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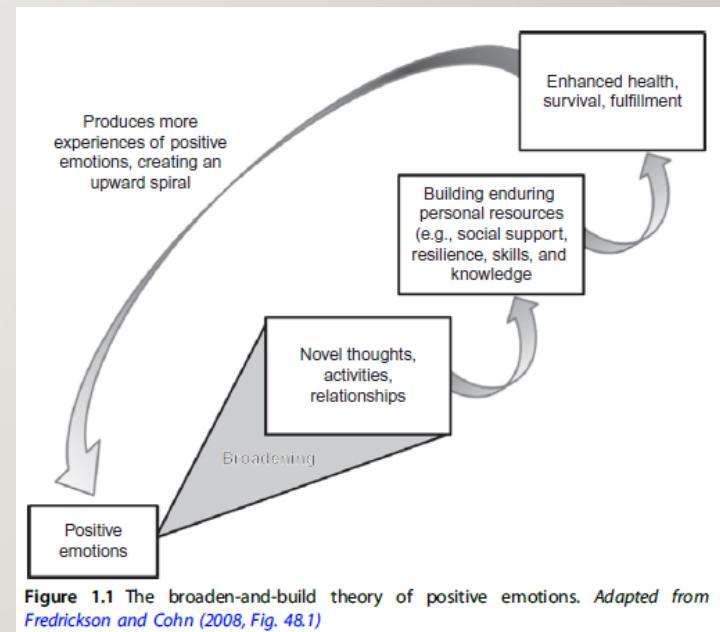
## The Broaden and Build Model

- Positive emotions give us
  - nonspecific action tendencies that lead to new adaptive behavior
  - the spark for changes in cognitive activity that lead to newer *thought-action tendencies*
  - broadening of our available options to maximize our future resources



# FREDRICKSON'S BROADEN AND BUILD THEORY

- Positive Emotions
  - Reduce arousal
  - Broaden visual focus, thoughts and behavior
- Broadening
  - Thinking becomes more creative, inclusive, flexible, and integrative
- By broadening attention and action, positive emotions can contribute to our creativity, physical health, relationships, and ability to acquire new information, as well as our psychological resilience



# POSITIVE EMOTION AND CREATIVITY

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- Candleholder experiment with a twist
- Before experiment, made

to feel a positive emotion

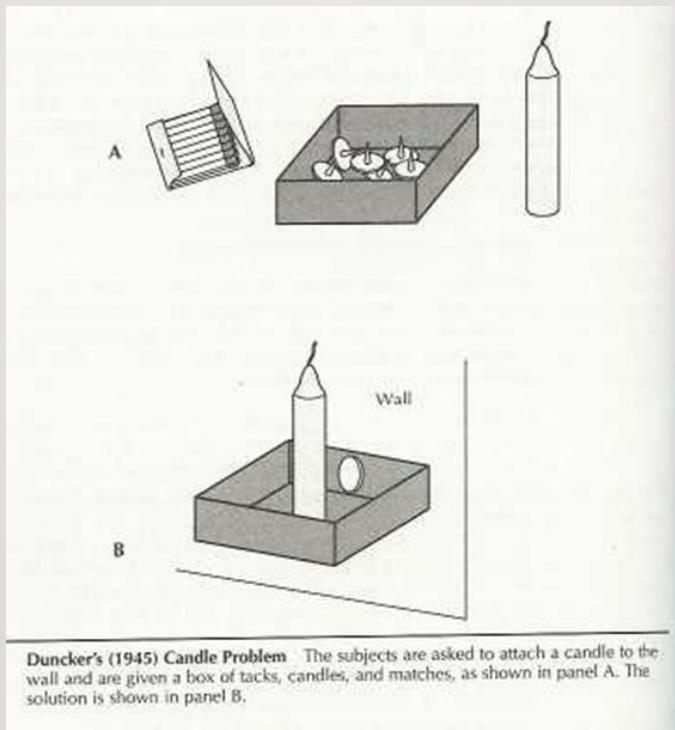
Positive emotion induced

makes you more likely to

be creative in completing

task.





# 7 | WELL-BEING AND POSITIVE EMOTION

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## The Broaden and Build Model: Positive Emotions as Antidotes to Stress

- Undoing hypothesis: positive emotions help both the body and the mind regain a sense of balance, flexibility, and equilibrium after the impact of negative emotions
  - e.g., laughing at self after mistake relieves tension and stress hormones
  - Positive emotions help shorten the aftereffects of stress reactions in a shorter period of time
- Broaden attention and build resources
- Note: Incorporating self-efficacy increases model's predictions

## WELL-BEING AND POSITIVE EMOTION

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### The Broaden and Build Model: A Critical Positivity Ratio

- Flourished life--mean ratio of positive to negative emotions at or above 2.9
- Some positivity ratio should still be predictive of greater flourishing

# BARBARA FREDRICKSON

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74

# WELL-BEING AND POSITIVE EMOTION

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## Emotional Intelligence

- An ability to recognize the meanings of emotions and their relationship, and to reason and problem solve on the basis of them

75

# WELL-BEING AND POSITIVE EMOTION

---

## Emotional Intelligence

- People with high EI
  - are able to use emotions wisely
  - have a deeper understanding of their emotional lives
  - have it as a personality trait

76

## WELL-BEING AND POSITIVE EMOTION

---

### Emotional Intelligence: The Dimensions of Emotional Intelligence

- People with higher EI at work tend to contribute to a positive workplace environment
- Higher EI leads to both higher merit pay and higher rank
- EI could be increased with a 4-week training program

## 77

# RESEARCH MODELS OF HAPPINESS AND WELL-BEING

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- Engine model of well-being involves inputs, processes, and outcomes
- Enormous variety of behaviors that people use to enhance their well-being
- The ways people pursue positive emotion and flourishing into two perspectives called the hedonic and eudaimonia

78

# RESEARCH MODELS OF HAPPINESS AND WELL-BEING

---

## Hedonic Perspectives

- Goal--to increase happiness in a variety of ways
- Focus--on finding and fostering positive emotionality

79

# RESEARCH MODELS OF HAPPINESS AND WELL-BEING

---

## Eudaimonic Perspectives

- Associated with fulfilling one's true nature and finding one's true self
- Difficulties--encompasses a relatively broad collection of approaches to well-being

# RESEARCH MODELS OF HAPPINESS AND WELL-BEING

---

## Engagement Perspectives

- Views well-being as a function of how absorbed we are in the activities of life
- Process of being fully involved in an active life that really matters

## 8 | RESEARCH MODELS OF HAPPINESS AND WELL-BEING

---

### Multidimensional Models of Well-Being: Self-Determination Theory (SDT)

- Basic needs in SDT
  - Competence
  - Relatedness
  - Autonomy
- A new sub-theory within SDT is called organismic-integration theory

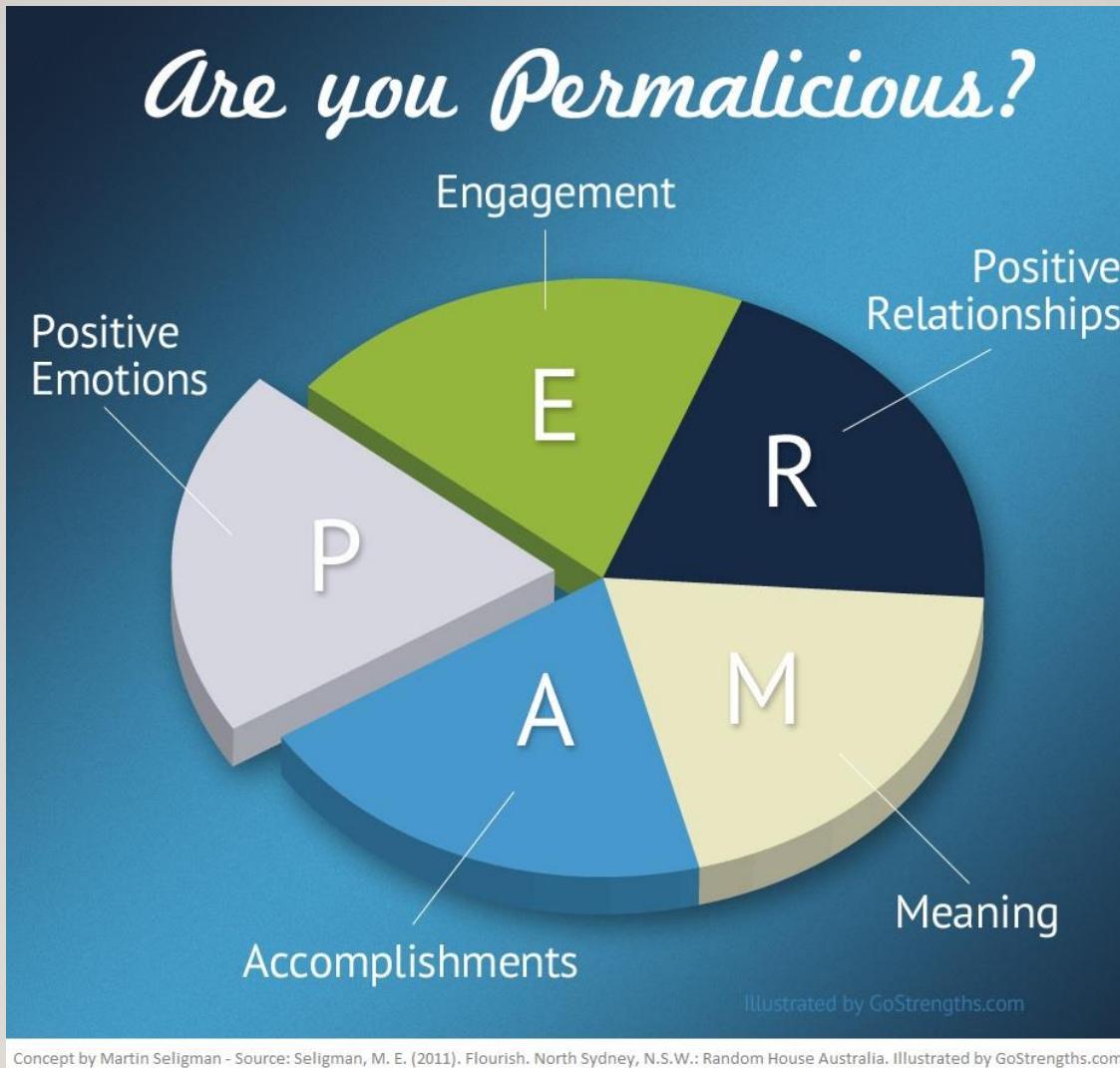
82

## RESEARCH MODELS OF HAPPINESS AND WELL-BEING

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### Multidimensional Models of Well-Being: Authentic Happiness and Well-Being Theory

- It involves the cultivation of three broad life domains:
  - The pleasant life
  - The good life
  - Engagement, and the meaningful life
- Authentic happiness, Seligman asserted that authentic happiness was based on positive mood
- PERMA!!!!



# RESEARCH MODELS OF HAPPINESS AND WELL-BEING

---

## Multidimensional Models of Well-Being: Psychological Well-Being

- Self-acceptance
- Personal growth
- Positive relations with other people
- Autonomy
- Purpose in life
- Environmental mastery



# Gratitude

Holly A. Traver, PhD

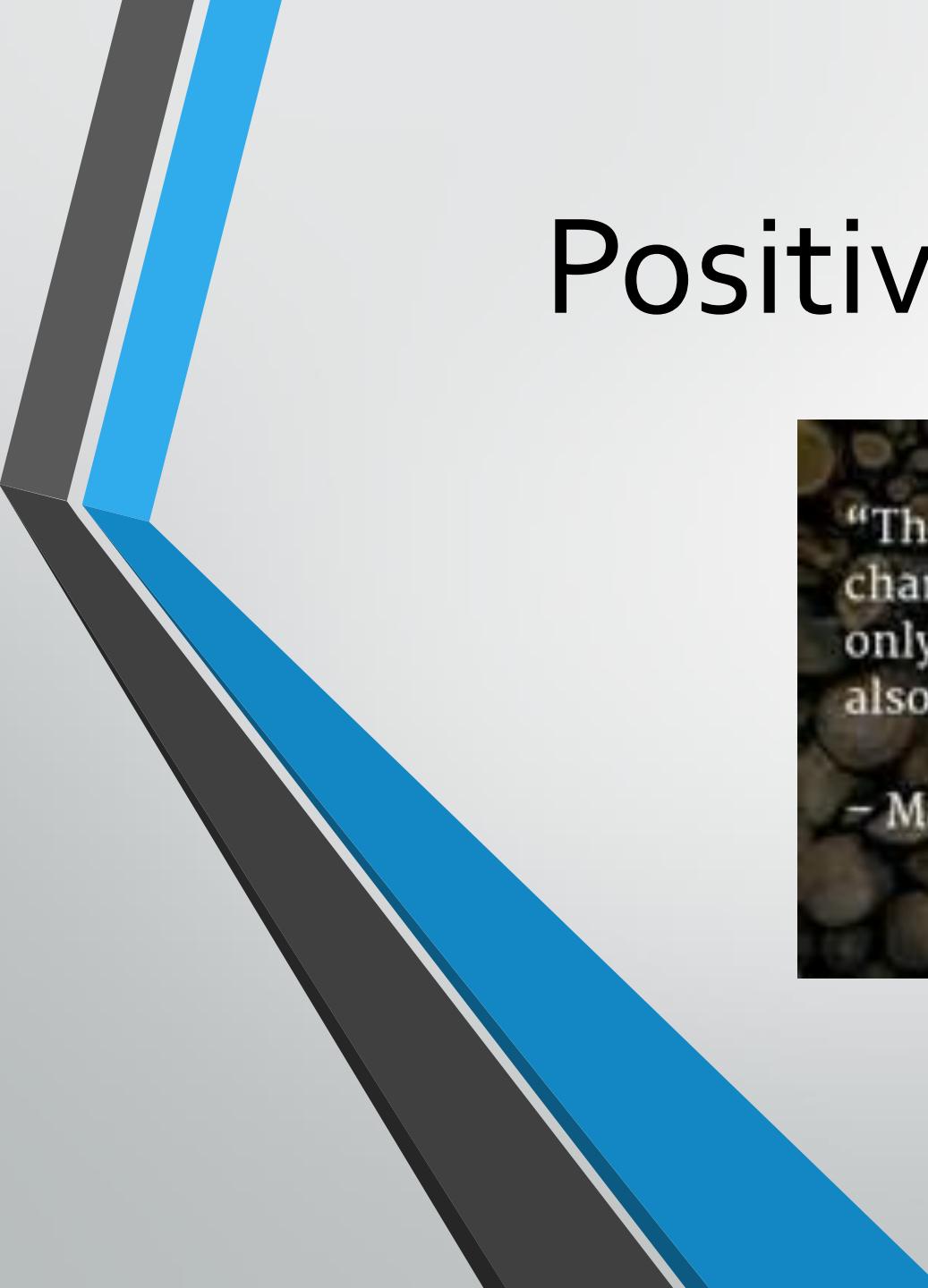
Dept. of Cognitive Science

- “The ship of my life may or may not be sailing on calm and amiable seas. The challenging days of my existence may or may not be bright and promising. Stormy or sunny days, glorious or lonely nights, I maintain an attitude of gratitude. If I insist on being pessimistic, there is always tomorrow. Today I am blessed.”

Maya Angelou, Letter to My Daughter p. 67



# Positive Psychology



“The aim of Positive Psychology is to catalyze a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life.”

– Martin Seligman



## *The PERMA Model of Well-Being*

### *Positive Emotion*

Positive emotions are an essential part of our well-being. Happy people look back on the past with gladness; look into the future with hope; and they enjoy and cherish the present.

### *Relationships*

Everyone needs someone. We enhance our well-being and share it with others by building strong relationships with the people around us - family, friends, coworkers, neighbours.

### *Accomplishment*

Everyone needs to win sometimes. To achieve well-being and happiness, we must be able to look back on our lives with a sense of accomplishment: 'I did it, and I did it well'.

### *Engagement*

When we focus on doing the things we truly enjoy and care about, we can begin to engage completely with the present moment and enter the state of being known as 'flow'.

### *Meaning*

We are at our best when we dedicate time to something greater than ourselves. This might be religious faith, community work, family, politics, a charity, a professional or creative goal.

From Martin Seligman's *Flourish*, 2011

# Flourishing

- Content of flourishing:
  - Happiness
  - Flow
  - Meaning
  - Love
  - Gratitude
  - Accomplishment
  - Growth
  - Better relationships

# 5 INGREDIENTS TO A Flourishing Life

P

**Positive Emotions**

-experience happiness, joy, hope, love, gratitude, etc.

E

**Engagement**

-use your strengths to meet challenges; be in the moment.

R

**Relationships**

-connect with others; love and be loved.

M

**Meaning**

-connect to meaning; find your purpose.

A

**Accomplishment**

-pursue and accomplish goals; strive for greatness.

<http://psychologyofwellbeing.com> © 2012

**The Psychology of Wellbeing**  
Moving on the science of holistic wellbeing.

PERMA Theory from Martin Seligman's  
"Flourish: A Virtuously New Understanding  
of Happiness & Well-being" (2012). Arvia Books

# Quote

- “Be happy in the moment, that's enough. Each moment is all we need, not more.”  
— [Mother Teresa](#)



# What is Gratitude?

grat·i·tude:



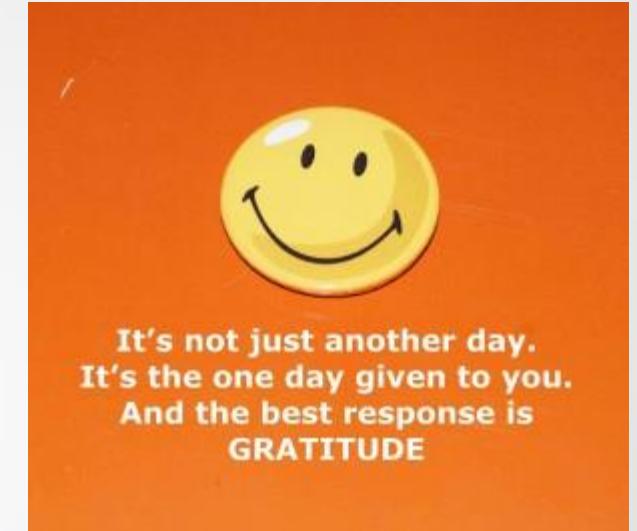
the quality of being thankful;  
readiness to show appreciation  
for and to return kindness.

I am grateful for Jimmy Fallon and Paul McCartney



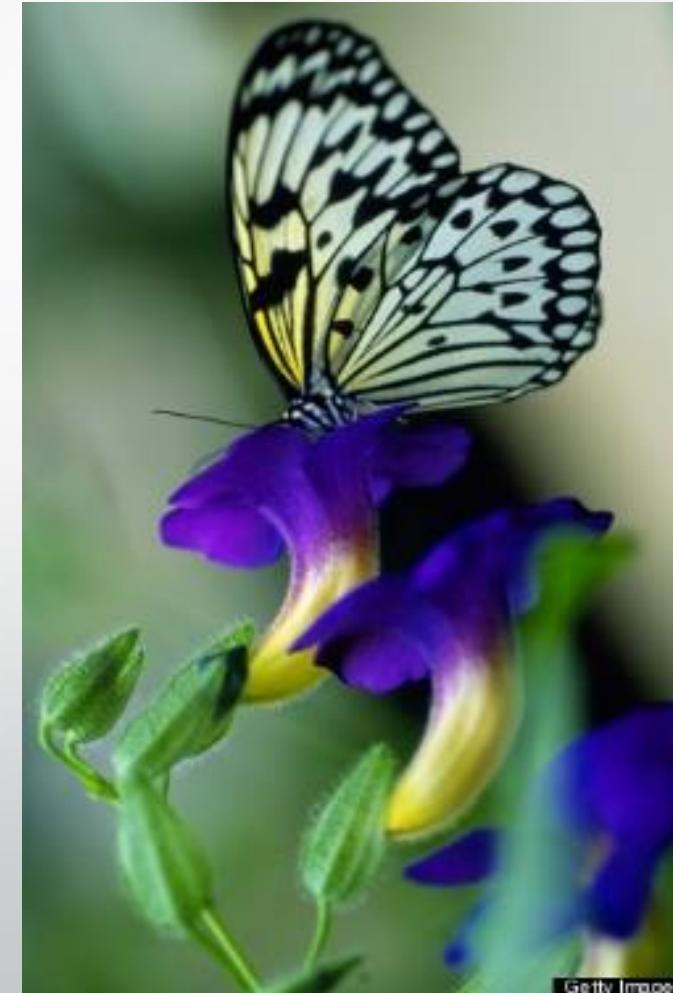
# What is Gratitude?

- Robert Emmons, leading scientific expert on gratitude
- 2 Key Components to Gratitude
  - 1. It's an affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we've received
    - Does not ignore complaints, burdens or hassles
  - 2. Figuring out where that goodness comes from...outside of ourselves. True gratitude involves a humble dependence on others...we acknowledge that other people (or higher powers) give us many gifts to help us achieve the goodness in our lives



[http://greatergood.berkeley.edu/article/item/why\\_gratitude\\_is\\_good](http://greatergood.berkeley.edu/article/item/why_gratitude_is_good)

# Gratitude | Louie Schwartzberg



# Physical Benefits of Gratitude

- Stronger immune systems
- Less bothered by aches and pains
- Lower blood pressure
- Exercise more and take better care of their health
- Sleep longer and feel more refreshed upon waking

Gratitude is the open door to the power, the wisdom, the creativity of the universe. You open the door through gratitude.

Deepak Chopra

[www.mediawebapps.com](http://www.mediawebapps.com)

[http://greatergood.berkeley.edu/article/item/why\\_gratitude\\_is\\_good](http://greatergood.berkeley.edu/article/item/why_gratitude_is_good)

# Social Benefits of Gratitude

- More helpful, generous, and compassionate
- More forgiving
- More outgoing
- Feel less lonely and isolated.



[http://greatergood.berkeley.edu/article/item/why\\_gratitude\\_is\\_good](http://greatergood.berkeley.edu/article/item/why_gratitude_is_good)

# Psychological Benefits of Gratitude

- Higher levels of positive emotions
- More alert, alive, and awake
- More joy and pleasure
- More optimism and happiness

[http://greatergood.berkeley.edu/article/item/why\\_gratitude\\_is\\_good](http://greatergood.berkeley.edu/article/item/why_gratitude_is_good)

# Emmons: How Does Gratitude Work?

- **1. Gratitude allows us to celebrate the present.** It magnifies positive emotions.
- Research on emotion shows that positive emotions wear off quickly. Our emotional systems like newness. They like novelty. They like change. We adapt to positive life circumstances so that before too long, the new car, the new spouse, the new house—they don't feel so new and exciting anymore.
- But gratitude makes us appreciate the value of something, and when we appreciate the value of something, we extract more benefits from it; we're less likely to take it for granted.
- In effect, I think gratitude allows us to participate more in life. We notice the positives more, and that magnifies the pleasures you get from life. Instead of adapting to goodness, we celebrate goodness. We spend so much time watching things—movies, computer screens, sports—but with gratitude we become greater participants in our lives as opposed to spectators.

[http://greatergood.berkeley.edu/article/item/why\\_gratitude\\_is\\_good](http://greatergood.berkeley.edu/article/item/why_gratitude_is_good)

# Emmons: How Does Gratitude Work?

- **2. Gratitude blocks toxic, negative emotions**, such as envy, resentment, regret—emotions that can destroy our happiness. There's even recent evidence, including a 2008 study by psychologist Alex Wood in the *Journal of Research in Personality*, showing that gratitude can reduce the frequency and duration of episodes of depression.
- This makes sense: You cannot feel envious and grateful at the same time. They're incompatible feelings. If you're grateful, you can't resent someone for having something that you don't. Those are very different ways of relating to the world, and sure enough, research I've done with colleagues Michael McCullough and Jo-Ann Tsang has suggested that people who have high levels of gratitude have low levels of resentment and envy.

[http://greatergood.berkeley.edu/article/item/why\\_gratitude\\_is\\_good](http://greatergood.berkeley.edu/article/item/why_gratitude_is_good)

# Emmons: How Does Gratitude Work?

- **3. Grateful people are more stress resistant.** There's a number of studies showing that in the face of serious trauma, adversity, and suffering, if people have a grateful disposition, they'll recover more quickly. I believe gratitude gives people a perspective from which they can interpret negative life events and help them guard against post-traumatic stress and lasting anxiety.

[http://greatergood.berkeley.edu/article/item/why\\_gratitude\\_is\\_good](http://greatergood.berkeley.edu/article/item/why_gratitude_is_good)

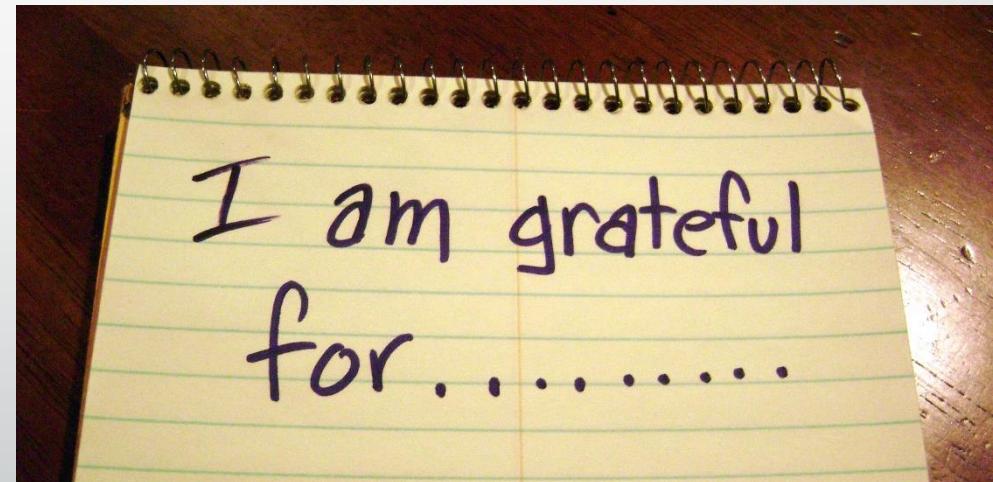
# Emmons: How Does Gratitude Work?

- **4. Grateful people have a higher sense of self-worth.** I think that's because when you're grateful, you have the sense that someone else is looking out for you—someone else has provided for your well-being, or you notice a network of relationships, past and present, of people who are responsible for helping you get to where you are right now.

[http://greatergood.berkeley.edu/article/item/why\\_gratitude\\_is\\_good](http://greatergood.berkeley.edu/article/item/why_gratitude_is_good)

# How Can We Cultivate Gratitude?

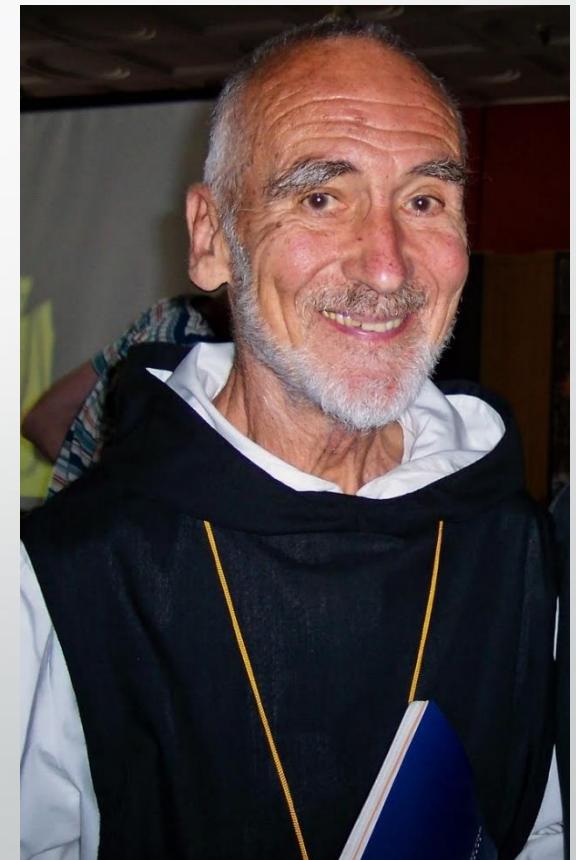
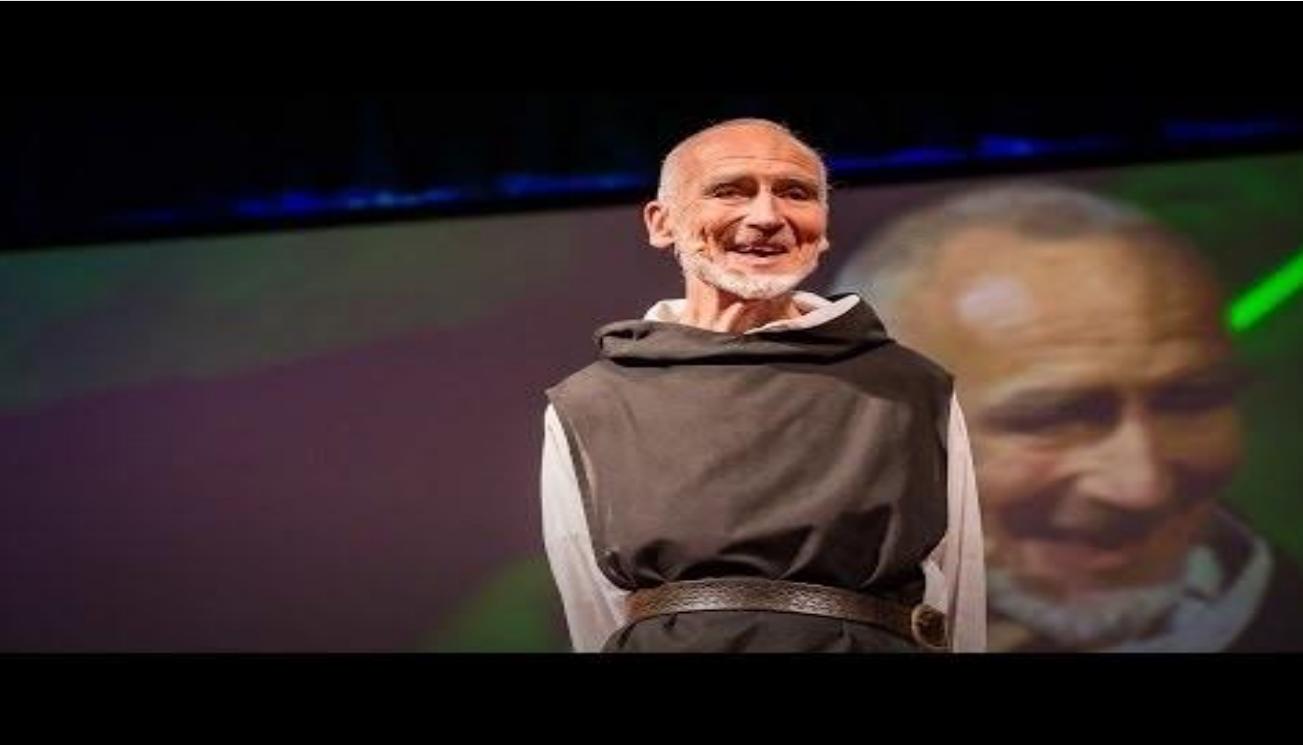
- Gratitude Journal/Three Good Things
  - Nightly or weekly
  - Detail what you are grateful for
  - Explain why you are grateful



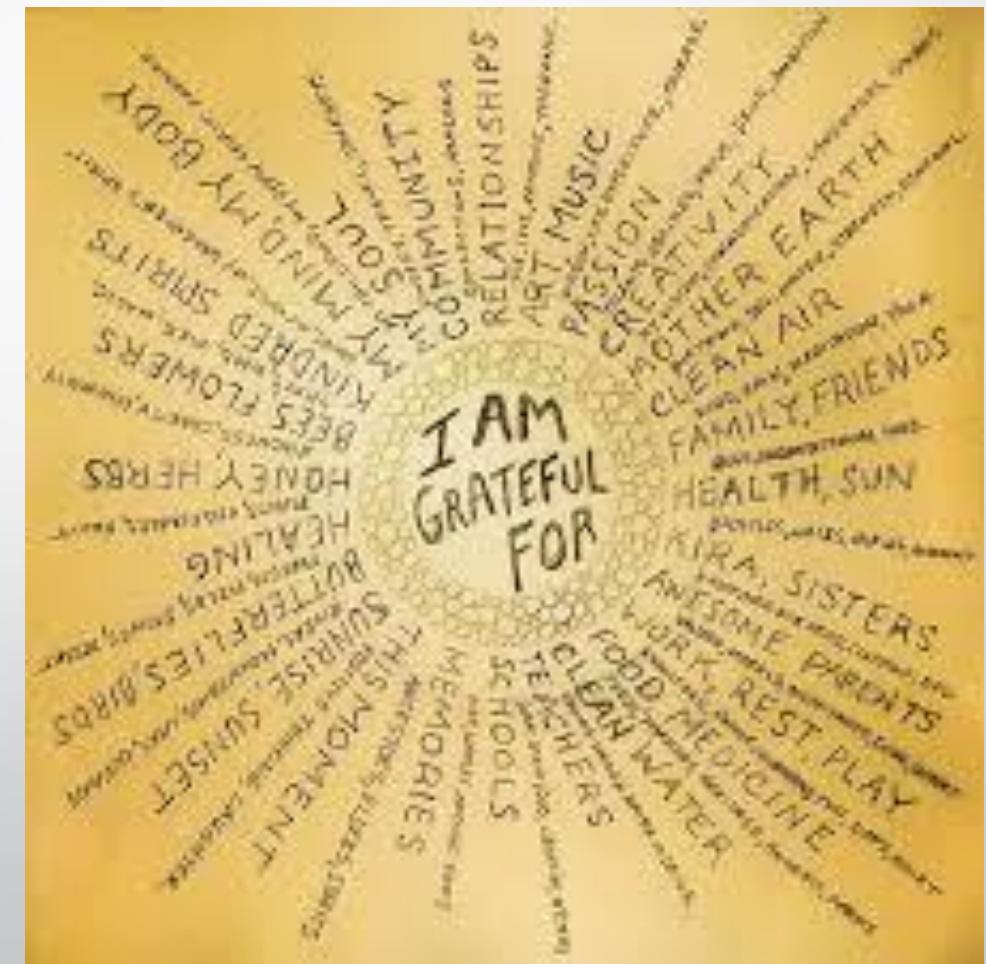
# How Can We Cultivate Gratitude?

- Gratitude Letter
  - Think of someone who you are truly grateful for but to whom you have not expressed your thankfulness
  - Write as if you were addressing this person directly
  - Describe what the person did, why you are grateful and how their behaviors influenced you
  - You could describe what you are doing now and how often you think about this person
  - Deliver the letter in person (if possible), or video chat, or send in mail

# Want to be happy? Be grateful



# An Antidote to Dissatisfaction



# How Can We Cultivate Gratitude?

- Savoring
  - Savoring the good in your life





Photo by urformat  
Facebook Symphony of Love

The greatest source of  
*happiness*  
is the ability to be  
grateful at all times.

Zig Ziglar

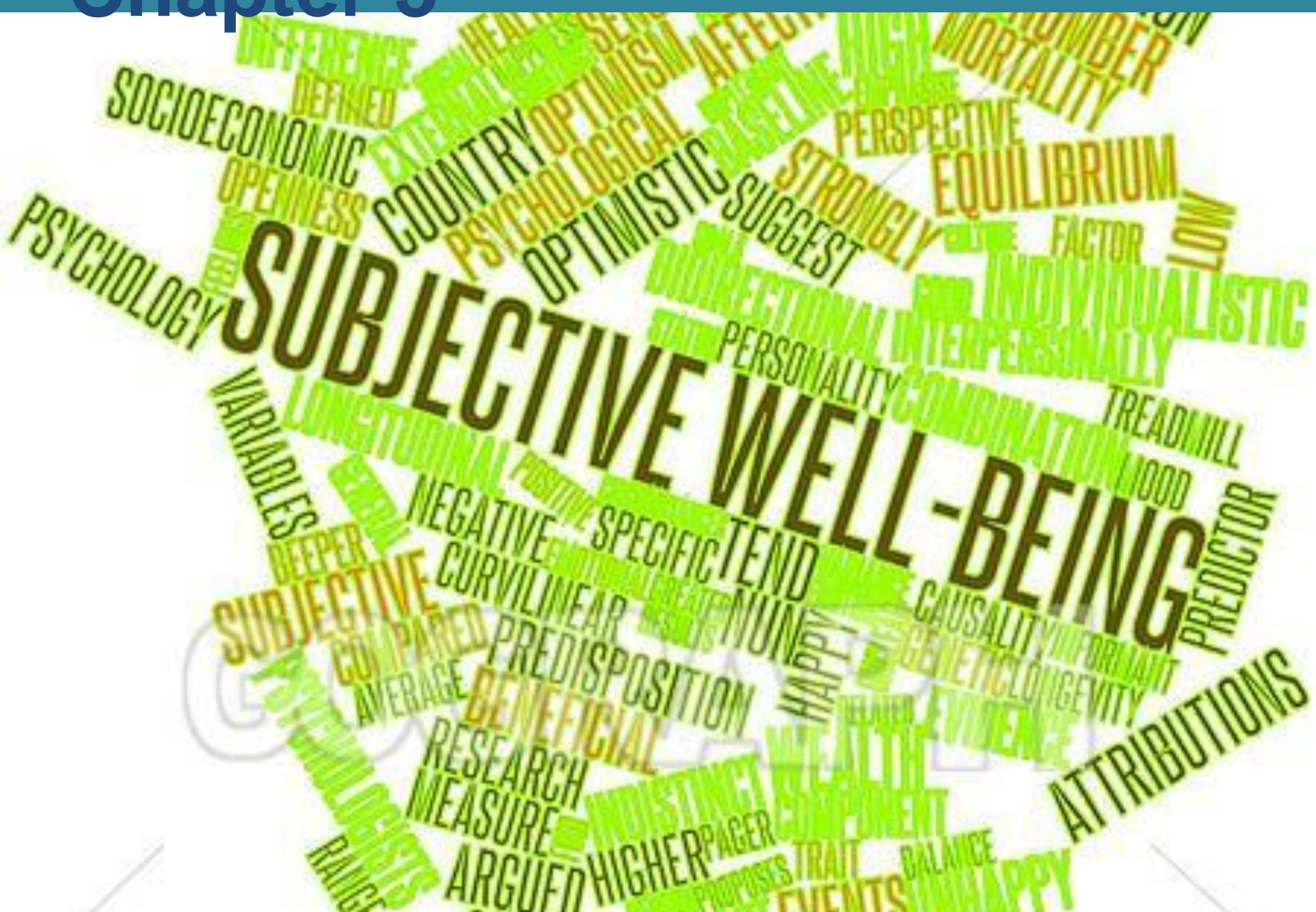
# Fred Bryant: 10 Ways to Develop Savoring Skill

- 1. Share your good feelings with others
- 2. Take a mental photograph
- 3. Congratulate yourself
- 4. Sharpen your sensory perceptions
- 5. Shout it from the rooftops
  
- 1. Compare the outcome to something worse
- 2. Get absorbed in the moment
- 3. Count your blessings and give thanks
- 4. Avoid killjoy thinking (i.e., positive thoughts just as important as avoiding negative ones)
- 5. Remind yourself time flies...relish the moments



Thank You!

# Chapter 3



**“Happiness is not a goal. It’s a by-product of a life well lived”**

**Eleanor Roosevelt**



# The Measurement of Subjective Well-Being

- How happy are you?
- Evaluations of happiness are subjective phenomena
- 3 Facets of Subjective Well-Being
  - Happiness
  - Life satisfaction
  - Neuroticism (low)

# The Measurement of Subjective Well-Being

## Self-Report Measures of Subjective Well-Being

- Scales used to measure happiness
  - Satisfaction with Life Scale
  - Subjective Happiness Scale

## The Satisfaction with Life Scale

DIRECTIONS: Below are five statements with which you may agree or disagree. Using the 1 -7 scale below, indicate your agreement with each item by placing the appropriate number in the line preceding that item. Please be open and honest in your responding.

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Slightly Disagree
- 4 = Neither Agree or Disagree
- 5 = Slightly Agree
- 6 = Agree
- 7 = Strongly Agree

- 1. In most ways my life is close to ideal.
- 2. The conditions of my life are excellent.
- 3. I am satisfied with life.
- 4. So far I have gotten the important things I want in life.
- 5. If I could live my life over, I would change almost nothing.

# The Measurement of Subjective Well-Being

## The Stability of Subjective Well-Being

- Relatively stable
- Life events and daily fluctuations impact subjective well-being
- Self-report measures

# The Measurement of Subjective Well-Being

## Why Is Happiness Important?

- Beneficence
  - Most people view self as beneficial and effective
- Happier people are successful
  - Better marriages
  - More fulfilling friendships and social relationships
  - Healthier
  - More involved in their communities
  - Better coping skills
  - More satisfied with their jobs
  - Higher incomes

# The Measurement of Subjective Well-Being

## Why Is Happiness Important?

- Higher subjective well-being connects to having a better life
  - e.g., positive emotions may help students learn more effectively; reduce racial bias
- Being happier help people lead to more satisfying lives

# The Measurement of Subjective Well-Being

## Top-Down and Bottom-Up Theories

- Top-down theory
  - Bringing our tendencies toward positive interpretations to situations we encounter in life
    - i.e., bring knowledge, experience to situations
    - e.g., change of season...interpret as positive because think of apples, cider, cider donuts
  - Supports certain attitudes, self-perceptions, and personality traits are highly correlated with subjective well-being

# The Measurement of Subjective Well-Being

## Top-Down and Bottom-Up Theories

- Bottom-up theory
  - Characteristics of the situation used to assess SWB
  - Supports that poverty is associated with lower levels of subjective well-being and that certain negative life events can have a lasting impact on happiness
  - Assessing quality of marriage and several other areas to create statement of overall satisfaction
- Both Top-Down and Bottom-Up important and used in different situations and times in life

# Top-Down Predictors of Subjective Well-Being

Cognition: Is the Glass Half Full? Half Empty?

- Happier and satisfied people view world in positive ways...how we *interpret* events
  - *Construals*: freely chosen interpretations of reality
- Positive mood seems to lead us to interpret events in positive ways
  - May pay attention and process information consistent with our mood
    - e.g., walk into crowded airport waiting area...happier people will “see” smiling couples and doting parents, unhappy people will “see” people who are tense, impatient



Happiness  
is a choice

# Top-Down Predictors of Subjective Well-Being

## Cognition: Self-Esteem

- Positive self-esteem works against negative emotions
- High self-esteem leads to increased happiness (well, positive self-esteem and happiness are highly correlated)

# Top-Down Predictors of Subjective Well-Being

## Cognition: Self-Esteem

- High self-esteem is composed of at least four components
  - Feeling that one is accepted by others
  - Being the recipient of positive evals by others
  - Believe that one compares favorably to other people or to one's ideal self
  - Believing that one can initiate effective action in the world

# Top-Down Predictors of Subjective Well-Being

## Cognition: Self-Esteem

- Self-esteem as predictor of WB is tricky
  - Self-esteem is related more to optimism and achievement, happiness related to positive social relationships and extraversion
  - Positive self-esteem may be more useful for defending against negative emotions than for promoting happiness
  - Note: self-esteem valued more in US

# Top-Down Predictors of Subjective Well-Being

Cognition: Optimism and Hope

- Optimists
  - More effective coping behavior
    - Problem-focused coping, humor, positive reframing
  - Better physical health
  - Experience better relationships with others
  - Greater self-confidence and perseverance with challenges

# Top-Down Predictors of Subjective Well-Being

Cognition: Optimism and Hope

- Presence of positive expectancies
- Optimism conceptualized as:
  - Dispositional optimism
    - global expectation that events will turn out well
  - Explanatory style
    - Way in which we interpret causes of events

# Top-Down Predictors of Subjective Well-Being

Cognition: Optimism and Hope

- Learned Optimism (Seligman)
  - Optimists more willing to receive negative feedback about their performance, absorb bad news about their health, to raise difficult issues in their personal relationships
- Realistic Optimism (S. Schneider)
  - Optimistic thinking that does not distort reality

# Top-Down Predictors of Subjective Well-Being

Cognition: Optimism and Hope

- Hope has two components:
  - Pathways
    - Ability to find ways to reach one's goals
  - Agency
    - Motivation to reach these goals
- Hope is the belief that one can find pathways to achieve desired goals and the belief that desired goals can be attained

# Top-Down Predictors of Subjective Well-Being

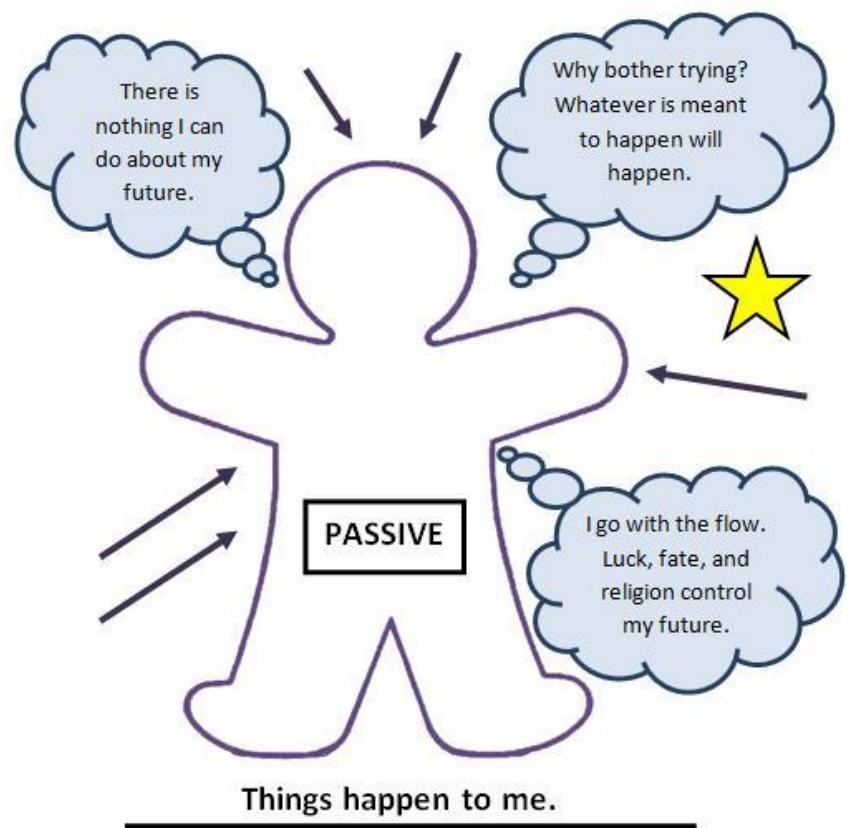
## Cognition: Sense of Control

- Sense for desired outcomes and avoid undesirable ones
- Internal locus of control
- External locus of control
- Maintaining emotional stability and negotiate difficulties in life

## **Internal Locus of Control**



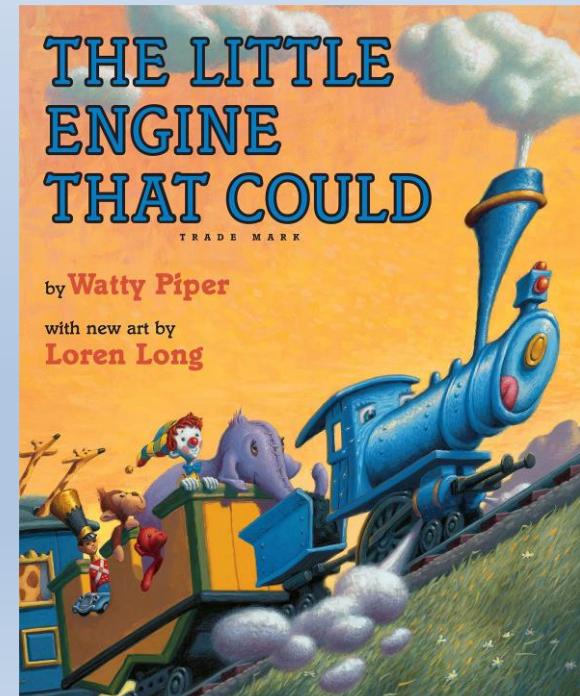
## **External Locus of Control**



# Top-Down Predictors of Subjective Well-Being

## Cognition: Self-Efficacy

- Self-efficacy: Belief that one has the capabilities to produce desired effects by their own actions
- Related higher to well-being throughout the life span
- Measured in relationship to specific outcomes



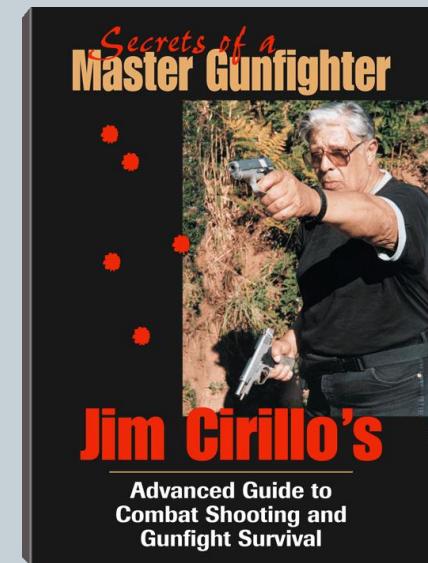
# Top-Down Predictors of Subjective Well-Being

## Cognition: Self-Efficacy



# Self-Efficacy and Cognitive Reframing

- Jim Cirillo, NYPD firearms instructor, involved in a number of gunfights
- Trained himself with positive imagery to clear his mind of any self-doubting conscious thoughts
- “If you jerk the trigger, you will miss the target” became “As you focus on the sights while compressing the trigger smoothly, you will achieve a good shot”



# A little encouragement



Cyldesdale Dream  
Baby



# Role Modeling/Vicarious Learning



- “Take a good look at people’s ruling principle, especially of the wise, what they run away from and what they seek out.”

– Marcus Aurelius





**In order to succeed, we must  
first believe that we can.**

Nikos Kazantzakis



# Top-Down Predictors of Subjective Well-Being

Cognition: A Sense of Meaning in Life

- Predictor of higher subjective well-being
- Greater sense of meaning in life increases well-being at all stages of life
- Greater openness and experiences
- Need not be tied to religious beliefs...just needs to be personally meaningful

# Top-Down Predictors of Subjective Well-Being

Cognition: Decision-Making and Self-Reflection

- Happier people:
  - Report more satisfaction when making decisions
  - Ruminate less
  - Prefer to experience pleasant event quickly after unpleasant event
- Self-reflection allows thoughts to wander or to daydream

# Top-Down Predictors of Subjective Well-Being

## Positive Relationships With Other People

- Supportive social support/relationships
  - Higher self-esteem, successful coping, better physical health, fewer psychological challenges
- Intimate social relationships (spouse, family, best friends) tend to be strongest predictors of life satisfaction
- Companionship and self-validation

# Top-Down Predictors of Subjective Well-Being

## Positive Relationships With Other People

- Social connection can be contagious
- Challenge:
  - Deliberately make contact with another person (e.g., someone on the bus, seated next to you, walking the same way as you)

If at a loss for words, say “Hi, I’m taking this class called Positive Psychology and my professor asked us to start conversations with people who look friendly, and I choose you.”

# Top-Down Predictors of Subjective Well-Being

## Personality Traits

- Relationship between genetically influenced traits and well-being
- Traits associated with well-being
  - Extraversion
  - Agreeableness
  - Conscientiousness
  - Neuroticism

# Top-Down Predictors of Subjective Well-Being

## Personality Traits: Extraversion

- Maintain positive relations with other people
- Direct positive impact on well-being
- High self-reported happiness
- Greater sensitivity to positive rewards
- Why do extroverts report more happiness:  
They have a cheerful disposition

# Top-Down Predictors of Subjective Well-Being

Personality Traits: Agreeableness and Conscientiousness

- Agreeableness: Being honest, trustworthy, modest, compliant, tender-minded, and altruistic
- People high in conscientiousness are self-disciplined, achievement striving, wilful, dutiful, and competent

# Top-Down Predictors of Subjective Well-Being

## Personality Traits: Neuroticism

- Eliminate neuroticism to increase happiness and life satisfaction
- One facet of neuroticism crucial for subjective well-being: depression

# Top-Down Predictors of Subjective Well-Being

Personality Traits: Comments on Personality Traits and Well-Being

- Different impact on well-being at different ages
- Interact with life events
- Traits impact well-being and well-being impacts the expression of traits

# Bottom-Up Predictors of Subjective Well-Being

## Money, Income, and Wealth

- Assumption that money brings happiness and satisfaction a persistent message in most societies
  - GDP-average life satisfaction correlation .50
  - Lower quarter of income distribution reduces the odds of being happy by about 26%
  - Upper quarter increases the odds by about 13%

# Bottom-Up Predictors of Subjective Well-Being

## Money, Income, and Wealth

- *Diminishing marginal utility*
  - Happiness increases more quickly as income goes up only for those who have less income to begin with



# Bottom-Up Predictors of Subjective Well-Being

## Money, Income, and Wealth

- Tipping point
  - Point at which additional income does not impact well-being (U.S. \$85,375 in 2017 US\$).
  - Above that point does not raise happiness, but may raise life satisfaction
  - Below which money is important to well-being and above which point money is less important.

# **Bottom-Up Predictors of Subjective Well-Being**

## Money, Income, and Wealth

- Satiation points
  - Point at which amount of income needed before well-being no longer raises with income
  - Gallup World Poll
  - \$95,000 (USD) for life satisfaction (2018)
  - \$60,000-\$75,000 (USD) for emotional well-being or happiness

# **Bottom-Up Predictors of Subjective Well-Being**

## Money, Income, and Wealth

- Hedonic Treadmill
  - Keep setting higher goals in hopes of becoming “really happy”
  - Research suggests those who place a high value on money for personal happiness are less satisfied with their lives than others

# Bottom-Up Predictors of Subjective Well-Being

Money, Income, and Wealth: How Money Can Increase Subjective Well-Being

- Spending \$ on “material purchases” or “experiential purposes”
- Activities that enhance personal growth
- Use it to foster relationships with family and friends
- Type of spending indeed increased personal happiness

# **Bottom-Up Predictors of Subjective Well-Being**

Money, Income, and Wealth: How Money Can Increase Subjective Well-Being

- Some Takeaways:
  - Positive attitude tends to be more important to well-being than income
  - Income is not a sufficient statistic for happiness...there is a complex relationship with many different factors

# Bottom-Up Predictors of Subjective Well-Being

Gender: Are Men or Women Happier?

- Women's average happiness has fallen dramatically since 1972
- No gender differences in the frequency, intensity or impact of emotions (stereotype that women are more emotional is just not accurate)
- Women are happier than men before about age 48
- Men are happier than women after midlife

# **Bottom-Up Predictors of Subjective Well-Being**

## **Gender: Are Men or Women Happier?**

- Women and men calculate their well-being differently
  - Women enhance WB through positive self-esteem, greater harmony and closeness in their relationships, passive leisure, and religion
  - Men enhance WB through positive self-esteem, active leisure, and greater mental control

# Bottom-Up Predictors of Subjective Well-Being

## Attractiveness, Climate, and Other Predictors

- Physical attractiveness is related to well-being for women in urban areas
- Climate does have an impact on moods
  - People living in areas with more clement temperature (i.e., 72°F/22°C) scored higher on personality traits related to sociability, emotional stability, and personal growth
- Education does not impact happiness in any significant way

# Bottom-Up Predictors of Subjective Well-Being

## The Impact of Discrimination on Subjective Well-Being

- Meta-analysis
  - Perceived discrimination (race, gender, sexual orientation, HIV+ status, mental illness, physical disability, and obesity) has negative impact on well-being (PA, life satisfaction, self-esteem), and impacted children more severely
  - Personal target more negative impact than member of a discriminated group
  - Positive social support an important factor in moderating the impact of discrimination

# **Bottom-Up Predictors of Subjective Well-Being**

## The Impact of Discrimination on Subjective Well-Being

- Meta-analysis
  - Positive social support an important factor in moderating the impact of discrimination
  - Engagement type coping strategies better than disengagement coping
    - Alter the situation
    - Alter one's reaction to the situation

# **Bottom-Up Predictors of Subjective Well-Being**

The Impact of Discrimination on Subjective Well-Being: Race and Subjective Well-Being

- Differences between racial groups within a specific culture (this chapter)
- Differences among ethnically diverse cultures (in chapter 11)

# **Bottom-Up Predictors of Subjective Well-Being**

The Impact of Discrimination on Subjective Well-Being: Sexual Orientation and Sexual Identity

- Discrimination against lesbians, gays, bisexuals, and transsexuals
  - Related to depression, anger, stress
  - Multiple sources of discrimination beginning to be researched more
- Positive well-being among LGBT people associated with greater social support

# **Bottom-Up Predictors of Subjective Well-Being**

Bottom-Up Predictors and the “Happiest Man in America”

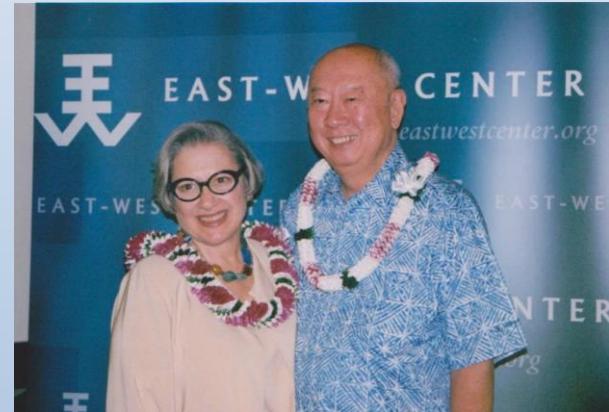
- Bottom-up predictors influence levels of subjective well-being
  - Gender, income, race, and marital status interact in relatively complex ways throughout the life span to influence levels of subjective well-being

# Bottom-Up Predictors of Subjective Well-Being

## Bottom-Up Predictors

The Gallup organization found the happiest man in America, Mr. Alvin Wong

- Gallup's answer: he's a tall, Asian-American, observant Jew who is at least 65 and married, has children, lives in Hawaii, runs his own business and has a household income of more than \$120,000 a year.



# Increasing Happiness and Life Satisfaction

- Genetic inheritance does not determine our long-term happiness
- Hedonic adaptations
  - Adapt to a positive stimulus so no longer feel its effects (e.g., hedonic treadmill and income)
  - But, we can make positive changes
- To avoid hedonic treadmill
  - Speed up adaptation to negative events
  - Slow down adaptation to positive events

# Increasing Happiness and Life Satisfaction

## Intensity and Frequency of Positive Emotion

- Peak-and-end rule
  - Intense peak moment and last moment of experience impacts how we think about the experience overall
- However, *frequency* is more important than *intensity*
- Feeling moderate subjective well-being brings more beneficial effect
- Large fluctuations in emotions are related to more negative emotions than positive

# Increasing Happiness and Life Satisfaction

Strategies for Creating a Good Mood

- Self-help strategies are helpful for short period
- Doing something that increases the ratio of positive to negative emotions in one's life

# Increasing Happiness and Life Satisfaction

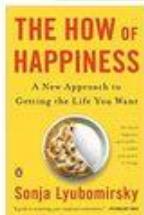
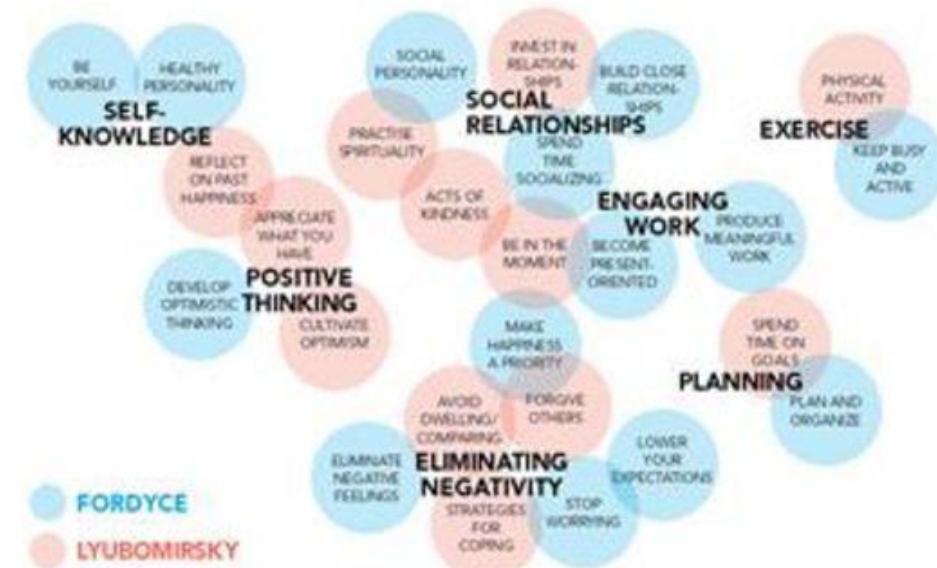
Fordyce's Happiness Training Program

- Fourteen fundamentals of happiness
  - Change your activities
  - Change your thinking
  - Nurture relationships
  - Value personal growth
  - Decrease negative emotions
- Practice simple meditation technique to increase the happiness scores
- Implementing Fordyce's program for happiness

# Ways to wellbeing...

Fordyce lists 14 techniques as fundamentals:

1. Keep busy and be more active.
2. Spend more time socializing.
3. Be productive at meaningful work.
4. Get better organized and plan things out.
5. Stop worrying.
6. Lower your expectations and aspirations.
7. Develop positive, optimistic thinking.
8. Become present oriented.
9. Work on a healthy personality.
10. Develop an outgoing, social personality.
11. Be yourself.
12. Eliminate negative feelings and problems.
13. Close relationships are the number one source of happiness.
14. Put happiness as your most important priority.



# Increasing Happiness and Life Satisfaction

## Sustainable Happiness

- Long-term happiness is a function of
  - one's genetically determined set point
  - circumstantial factors
  - intentional activity
    - Choose goals that interest you
    - Follow through on strengths

# Increasing Happiness and Life Satisfaction

Barbara Fredrickson's Positivity

- Relaxation strategies
  - Meditations, massages, muscle relaxations
- Gratitude journal
- Loving-kindness, a unique style of meditation, especially helpful
- Mindfulness meditation
- People should stop ruminating about issues...healthy distraction helpful
- Focus attention on sensory sensations, activities, or helping other people

# Increasing Happiness and Life Satisfaction

## Making Interventions More Effective

- Therapeutic lifestyle changes: exercise, nutrition, recreation, stress mgt, spiritual involvement
- Maintaining a sense of well-being through the ups-and-downs of life is a challenge
- To enhance the effectiveness of these interventions is to examine if some actually work better than others

# Increasing Happiness and Life Satisfaction

Making Interventions More Effective

Comparing Interventions: Which Ones Work Better?

- Seligman et al (2005)
  - 3 things grateful for and why, and VIA and using those strengths increased happiness and decreased depression for 6 months
  - Gratitude letter...1 month

# Increasing Happiness and Life Satisfaction

Making Interventions More Effective

Comparing Interventions: Which Ones Work Better?

- To evaluate the effectiveness of four happiness interventions
  - Express gratitude
  - Smile more
  - Recall a pleasant event that happened the previous day \* resulted in greatest increase
  - Perform an act of kindness

# Increasing Happiness and Life Satisfaction

## Making Interventions More Effective: Moderators of Effectiveness

- One of the moderators of effectiveness is motivation
- Interventions that are practiced for longer periods of time tend to have a greater impact
- People react differently to interventions because of personal traits

# Increasing Happiness and Life Satisfaction

## General Comments on Increasing Happiness

- No one can remain cheerful, jovial, and optimistic most of the time
- Feeling relaxed, energized or activated, and safe or content all impacted well-being
- Feeling safe resulted in the greatest reduction in depression, anxiety, stress, and self-criticism

# Can You Be Too Happy?

## Cautionary Tales: The Down Side of Feeling Up

- Wanting happiness too much can lead to loneliness
- Being happy can make people more gullible
- Being in a positive mood may tend to make us more selfish
- Unrealistic optimism: creates false sense of security and a bias in risk perception

# Can You Be Too Happy?

Cautionary Tales: The Down Side of Feeling Up

- Stockdale paradox
  - Prisoner of war
  - Said those that perished were the optimists
    - Believed they would be rescued soon, so they were constantly disappointed
    - Said not to confuse faith in eventual happy outcome with denial of the reality of one's current predicament

# Can You Be Too Happy?

## We Also Need Negative Emotions

- Both positive and negative emotions are important to experience a full life
- Emodiversity
  - Greater well-being when people acknowledge both their positive and negative emotions
  - Greater emotional diversity may help increase resilience and counter our tendency to adapt or habituate to specific positive emotions
- Sadness and depression can at times be helpful emotions

A close-up photograph of a single red poppy flower in a field of tall, golden-yellow grass. The poppy is in sharp focus on the left, its vibrant red petals contrasting with the warm tones of the background. The background is slightly blurred, creating a sense of depth. The entire image is framed by a thin red border.

**IT'S A GOOD DAY TO BE HAPPY.**

# **Chapter 4**

## **Leisure, Flow, Mindfulness, and Peak Performance**

# Leisure

- Finding ways to amuse ourselves
- Leisure activities...what do you enjoy?
- Life satisfaction and well-being



# Leisure

## Leisure and Well-Being

- Having more time is more important than having more money...*time affluence*
- Variety of leisure activities and participation in active leisure activities...higher life satisfaction
  - Exercise, mindfulness meditation can decrease depression, anxiety
- Associated with greater indices of well-being
- Having leisure time does not automatically increase our well-being
  - Active
  - Meaningful
  - Life experiences (rather than making purchases)

# Leisure

What Turns an Activity into “Leisure?”

- Highest-ranked reasons
  - Fulfill needs for autonomy
  - Enjoyment of family life
  - Relaxation
  - Offers escape from routine
- Important for a sense of well-being and life satisfaction

# Leisure

What Turns an Activity into “Leisure?”

- Core Psychological Mechanisms
  - Detachment-recovery
    - Detach from responsibilities, recover from stress
  - Autonomy
  - Mastery
  - Meaning
  - Affiliation with others
- Summary: Leisure is important for a sense of well-being and life satisfaction

# Flow and Optimal Experience

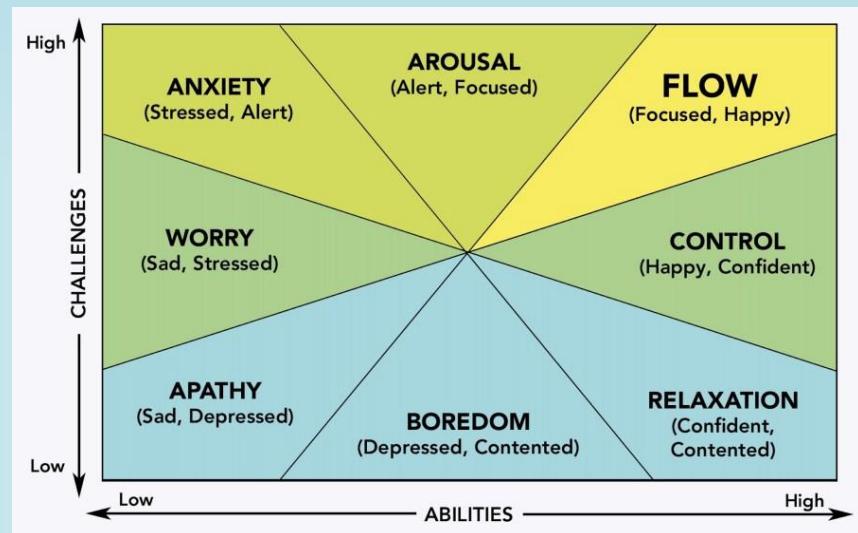
## Definition of Flow

- Flow: A state in which action follows upon action
  - aka *in the zone*
- The holistic sensation
- Percentage of people who have had very intense flow experiences is much smaller
- Link between flow and psychological well-being

# Flow and Optimal Experience

## Characteristics of Flow

- State of flow described using 8 parameters
- Flow accompanies a challenging activity that requires skill



# Flow and Optimal Experience

## Characteristics of Flow

1. Merging of action and awareness
2. Intense and focused concentration
3. Greater sense of control
4. A loss of self-consciousness

# Flow and Optimal Experience

## Characteristics of Flow

5. Distortion of temporal experience
6. Autotelic nature of the experience (process is intrinsically motivating)

## Conditions Under Which Flow is More Likely:

7. Challenge-skill
8. Activity provides clear goals and immediate feedback

# Flow and Optimal Experience

## Contexts and Situations of Flow

- Contexts: religious rituals, teaching, family interactions, cramming, online learning, psychotherapy, military combat, sports, exercise, reading, music
- Flow experiences may be the key to job satisfaction
  - Work engagement
    - Vigor
    - Dedication
    - Absorption
- Allows people to enjoy life, feel happier, and function better

# Flow and Optimal Experience

Contexts and Situations of Flow: Is Flow a State or a Trait?

- If flow is a state
  - A state of consciousness that can occur to anyone with the same amount of effort given the right circumstances
- If flow is a trait (dispositional flow)
  - There should be innate differences in how easily individuals can experience flow
    - Some twin research suggests flow proneness related to genetically linked personality traits of extraversion, agreeableness, and openness to experience

# Flow and Optimal Experience

## Flow and Subjective Well-Being

- Research on flow began with asking people about moments of well-being
- Study relationships between being in frequent flow experiences and increased well-being
  - Flow is a significant component of leisure activities, so in this way flow is related to leisure and satisfaction
  - Flow related to intrinsically motivated activities...keep repeated activities that produce flow (even though they receive no recognition or money to do so)

# Flow and Optimal Experience

Flow and Subjective Well-Being: Measurement Assessment questionnaire is designed to measure flow as a state or as a trait

- Flow State Scale–2
- Dispositional Flow Scale–2
- Experience Sampling Method (ESM)

# Flow and Optimal Experience

## Comments on the Theory of Flow

- Not all studies have supported the predictions of the flow theory
- Flow experience is not always present in a specific activity
- If flow activity is present, it may not be present throughout the duration of the activity
- Flow is fostered by intrinsic interest in and curiosity about the task

# Mindfulness

- Conscious awareness
- Open, receptive attitude
- Impact telomerase activity and may thus optimize health and longevity
- A tool applied in numerous areas to enhance well-being

# Mindfulness

- Meta-Analysis: Benefits of Mindfulness
  - Improving mental health
  - Better work performance
  - Improved student performance
  - Better health
  - Increased creativity
  - Improved weight loss
  - Enhanced athletic performance
  - Better financial reasoning

# Mindfulness

## Ellen Langer's Approach to Mindfulness

- Mindlessness
  - Automatic pilot
  - Roots in habits, premature cognitive commitments to categories, and focus on goals rather than on immediate processes



# Mindfulness

## Ellen Langer's Approach to Mindfulness

- Represents a cognitive style that centers on:
  - Awareness
  - Quality of attention in everyday experiences
- Experience world with fresh eyes and ears

# Mindfulness

## Ellen Langer's Approach to Mindfulness

- Mindfulness is “a flexible state of mind—an openness to novelty, a process of actively drawing novel distinctions. When we are mindful, we are sensitive to context and perspective; we are situated in the present”

# Mindfulness

## Ellen Langer's Approach to Mindfulness

- Mindfulness comprises three core qualities
  - Create new categories of experience
  - Be open to new information
  - See more than one point of view

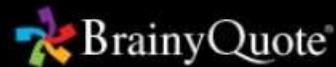
# Mindfulness

- Buddhist-Inspired Mindfulness



**Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.**

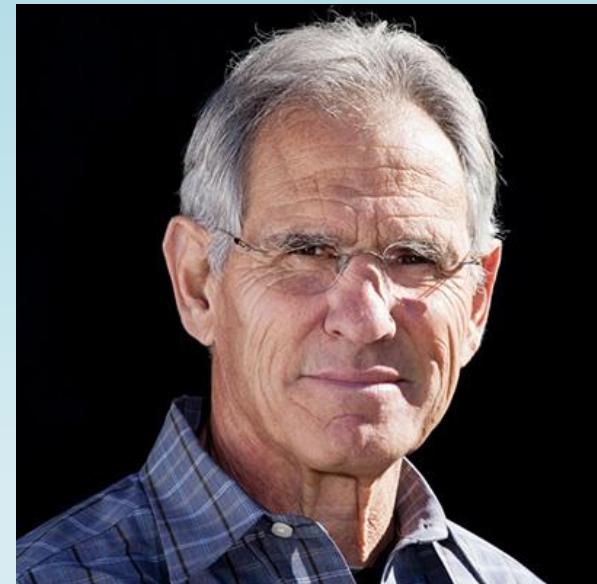
Buddha



# Mindfulness

## Jon Kabat-Zin

- Professor Emeritus and creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School
- The practice has moved from a largely obscure Buddhist concept founded about 2,600 years ago to a mainstream psychotherapy construct today ([apa.org](http://apa.org))



*Mindfulness*  
.....

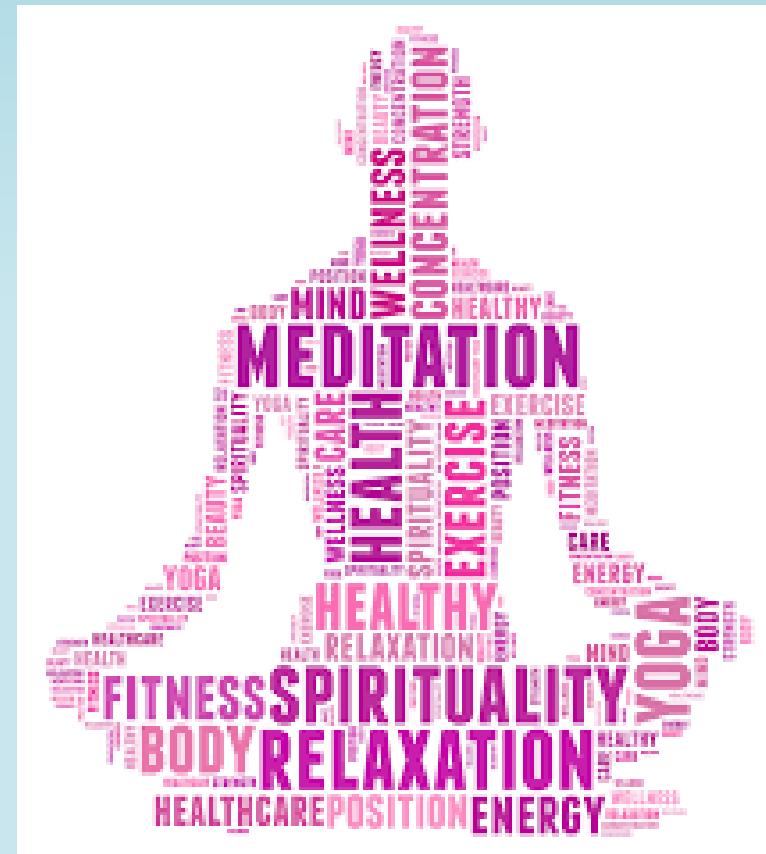
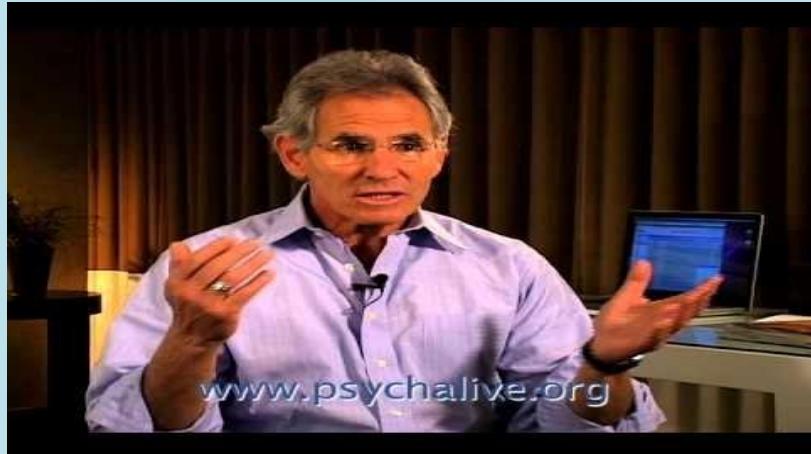
MEANS PAYING  
ATTENTION IN A  
PARTICULAR WAY,  
ON PURPOSE, IN THE  
PRESENT MOMENT  
NON-JUDGMENTALLY.

WWW.VERYBESTQUOTES.COM

JON KABAT-ZINN

# What is Mindfulness

## Jon Kabat Zinn



# Mindfulness

## Buddhist-Inspired Mindfulness

- Meditative practices have included a practice called mindfulness
- Buddhist-inspired style of mindfulness consists of three core elements:
  - Intention (commitment and dedication to meditation practice)
  - Attention (observing the contents of one's experience)
  - Attitude (how a person pays attention to experience)

# The Practice of Meditation

- A way to come to experience more fully moment-by-moment existence by encountering the mind directly
- Involves increasing awareness of the body (sensations), emotions, thoughts, the mind, and mental qualities

West, M.A. (2016). The practice of meditation. In *The Psychology of Meditation: Research and Practice*, Oxford University Press.

# Mindfulness

- Mindfulness Meditation
- Daily Mindfulness



# Aims of Meditation

- To increase non-reactive awareness, though more acute to events and experiences
  - Meditation offers a means of opening to or connecting with all experience, whether positive, negative, or neutral in a (relatively) unfiltered, unprocessed way
- To reduce suffering as a consequence of this greater openness, through reduced reactivity to experience and increasing well-being

West, M.A. (2016). The practice of meditation. In *The Psychology of Meditation: Research and Practice*, Oxford University Press.

# John Kabat-Zinn

## Elements of Mindfulness Practice

- Awareness
  - All possible experiences: sensations, thoughts, emotions, sights, sounds
- Sustained Attention
  - Involves gently but firmly bringing attention back to the current moment
- Focus on the Present Moment
- Non-Judgmental Acceptance
  - Not labeling or reacting to experience as good/bad, desirable/undesirable

West, M.A. (2016). The practice of meditation. In *The Psychology of Meditation: Research and Practice*, Oxford University Press.

# Mindfulness Meditation Basics

- Take a good seat
  - Pay attention to the breath
  - When your attention wanders, return to your breath
- (Simple, but not necessarily easy)





# Breath Concentration Metaphor

- We are trying to rest our attention on an object, such as our breath, and use it like an anchor of a boat
- The anchor is there to ensure that the boat does not drift away but the boat is not motionless
- So, we are not trying to stop thinking, feeling, or sensing
- Trying to develop a different relationship to them by using the breath as an anchor to ensure that our thoughts do not carry us too far away from the present moment

Batchlor, M. (2016). Meditation: Practice and experience.  
In *The Psychology of Meditation: Research and Practice*.  
In West, M.A. (editor). Oxford University Press.

# How Do I Begin?

## Mindful.org Suggestions

- Koru app or [korumindfulness.org](http://korumindfulness.org)
- Insight Timer
- Aura
- Omvana
- Stop, Breathe, Think
- Calm

## Web Suggestions

- The Mindfulness App
- Headspace
- MINDBODY
- Buddhify
- Smiling Mind
- Meditation Timer Pro

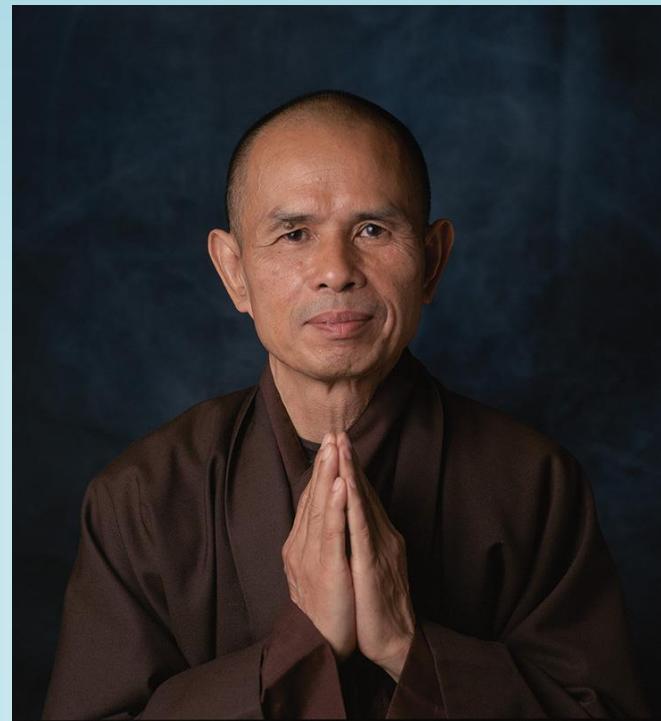
# Links

- <https://korumindfulness.org/>
- <https://www.mindful.org/>

# Koru Guided Meditations

- Breath Awareness
- Belly Breathing
- Body Scan
- Gatha
- Walking Meditation
- Guided Imagery
- Labeling Thoughts
- Labeling Feelings

# Thich Nhat Hanh



# Mindfulness

## Buddhist-Inspired Mindfulness: Why Does Mindfulness Increase Well-Being?

- Increases a metacognitive perspective
- Mindfulness allows decentering
  - Evaluate consciousness with less reactivity
- Reduce intense reactivity to highly arousing and emotional stimuli
- Processing of emotional material

# Mindfulness

## Langer Style

- New knowledge gained from being more mindful is used to create new ways of thinking about one's life
- Increase happiness and life satisfaction by fostering a more stable and positive sense of self-identity

## Buddhist Style

- Awareness of ongoing experience while creating an attitude of calm detachment from the experience
- Places greater emphasis on equanimity, peace of mind, contentment, and compassion (mainly by decreasing focus on self-identity)

# Savoring

- Awareness of pleasure and focus attention on the sensation and delight in it



# Savoring

- Four basic types of savoring:
  - Basking
    - Receiving praise and congratulations
  - Marveling
    - Getting lost in the wonder of a moment
  - Luxuriating
    - Indulging in a sensation
  - Thanksgiving
    - Expressing gratitude

# Savoring

- Five Ways to Enhance/Promote Savoring
  - Absorption
  - Sharpening the senses
  - Memory building
    - Take pictures, buy souvenirs
  - Sharing with others
  - Self-congratulation

# Peak Performance

- Performing in flow does not always translate into better performance
- Peak performance: Performing beyond our normal level of functioning

# Peak Performance

- Peak performance can be described by four parameters
  - Clear focus on self, object, and relationship.
  - Intense involvement in the experience.
  - A strong intention to complete a task.
  - A spontaneous expression of power.

# Peak Performance

## Peak Performance in Sports

- Being in flow does not necessarily have a peak performance
- Key to peak performance
  - Is to maintain a clear focus on both self and object and maintain a strong sense of self in relationship with the object. Peak performance is most often found in activities that a person is deeply involved, committed, absorbed, or emotionally connected with.

# Peak Performance

Peak Performance in Sports:

Peak Performance in Elite Athletes

- Garfield and Bennet found eight conditions when actual performance was at its best
- 90% of athletic success may be due to psychological factors

# **Chapter 5**

## **Romantic Love and Positive Families**

# Genes, Hormones, and Marriage

## Evolution and Love

- Love has adaptive properties
- Compelling experience of romantic love cannot be fully understood by knowing only about genes, hormones, and neurotransmitters



# Genes, Hormones, and Marriage

## The Biochemistry of Love

- Oxytocin--hormone that increases in response to affection and love
  - *Linked with social bonding (e.g., breastfeeding), generosity, feelings of closeness and intimacy*
  - *Oxytocin related to reductions in stress and anxiety*
  - *Related to increased motivation to seek out social contact and support*
- Endogenous opioids
  - *Involved with social affiliation and can help diminish the impact of stress*

# Genes, Hormones, and Marriage

## Marriage and Subjective Well-Being

- Married people happier and more satisfied in life than single people
- Quality of marriage is also a significant predictor of subjective well-being
  - *Positive interactions, more emotional expressiveness, greater role sharing*
  - *Empathy and gratitude*
- The effect of marriage on well-being is stronger for men

# Genes, Hormones, and Marriage

## Marriage and Subjective Well-Being

- Same-sex, Opposite-sex
  - *Same factors predict successful relationships/marriages*
    - Mutual trust
    - Good communication
    - Healthy conflict management
  - *One difference*
    - Same sex may suffer more stress if family/relatives are not supportive

# The Varieties of Love



- Explicit theories analyze love in terms of its core elements or dimensions
  - *Many of these theories see love as unidimensional*
  - *As a unidimensional concept, love encompasses attitudes, behaviors, feelings, and motivations*
  - *Most theories view it as multidimensional*

# The Varieties of Love

## A Two-Factor Theory of Love

- Fundamental and primary elements:
  - *Passionate love*
  - *Companionate love*

# The Varieties of Love

## Passionate love

- The intense arousal that fuels a romantic union
- A state of intense longing for union with another
- It is a complex functional whole including appraisals or appreciations, subjective feelings, expressions, patterned physiological processes, action tendencies, and instrumental behaviors.
- Tend to fall passionately in love with people who are relatively good looking, personable, affectionate and similar to ourselves.
- Generally very fleeting

# The Varieties of Love

## Companionate love

- The soothing, steady warmth that sustains a relationship
- Involves feelings of mutual respect, trust and affection, while passionate love involves intense feelings and sexual attraction.
- Manifested in a strong bond and intertwining of lives that brings about feelings of comfort and peace

# The Varieties of Love

## The Love Styles: Six styles of love

Eros (passionate)

Storge (companionate)

Ludus (“game-playing” love...emotional manipulation)

Pragma (seek partner with certain conditions, e.g., wealth, physically attractive)

Mania (periods of wonderful highs and awful lows)

Agape (selfless love)

# The Varieties of Love

## The Love Styles

- Henrick study on dating couples
  - *Happy couples showed similar love styles*
  - *Higher scores on eros—higher relationship satisfaction*
  - *Male are more satisfied with the relationship when women are passionate and altruistic*

# The Varieties of Love

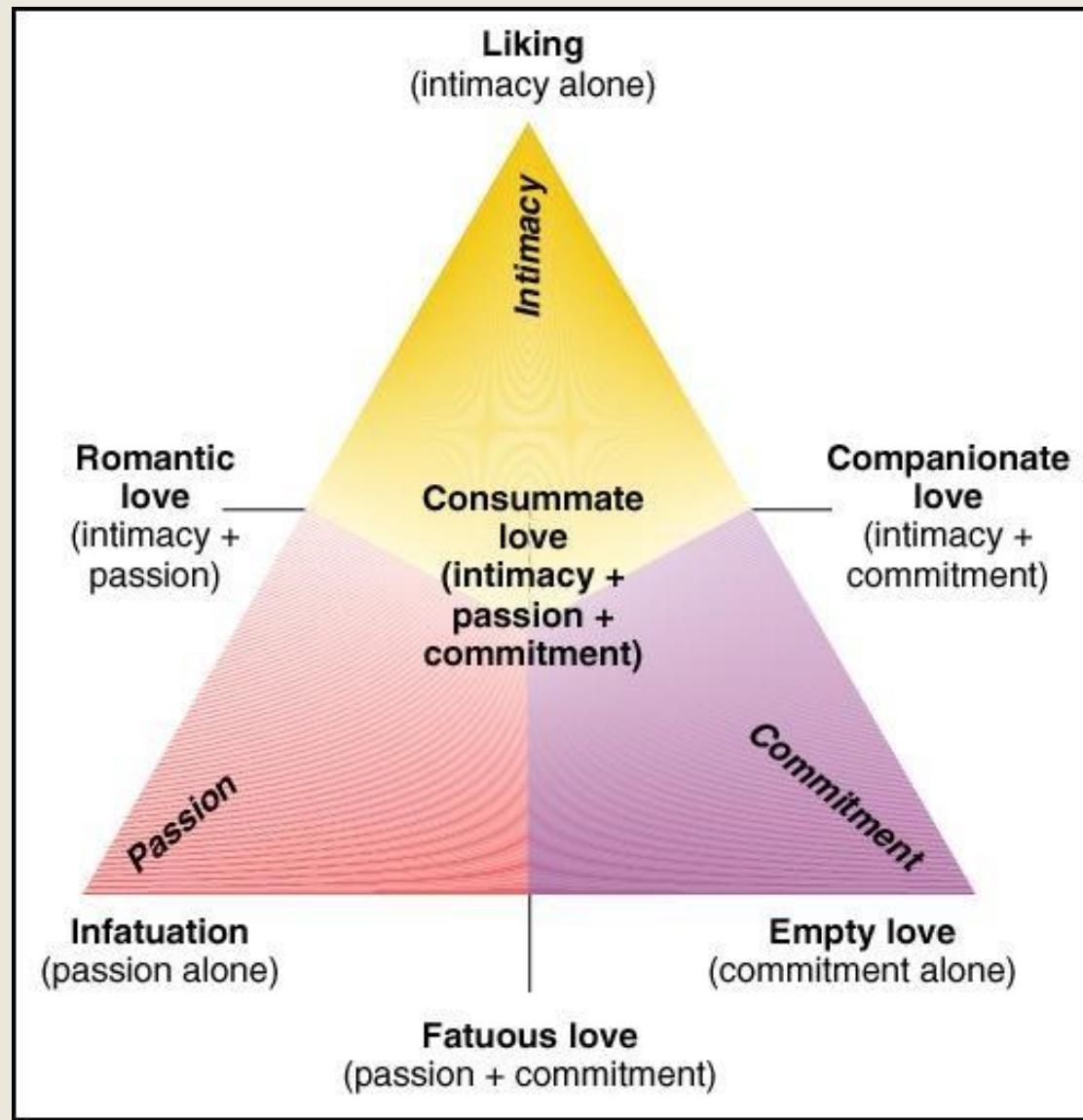
## Sternberg's Love Triangle

- Experiences of love based on three components:
  - *Passion: intense emotional response*
  - *Intimacy or liking: warmth, closeness*
  - *Commitment: decision to maintain relationship*

# The Varieties of Love

## Sternberg's Love Triangle

- Combination of two types of love:
  - *Romantic love (intimacy + passion)*
  - *Companionate love (intimacy + commitment)*
  - *Fatuous love (passion + commitment)*
  - *Consummate love (all three)*



# The Varieties of Love

## Love as a Prototype or an Ideal

- Implicit theories of love
  - *View love as extremely personal experience*
  - *Involve comparing our current feelings with a cultural standard or ideal*
- Core aspects of our prototypes of love seem to be intimacy, passion, and commitment

# The Varieties of Love

## The Love Hierarchy

- Three levels of hierarchically arranged meanings that people used to describe love:
  - *Qualities people valued in their relationships: Trust, sincerity, mutual understanding, compatibility, fulfillment, sexuality, intimacy, and mutual needs (lowest level)*
  - *Compatibility and passion*
  - *Love (highest level)*

# Finding Romance and Love

## What Attracts Us to Someone?

- Proximity, physical attractiveness, attitude similarity, and reciprocity
- Physical allure
- The color red
- Ideals of attractiveness differ among cultures
- Similarity of attitudes and values (homogamy)- high similarity with happily married couples



# Relationship Satisfaction: What Makes Them Feel Good

“Satisfaction” is not an end state...it is a dynamic process that changes over time in response to situations, stresses, and the personal growth of each person



# Relationship Satisfaction: What Makes Them Feel Good

## Personality Traits

- Surveys asked for highest ranked quality: tend to list healthy personality traits (e.g., confident, gentle, integrity, warm, ability to love)
- Most frequent predictor of poor relationships was neuroticism
  - *Chronic neuroticism often leads to chronic focus on self*

# Relationship Satisfaction: What Makes Them Feel Good

## Personality Traits...Note

- Traits are broad summaries of behaviors over time...not getting at psychological processes in relationship satisfaction
- Love involves more than personality traits

# Relationship Satisfaction: What Makes Them Feel Good

## Communication

- Most couples want more time and better conversations, not more sex
- Bids for attention
  - Gestures that indicate affection, attention, humor or support
- The topics couples discuss together may be important to well-being of a relationship
- Meaningful conversations help foster increased relationship satisfaction and happiness



# Relationship Satisfaction: What Makes Them Feel Good

## Satisfied Couples

- More mutually supportive
- Laugh together more
- Withhold comments that may be received negatively
- Agree more about a variety of topics

## Dissatisfied Couples

- Exhibit communication characterized by greater disagreement
- Less humor and laughter
- More expression of negative emotions like anger or disgust
- Fewer helpful comments
- More criticism

# Relationship Satisfaction: What Makes Them Feel Good

John and Julie Gottman

Longitudinal studies of married couples

Magic ratio for marriages: 5:1

5 positive interactions to one negative needed to maintain a healthy relationship

As ratio approaches 1:1, divorce is likely

5:1 does not mean no arguments...talk about difficult situations with positive interactions of warmth, affection, and humor



The Gottman Institute

# Relationship Satisfaction: What Makes Them Feel Good

## Communication: Capitalization

- Capitalization...an example of social support
  - *Helpful to the person sharing, the person listening, or both*
  - *Means revealing positive things about oneself or one's experiences*

# Relationship Satisfaction: What Makes Them Feel Good

## Communication: Capitalization

- Capitalization...an example of social support  
*Spouse smiling home from work and says “I was just offered a big promotion at work”*
  - *Passive-destructive* “did you get dinner?”
  - *Active-destructive* “I’ll see less of you”
  - *Passive-constructive* “Nice.”
  - *Active-constructive\*\** “That’s great. I’m proud of you. You will be great at it”

# Relationship Satisfaction: What Makes Them Feel Good

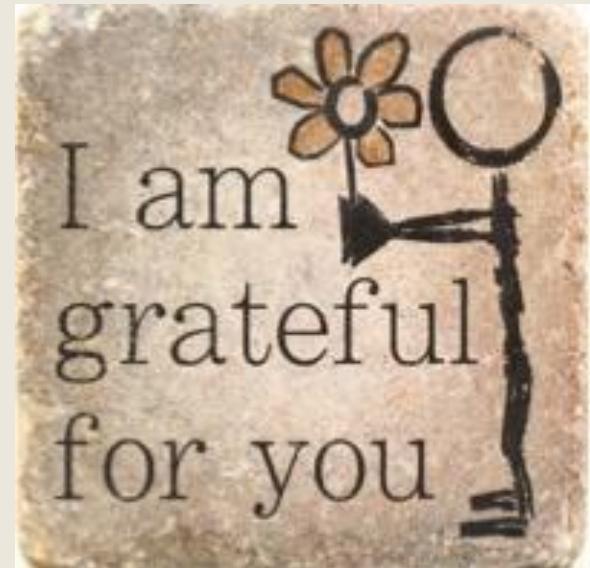
## Communication: Self-Disclosure

- Self-disclosure: Revealing to oneself and others exactly who, what, and where one is
  - *Transparency: live more zestfully because not wasting time/energy disguising true feelings or thoughts*
  - *Involves self-awareness*
  - *Value to intimate relationships, not the person you meet on the street*
  - *Caution: self-disclosure in the workplace*

# Relationship Satisfaction: What Makes Them Feel Good

## Communication: Gratitude, Empathy, and Curiosity

- Gratitude: Helps to maintain and enhance social relationships
  - *Frequent and small better than big and rare*



# Relationship Satisfaction: What Makes Them Feel Good

## Communication: Gratitude, Empathy, and Curiosity

- Empathy: Social glue to maintain the relationship
  - *Affective: emotional engagement with other's situation*
  - *Cognitive: intellectual awareness of other's situation*



# Relationship Stability: What Makes It Last?

- High satisfaction with a relationship does not necessarily translate into long-term stability
- All terminal marriages are not failures
  - *Low quality marriages affect spouse and children*

# Relationship Stability: What Makes It Last?

- Surveyed 300 married 15+yrs (ave length 1<sup>st</sup> marriage is 8yrs; median 11yrs)
- Qualities most important to successful marriage:
  - *My spouse is my best friend*
  - *I like my spouse as a person*
  - *I believe that marriage is a LT commitment*
  - *We agree on aims and goals*
  - *My spouse has grown more interesting over the years*
  - *I want the relationship to succeed*
  - *Marriage is a sacred institution*

# Relationship Stability: What Makes It Last?

## Research on Stability?

- Friendship is essential
  - *Specific ways couples interact...genuine interest, communication, affection*
  - *Culture of appreciation*
    - Gottman: take 5min/daily express sincere appreciation



- Traits of self-confidence and nurturance

# Minding Relationships

- Minding: “reciprocal knowing process involving the nonstop, interrelated thoughts, feelings, & behaviors of persons in a relationship”
- A way of paying close attention to relationships

# Minding Relationships

- Five components help enhance closeness, intimacy, caring, and commitment
  - *Knowing and being known*
  - *Attribution*
  - *Acceptance and respect*
  - *Reciprocity*
  - *Continuity*

# Minding Relationships

Knowing and Being Known aka “love maps”

- A desire to know and understand your partner (preferences, habits, memories of important events)
- Dispositional authenticity
  - *Ability to be open, honest with self and in congruence with deepest beliefs*
- Trait mindfulness
  - *Greater awareness of one’s partner*
  - *Helps increase emotional regulation*

# Minding Relationships

## Attributions

- Judgment of the causes of partner's behavior
- Fundamental attribution error
  - *Satisfied couples...dispositional and stable attributions for positive behavior, situational, temporary for negative behavior*
- Use of optimistic or pessimistic explanatory styles

# Minding Relationships

## Attributions: Positive Romantic Illusions: Is Love Really Blind?

- Positive romantic illusions are vital for relationship success
- The Michelangelo phenomenon
  - *Close relationship partners are often active participants in each other's personal development and goal pursuit...not going well, hinder personal development of the other*

# Minding Relationships

## Acceptance and Respect

- Realistic acknowledgment of one's partner with honesty
- Healthy relationships are balance between independence and dependence
- Gratitude
- Empathic accuracy and forgiveness
  - *Self-compassionate couples displayed more positive relationship behavior*

# Minding Relationships

## Acceptance and Respect

- Self-expansion model
  - *Motivation to expand concept of self by incorporating qualities of those one feels close to*

# Minding Relationships

## Reciprocity

- Fair balance of benefits from being together
- Two theories have dominated this aspect of marital satisfaction and stability:
  - *Balance theory*
  - *Social exchange theory*

# Minding Relationships

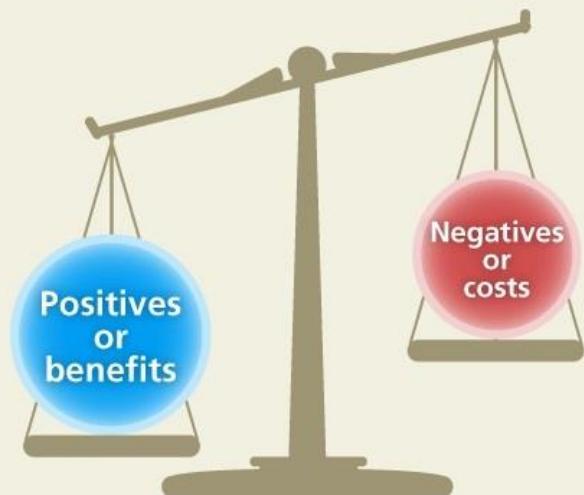
## Reciprocity: Balance Theory

- How negative emotions are *regulated* is important for stability (not absence of them)
- *Regulated couples*: balanced and predictable
  - *Validating couples*: stable and free from undue conflict
- *Non-regulated couples*
  - *More negative emotionality, more severe problems, less positive affect, lower satisfaction, greater likelihood of ending*

# Minding Relationships

## Reciprocity: Social exchange theory

- Relationships are an exchange of rewards and costs
  - *Cost-benefit analysis: ratio of positive to negative interactions*



# Minding Relationships

## Continuity

- Continuity requires adaptability, flexibility, and an ongoing desire to recommit to minding, despite external stresses or an overfamiliarity that can lead to boredom

# Minding Relationships

Continuity: Relationships as a Vehicle for Personal Growth

- All relationships eventually experience some difficulties
- Psychological challenges may lead to development of greater psychological maturity in themselves and in relationship

# Minding Relationships

## Continuity: Virtues and Marital Well-Being

- Relationships need a strong commitment to virtues
  - *Loyalty, courage, generosity, justice*
- Manage and overcome difficulties

# Minding Relationships

## Continuity: Cuddling, Sex, and Tenderness

- Greater relationship satisfaction for men and women with sexual satisfaction
  - *Sexual desire and activity remain well into 70s and 80s*
- Cuddling builds positivity in romantic partners and perceived as nurturant

# Positive Families

- Children have little impact on couple satisfaction
  - *Parenthood may increase life satisfaction when couple is married, over 30, middle class and college educated*
- Family life cycle
- Parenthood
- Psychological boost from child-rearing

# Positive Families

## What Makes a Flourishing Family?

- Adler believed every child strives for competency in the world and within family
- Psychologically healthy family exhibits four vital characteristics
  - *Warmth and respect among family*
  - *Democratic decision making (no authoritative)*
  - *Rules and practices that encourage emotional maturity and autonomy*
  - *Friendly and constructive relations within family and wider community*

# Positive Families

## What Makes a Flourishing Family?

- Baumrind: Authoritative parenting style
  - *Reasonable rules, high demands, high communication, high warmth and support.*
- Maintaining continuity in positive caregiving
- Maintaining high but reasonable emotional engagement with their children

# Positive Families

## The Family Life Cycle

- Marital satisfaction decreases after the arrival of children, satisfaction with parenting roles and other elements of family life rises
- Satisfaction is high during the initial years of marriage
- Empty nest syndrome is a myth
- Staying attuned to each other's lives despite the added stress
- Parenthood as a collaborative effort

# What Hurts Relationships?

## Conflict

- Primary cause of marital dissolution
- Communication problems are the chief reason given for getting divorced

# What Hurts Relationships?

## The Demand-Withdraw Pattern and Stonewalling

- Four-step pattern particularly destructive to relationships
- Stonewalling: A passive-aggressive attempt to punish the other person
- Demand-withdrawal pattern of marital communication

# Gottman's Multidimensional Therapy Approach

Relationship  
Undermining Behaviors

1. Criticism
2. Contempt
3. Defensiveness
4. Stonewalling

Replace With Relationship  
Enhancing Behaviors

1. Complaint
2. Appreciation
3. Responsibility
4. Self-soothing

# Gottman 4 Horsemen of Apocalypse

- Criticism
  - *Complaint vs. criticism*
  - *Complaining is normal and focuses on behavior*
  - *Criticism attacks the character of the person*
- Complaint: "You should have told me earlier that you're too tired to make love. I'm disappointed, and I feel embarrassed."
- Criticism: "Why are you so selfish? It was really nasty of you to lead me on. You should have told me earlier that you were too tired to make love."



# Gottman 4 Horsemen of Apocalypse

- Contempt
  - *Often follows criticism*
  - *Person uses "sarcasm, cynicism, name-calling, eye-rolling, sneering, mockery, and hostile humor"*
- Worst of the 4 because it communicates disgust to the person it is directed toward, which escalates conflict



# Gottman 4 Horsemen of Apocalypse

- Defensiveness
  - *When one partner uses contempt, the other typically becomes defensive*
- Stonewalling
  - *One partner tunes out the other*
  - *More common in men than women*

# THE FOUR HORSEMEN AND HOW TO STOP THEM WITH THEIR ANTIDOTES

## CRITICISM

Verbally attacking personality or character.



## CONTEMPT

Attacking sense of self with an intent to insult or abuse.



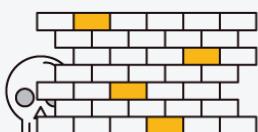
## DEFENSIVENESS

Victimizing yourself to ward off a perceived attack and reverse the blame.



## STONEWALLING

Withdrawing to avoid conflict and convey disapproval, distance, and separation.



## GENTLE START UP

Talk about your feelings using "I" statements and express a positive need.



## BUILD CULTURE OF APPRECIATION

Remind yourself of your partner's positive qualities and find gratitude for positive actions.



## TAKE RESPONSIBILITY

Accept your partner's perspective and offer an apology for any wrongdoing.



## PHYSIOLOGICAL SELF-SOOTHING

Take a break and spend that time doing something soothing and distracting.



# How to Nurture Positive Relationships That Last

- The Seven Principles for Making Marriage Work (Gottman & Silver)
  - *Enhance your love maps*
  - *Nurture your fondness and admiration*
  - *Turn toward each other instead of away*
  - *Let your partner influence you*
  - *Solve your solvable problems*
  - *Overcome gridlock and move toward dialogue*
  - *Create shared meaning*

# How to Nurture Positive Relationships That Last

- Magic 5 hr per week
  - *Work daily on building relationship*
- Focusing on the negatives almost never is productive...rather focus on what your partner is doing right

## Chapter 6

# Positive

**HEALTH**



# Positive Health

- Health--a state of complete physical, mental, and social well-being
- Theory: Imbalance of physical elements causes mental illness (e.g., Ancient Greeks and 4 humors; today neurotransmitters)
- Physical health defined as the absence of illness
- Healthy and vital physical body is important for mental health



# Positive Health

## Wellness

- Health is a state of physical, mental, and emotional health, not just absence of disease and infirmity (WHO, 1946)
- Encompasses the benefits of overall growth

# Positive Health

## Wellness (Dunn)

- Wellness is a state in which a person has:
  1. A zest for life,
  2. A way of living that maximizes potential,
  3. A sense of meaning and purpose,
  4. A sense of social responsibility
  5. Skills for adapting to the challenges of a changing environment.
- Wellness encompasses the benefits of exercise, nutrition, stress management, emotional self-regulation, social support, and personal growth.

# Positive Health

- Positive Health: Absence of disease and Excellence in three measures:
  - Biological markers/Physiological (e.g., cardiac, pulmonary health)
  - Subjective experiences
    - e.g., *optimism, energization, sense of vitality*
  - Functional measures: how well daily activities are accomplished and behavioral signs (e.g., adjustment to normal aging)

# Positive Health

- Goal of positive health is to describe adaptations to challenges and a better quality of life
- Thriving: enhanced psychological and physical functioning after successful adaptations... better adaptations, more potent coping skills



# Positive Health

## Vitality

- Positive feeling of aliveness and energy
- Enhanced by activities that satisfy self-determination needs for competence, autonomy, relatedness
- Factor in longevity through its association with autonomy



# Positive Health



## Exercise and Positive Health

- Regular exercise healthy for both physical and psychological well-being
  - *Personal accomplishment, self-efficacy, cognitive processes, fight off colds, self-acceptance, mindfulness; anxiety, depression, better sleep*

# Positive Health

## Exercise and Positive Health

- Vigorous physical activity better than moderate activity for lowering mortality rate
- Overtraining a negative impact on well-being
- Positive attitude toward exercise increases motivation to exercise

# Positive Health



## Health Psychology and PNI

- Health psychology examines all factors that affect a person's health
- Psychoneuroimmunology (PNI) examines the relationships between
  - *psychological processes (esp. emotion)*
  - *functioning of the nervous system*
  - *body's immune system*

# Positive Health

## Health Psychology and PNI

- Psychoneuroimmunology
  - Stress-common cold link with buffer of social network (lower social support 4x more likely to become ill)



# Psychological Factors Important to Health

- Focus of this section is on how psychological factors can improve health status



# Psychological Factors Important to Health

## Positive Emotionality

- Positive people live longer than less happy people
- Happier people have healthier functioning immune systems
- Positive emotions promote positive health



# Psychological Factors Important to Health

## Positive Emotionality (remember Broaden and Build Theory)

- Those with more frequent positive emotionality...
  - *Perceived self as healthier (and objective measures confirmed it)*
  - *Showed more energy*
  - *Were more involved in enjoyable activities*
  - *Engaged in healthier behaviors*
  - *Had better coping skills*
  - *Had healthier immune systems*

# Psychological Factors Important to Health

## Social Support

- Cross et al (2018) “connections between social relationships and health are some of the strongest and most consistent psychological correlates of health in the medical literature” (p.6)
- Includes:
  - *Emotional support*
  - *Willingness of others to offer their time or other forms of tangible assistance*

# Psychological Factors Important to Health

Social Support helps increase:

- *compliance with medical treatments*
- *reduce levels of medication*
- *adoption of health-promoting behaviors*
- *positive emotions*

# Psychological Factors Important to Health

## Social Support

- *perceived closeness to one's ethnic or racial group as well as a positive racial identity can serve to reduce health risks*

# Psychological Factors Important to Health

## Social Support: Friendship and Confidant Relationships

- Aristotle: Three types of friendship
  - *Utility*
  - *Pleasure*
  - *Virtue (emotional concern and compassionate care)*



# Psychological Factors Important to Health

## Social Support: Friendship and Confidant Relationships

- Adler: Presence of friends is important for child's emotional well-being
- Having a trusted friend lowers virtually all forms of risky and self-destructive behavior
- People who have a confidant have better overall health
- Show greater psychological resiliency and less vulnerability to depression

# Psychological Factors Important to Health

## Social Support: Internet Use and Positive Relationships

- Excessive time on Internet slightly decreases well-being
- The impact of the Internet on well-being dependent on
  - *Type of use*
  - *Time spent online*
  - *When people are online*

# Psychological Factors Important to Health

## Social Support: Internet Use and Positive Relationships

- Human need for a trusting bond strengthened by shared feelings seems timeless

# Psychological Factors Important to Health

## Social Support: Social Support and the Immune System

- Social support brings measurable changes in the immune system
- Loneliness can have negative effects on immune functioning
- Loneliness can also have negative effects on psychological well-being

# Psychological Factors Important to Health

## Social Support: Social Support From Pets?

- Pets enhances people's health
- Levels of oxytocin increase when people petted their dogs
- People can gain health benefits by caring for a variety of pets



# Psychological Factors Important to Health

## Social Support: Restorative Nature Experiences

- Nature affiliation evokes both pleasure and a deeper sense of meaning
- Forest bathing allows mind to become clearer and sharper
- Nature is not only restorative for people emotionally, but cognitively beneficial too



# Psychological Factors Important to Health

## Love and Positive Health

- Married men benefit physiologically from marriage
- Women need a good marriage to show increased health benefits

# Psychological Factors Important to Health

## Love and Positive Health: Touch

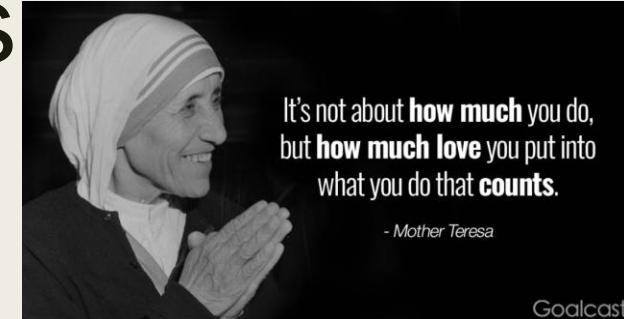
- Associated with positive health
- A caring touch releases oxytocin
- Increases feelings of caring and empathy
- Helps reduce pain and in treatment of psychological disorders
- Reduces fatigue of leukemia patients
- Helps people make better decisions

# Psychological Factors Important to Health

## Love and Positive Health: Touch



# Psychological Factors Important to Health



## Love, Positive Health: Compassion and Health

- People who are kind and sympathetic to others influence changes in our immune system responses.
  - *Shown film about the life of Mother Teresa as she worked among the sick and dying in India. Immediately after seeing the film on Mother Teresa, all participants showed increased immune system functioning.*

# Psychological Factors Important to Health

## Love and Positive Health: Altruism

- Higher volunteering associated with increased longevity
- Helping others related to well-being
- Altruism seems to take a person away from their own concerns
- Altruism increases social bonds and promotes positive emotions



# Psychological Factors Important to Health

## Humor and Positive Health



- Defense mechanism of humor related to greater personal adjustment and well-being
- Good sense of humor helps people recover more quickly from illness
- Enhance immune system functioning
- Reduce the psychological experience of pain

# Psychological Factors Important to Health

## Humor and Positive Health: Laugh Clubs!

- Laugh clubs: People laugh as hard as they can for 15–20 min in groups
- Physical act of laughing is healing in itself

# Psychological Factors Important to Health

## Music and Health

- Music can help the healing process
- Relaxing sounds lower stress hormones and BP, raise endorphin levels, increase positive moods



# Psychological Factors Important to Health

## Music and Health

- Music improves health and well-being through the engagement of neurochemical systems involving these four aspects: reward, motivation, and pleasure; stress and arousal; immunity; and social affiliation



# Psychological Factors Important to Health

## Emotional Expression and Health: Writing About Our Lives

- Act of writing down one's thoughts about a traumatic event is beneficial
  - *Lower BP, less distress*
  - *Greatest improvement in those who had not shared their traumatic event before*
- Sharing negative emotions is more helpful than focusing only on positive emotions
- Those low in expressiveness may have increased anxiety when asked to engage in expressive writing

# Psychological Factors Important to Health

## Emotional Expression and Health: Writing About Our Lives

- Suggestions for using writing to deal with stress and painful memories
  - *Write about an issue current to you*
  - *Choose location special and unique, quiet*
  - *Ignore spelling, grammar, prose*
  - *Write about what happened and feelings about what happened*
  - *Plan to keep it private, destroy if you want*
  - *Realistic to feel sad after writing, but sadness usually fades; if persists, seek professional counseling*

# Psychological Factors Important to Health

## Emotional Expression and Health: Regrets

- Biggest regrets: education, career, romance
- Regret *actions* or *inactions*
  - *Regrets over actions tend to elicit primarily “hot” emotions (e.g., anger)*
    - Immediately clear
  - *Regrets over inaction generate elicit feelings of wistfulness or despair*
    - Becomes clear over time

# Psychological Factors Important to Health

## Emotional Expression and Health: Regrets

- Severe regret leads to low subjective well-being
- Life longings highly related to studies of regret
  - *A strong feeling that life is incomplete or imperfect, coupled with a desire for ideal, alternative states and experiences of life. The emotions associated with life longings are often ambivalent, bittersweet, and alert us to both gains and losses in life*

# Psychological Factors Important to Health

## Emotional Expression and Health: Crying: Tears of Hurt

- Crying does not benefit everyone
  - *Social and emotionally stable people find relief and feel better after crying*
- Good cry is not universally helpful

# Psychological Factors Important to Health

## Emotional Expression and Health: Crying: Tears of Joy

- Crying in response to positive events is associated with empathy, compassion, gratitude
- More research needed



# Psychological Factors Important to Health

## Cognition and Thinking: Optimism, Hope, and Control

- Cognitive mediation approach is the meaning we bring to a situation
  - *How we think about the event, and the outcomes of events*
- Cognitive styles are very important for positive coping

# Psychological Factors Important to Health

Cognition and Thinking: Optimism, Hope, and Control: Optimism

- Generalized expectancy that good things will happen in the future is related to better health outcomes
  - e.g., *recover faster from surgery*
- Optimists tend to use problem-focused coping and seek social support
- A significant factor in better health status
- Deal with challenges and stress
- Seligman and learned optimism

# Psychological Factors Important to Health

Cognition and Thinking: Optimism, Hope, and Control: Perceived Control

- Internal LOC related to better outcomes for those with asthma, chronic back pain, and cardiovascular disease
- Longitudinal study in UK
  - Measured LOC at age 10
  - At age 30, *internal LOC in childhood...reduced risk for obesity, fair or poor self-rated health, and psy'l distress*

# Psychological Factors Important to Health

Cognition and Thinking: Optimism, Hope, and Control: Perceived Control

- Internals...more adaptive coping styles and positive health-related behaviors, where control is actually possible
- *Psychological flexibility*: an ability to adapt to changing circumstances

# Psychological Factors Important to Health



Cognition and Thinking: Optimism, Hope, and Control: Self-Efficacy

- Self-efficacy: belief one has in his/her capability to perform a specific behavior
- High in self-efficacy brings more control over health
- *Problem-solving appraisals*: beliefs about one's problem solving abilities
  - Associated with psy'l adjustment, better health status, and use of more effective coping skills

# Hardiness and Mindfulness Meditation

This section focuses on the individual personality factors that relate to health

# Hardiness and Mindfulness Meditation

## Hardiness

- Combination of three cognitive factors involved with how people interpret life events

## Hardiness



The tree survives not because it stands up rigidly to the weather, but because it bends with the wind

Control – Hardy people see themselves as being in charge of their life, not controlled by outside factors which they cannot control.

Commitment- Hardy people are involved in the world around them and have a sense of purpose.

Challenge- Hardy people see challenges as problems to be overcome rather than as stressors.

# Hardiness and Mindfulness

## Hardiness

- Combination of three cognitive factors involved with how people interpret life events
  - *Control: decisional and cognitive control, and greater variety of coping methods*
    - Transformational coping: actively determine the direction change will take
  - *Challenge: challenge rather than crisis*
  - *Commitment: meaningfulness, sense of purpose, involvement with others*

# Hardiness and Mindfulness Meditation

## Mindfulness Meditation

- Helps reduce anxiety, stress, worry by promoting cognitive, emotional, and physiological regulatory mechanisms
- Help increase immune system functioning
- MBSR
- Effective adjunctive therapy
- Preventative method for ensuring emotional well-being and stability

# Positive Aging

## Zestful Old Age

- Surviving into late adulthood with considerable physical and mental well-being
- Peak aging (Erik Erikson) encompasses three broad dimensions
  - *Insight*
  - *Wisdom*
  - *Playfulness*



# Positive Aging

## Zestful Old Age

- Peak aging encompasses three broad dimensions
- Insight: "Discernment" and the perception of "heightened reality," a quality often linked to intuition and nurtured through sensory experience and empathy.
- Wisdom: A blend of emotional maturity, sound judgment, and able reasoning.
- Playfulness: A vital quality of elder living, and tersely stated that, "The opposite of play is death."

# Positive Aging

## Longevity

- Positive health is associated with longevity

## Longevity: Positive emotions

- More positive and less negative emotions lead to longer life
- Boost immunity and longevity in healthy people

# School Sisters of Notre Dame 1932



- Sketches were rated in the amount of positive feeling
  - Most cheerful quarter: 90% alive at age 85, 54% at age 94
  - Least cheerful quarter: 34% alive at age 85, 11% at age 94

# Positive Aging

## Longevity: Positive Relationships

- Greatest psychological influence on longevity
- Positive social ties are a major factor in longevity
- Positive relationships are extremely important to female well-being, positive health, and longevity

# Positive Aging

## Longevity: Competence, Optimism, and Other Positive Beliefs

- Optimistic people live longer
- People with more positive beliefs about aging bounce back from illness better

# Positive Aging

## Longevity: The Blue Zones

- Areas where people live the longest
- People in the blue zones shared nine characteristics summed into:
  - *Move naturally*
  - *Keep the right outlook and attitude*
  - *Eat wisely*
  - *Connect with others*

# Positive Coping

## A Definition of Positive Coping

- Response aimed at diminishing the physical, emotional, and psychological burden
- Effective coping should reduce the burden of challenges from stress
- Contributes to the relief of longer-term stress
- Relief by building resources that inhibit or buffer future challenges

# Positive Coping

## The Importance of Daily Hassles

- Smaller, daily hassles more detrimental to well-being than significant life events
- Daily hassles more likely to impact a person's current mood and persistent negative mood is likely to affect well-being

# Positive Coping

## Dimensions of Positive Coping

- Positive coping strategies follow two approaches:
  - *Focus on the external environment, physical health, and health behavior*
  - *Focus on psychological factors*
    - Attitudes, beliefs, expectations by which we interpret and give meaning to life events
- Good stress mgt programs have both of above

# Positive Coping

## Coping Styles

- Coping styles can be grouped into three subtypes
  - 1. *Emotion focused* (*attempt to change emotions*)
    - Emotional processing
      - *understand reaction to stressor*
    - Emotional expression
      - *express emotions related to stress*

# Positive Coping

## Coping Styles

- Coping styles can be grouped into three subtypes
  - 2. *Problem focused (attempt to change situation that caused the stress)*
    - *Behavioral: take action to fix*
    - *Cognitive: change thinking to fix*
  - 3. *Emotional avoidance (avoidance of the challenge presented by a stressor)*

# Summary

- Total well-being
- Psychological factors influence certain physical processes
- Psychological factors impact health, positive emotionality, social support, optimism
- Confidence in one's ability to bounce back from difficulty
- Positive coping strategies involve interpretation of our life events

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# **Chapter 7**

## **Excellence, Aesthetics, Creativity, and Genius**

A close-up photograph of a compass rose. The needle is pointing upwards and to the right, towards the word "EXCELLENCE" which is written in a large, serif, light-colored font across the top of the image. The background is a warm, slightly blurred beige.

EXCELLENCE

Excellence: the acquisition  
of extraordinary skill in a  
specific area of expertise

# The Pursuit of Excellence

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## The Foundations of Excellence

### Innate genius theory

- Excellence is genetically determined and, therefore, experts basically are born but not made
  - Think Mozart

### Learning excellence

- Learning more important than biology for the acquisition of extraordinary skills
- Child prodigies learn same way, but start their craft earlier and work harder at perfecting their skills

# The Pursuit of Excellence

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## The Development of Excellence

Superior memory abilities?  
e.g., for chess players?...really  
it's meaningfulness that  
counts

- Grandmaster chess player



# The Pursuit of Excellence

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## The Development of Excellence

### Cognitive skills

- Large knowledge base of chosen domain with well-organized cognitive schema

### Commitment to domain

### Extensive and consistent practice\*\*

- Often begin to practice early in life
- Practice more hours (each day/week)
- Consistent practice
- Deliberate practice: focused, planned, concentrated, effortful

# The Pursuit of Excellence

---

## The Development of Excellence

### 10,000 Hours Claim

- Ericson has said this is untrue and an inaccurate representation of his research
- Excellence in some skills may take more than 10,000 hours, other less than 10,000

# The Pursuit of Excellence

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## The Development of Excellence

Over-practice is harmful

- Recognized danger to what is known as overtraining
- Excellence requires a sensible balance of hard work and rest (practice about 4 hr/day by those who achieve high level of excellence)



# The Pursuit of Excellence

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## Resonance

Cyclical process that guides development of excellence in many areas of expertise

Performance excellence byproduct of living life:

Living life in a way that people are fully engaged in what they do

# The Pursuit of Excellence

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Resonance

Four stages of Resonance Performance Model

- Dream: the feelings a person experiences when engaged in an activity
- Preparation along with consistent engaged practice
- Obstacles that people encounter inevitably
- Revisit dream or reconnect with feelings that sparked dream. This reconnection with original feelings allows a person to embrace the obstacles, avoid the trap of trying harder and enjoying it less, and thereby move forward

# The Pursuit of Excellence

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## Passion

Intense interest and personal commitment to an activity regarded as central to one's self

### Dualistic model

- Harmonious passion
  - Result of autonomous motivation
  - Freely chosen
  - “Fits” identity
  - is engaged in joyously and effortlessly
  - Flow is often experienced
- Obsessive passion

# The Pursuit of Excellence

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## Passion

### Dualistic model

- Harmonious passion
- Obsessive passion
  - Results from feelings of being controlled
  - Often involves rigid persistence
  - May create conflicts within one's identity and life, as well as feelings of anxiety and even shame.
  - Examples: Gambling, Internet preoccupations

# The Pursuit of Excellence

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## Passion

### Dualistic model

- Harmonious passion, Obsessive passion
  - Harmonious passion has positive effects on health and well-being
  - Harmonious passion in sports: greatest effects if it helps meet one's needs for autonomy, competence, relatedness, and achievement

# The Pursuit of Excellence

## Grit

Duckworth's definition

- Combination of passion and persistence

Key element responsible for higher achievement and success

Better predictor of academic performance than both IQ and SAT scores

Increases with age

Effortful persistence

- A meta-analysis by Credé, Tynan and Harms (2017) concluded that “the primary utility of the grit construct may lie in the perseverance facet.”



# Aesthetics and the Good Life

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Aesthetics is an appreciation of the beautiful and the sublime

- Why is this a section in this chapter?
- Relationship between beauty and creativity
- A way to conceptualize aesthetics is in terms of an appreciation of excellence
- One of 24 virtues listed in VIA
  - Appreciation of beauty and excellence

Appreciation of Beauty and Excellence Scale (ABE)

# Aesthetics and the Good Life

## Why Is the Aesthetic Sense Important?

Desire to stimulate the aesthetic sense since beginnings of humanity

Art and creativity increase sense of well-being, life satisfaction, and happiness



## Art as a tool for social change

- One of the first changes that dictators often initiate is to suppress forms of art unacceptable to their political ideology

# Aesthetics and the Good Life

---

## Four Attributes of the Aesthetic Experience

### Pleasure

- Gazing at attractive object increases sense of well-being
- Artwork serves as reminders of places visited, or things and people loved
- Also serves as a stimulus for positive emotions
  - Putting pictures of family, pets on our desk

# Aesthetics and the Good Life

---

## Four Attributes of the Aesthetic Experience

### Absorption

- Appreciation of art builds on experience which intensifies the sense of immediate living
- Aesthetic sense necessary for well-being because it creates a heightened vitality that is restorative

# Aesthetics and the Good Life

---

## Four Attributes of the Aesthetic Experience

### Intrinsic interest

- Aesthetics helps us learn about the world around us
- Stimulates sense of curiosity
  - Fosters intellectual development
  - Mozart effect
    - May be that those who are more educated are the ones who are most likely to play Mozart for kids

# Aesthetics and the Good Life

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## Four Attributes of the Aesthetic Experience

### Challenge

- Aesthetics a pathway to greater personal growth
  - Art can be used to express emotions, intuitions, meanings
- Helps us look deeper within ourselves:
  - To search for new ways to express emotions, and to help us step outside our personal comfort zones to experience life in fresh ways
- Stimulates people to think and feel differently
- Profound impact on sense of identity and emotional security

# Aesthetics and the Good Life

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## Music and Well-Being

Effective way to induce certain moods

- Positive or negative/sad
- Ability to recognize distinct emotions in music relates to EQ



# Aesthetics and the Good Life

---

## Music and Well-Being

Effects of listening to classical music or meditation/relaxing music (mood, mental clarity, tension, cardiovascular health improvements) versus heavy metal, grunge rock, and techno music (physiologically harmful)

- Fans of music with death themes/torture/warfare may think it gives them freedom to express feelings in safe environment, but this type of music tends to reinforce one's violence and despair

# Aesthetics and the Good Life

---

## Music and Well-Being

- Seligman and PERMA
  - Positive emotion (prior slide)
  - Engagement with music
    - Can engage in flow, savoring when listening to music
  - Social relationships
    - Can enhance relationships (romantic song, similar musical tastes, music festivals...emotional contagion)
  - Meaning (e.g., “Deadheads”)
  - Accomplishment

# Aesthetics and the Good Life

---

## Music and Well-Being

### Music and health

- Helps patients heal faster after surgery
- Helps cancer patients with healing process
- Boosts immune system
- Helps children raise scholastic scores
- Improves well-being of hospitalized children
- Use of music therapy as part of healing process
- Singing increases oxytocin levels
- Music-making increases well-being and neuroplasticity in older persons

# Aesthetics and the Good Life

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## Music and Well-Being

### Music and the brain

- Music leads to increased brain size (but, scope of research is limited...compared musicians to non-musicians...rather than a longitudinal study)
- Stimulates dopamine release
- Benefits of playing music
- Activates regions of the brain involved in experience of pleasure, euphoria, and craving

# Aesthetics and the Good Life

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## Art, Dance, Crafts, and Well-Being

Artistic expression increases feelings of well-being

Helps to deal with emotions associated with cancer

Helps adjustment to dementia, chronic disability,  
enhances stress reduction

Tool for older persons to adjust to aging and increase life satisfaction and sense of meaning

College students and “beauty log” (beautiful events in nature, or objects made, or events morally beautiful/inspirational) related to increased hope and WB

# Aesthetics and the Good Life

---

Finding Beauty Outside the Arts

Beauty in many guises

Suggestions that scientific theory be judged partially on its elegance or aesthetic appeal

# Aesthetics and the Good Life

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## Origins of the Aesthetic Sense

Kaplan's savannah hypothesis...evolutionary significance in interest and curiosity surrounding landscapes

Emotional responses to certain forms and images a result of innate responses from deep collective unconscious

Aesthetic sense evolved from early attachment between mothers and infants

Judgment of what is beautiful learned from culture and historical period

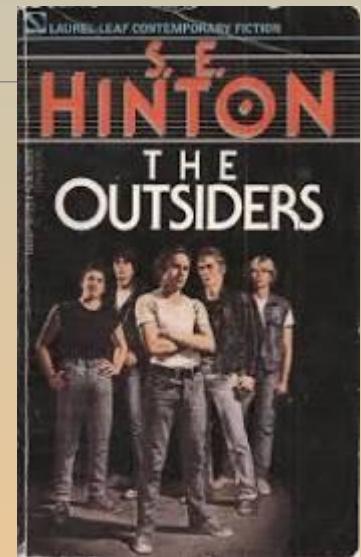
# Aesthetics and the Good Life

Can Tragedy and Sadness Be Beautiful?

Tragic events are part of life

Power of artistic tragedy is paradoxical

- Experience tragedy but gain benefits
  - Leads to experiences of emotions of compassion, hope, relief, empathy, and courageous resolve
  - Compassion makes us want to prevent future tragedies
  - Helps us experience tragic moments and feel emotions through a substitute



# Creativity

## What Is Creativity?



Development of creativity shares most characteristics of excellence but adds certain cognitive styles

Difficult quality to pin down

Defined as “adaptive originality”

Should make a meaningful contribution to culture

- What’s considered meaningful? Think Van Gogh who only sold one painting in his lifetime

Assessment of creativity applies to wide range of behaviors

# Creativity

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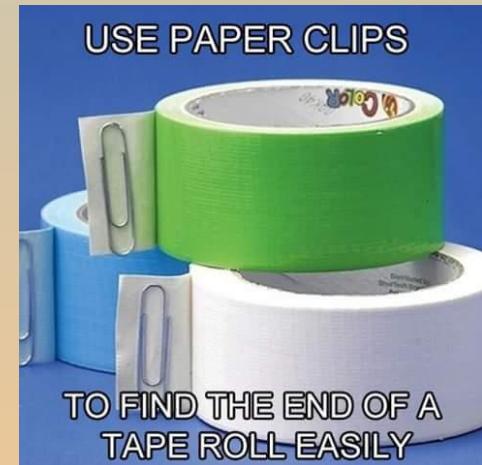
## Little-c and Big-C Creativity

Little-c creativity enhances life by finding unique solutions

- Referred to as everyday creativity for routine or common problems

Big-C creativity: Transforms culture and history

- Associate with genius



# Creativity

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## Research Perspectives on Creativity

Difficulty of measuring creativity quantifiably

Creativity can be recognized...in general we recognize things as creative

Creativity in one domain only moderately associated with creativity in a different domain

- Artistic excellence in one area does not translate into excellence in another

# Creativity

---

## Research Perspectives on Creativity

Four research traditions dominate studies of creativity

- Person: Investigate personality traits or other attributes associated with individuals
- Process studies look at how creativity happens
- Press the environmental influences that may help or hinder creativity
- Product approach focuses on actual outcomes of creativity

# Creativity

---

## Research Perspectives on Creativity

### The Creative Person

- Personality traits overlap with those who achieve excellence
- Consistent traits of creative people
  - Openness to experience...highly flexible in thinking, tolerant of ambiguity
  - Independent (resist conventions, work alone)
  - Intrinsic motivation

# Creativity

---

## Research Perspectives on Creativity

The Creative Person: 3 Broad Characteristics:

- Is an expert in his or her chosen field or artistic medium
- Possesses and utilizes cognitive skills and personality characteristics (mentioned above)
- Is intrinsically motivated

# Excellence vs Creativity

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## EXCELLENCE

Large knowledge base

Commitment

Practice

- Consistent
- Deliberate
- 10-year-rule

## CREATIVITY

Large knowledge base

Commitment

Practice

- Consistent
- Deliberate
- 10-year-rule
- Openness to experience
- Flexible thinking
- Tolerance for ambiguity and frustration
- Independent
- Intrinsically motivated
- Willingness to restructure problems

# Creativity

---

## Research Perspectives on Creativity: *Process*

- Convergent thinking
  - One correct answer
- Divergent thinking
  - Ability to produce many different solutions to same problem
- Neither convergent nor divergent styles highly correlated with creativity

# Creativity

---

## Research Perspectives on Creativity

### The Creative Process: 4 Stages

- Preparation
  - Info is gathered, initial attempts to solve a problem are attempted, a variety of ideas are tossed around, and in general the stage is set for a creative solution
- Incubation
  - Attempts to find a creative solution are handled at an “unconscious” level of processing
- Illumination
- Insight

# Creativity

---

## Research Perspectives on Creativity

### The Creative Process: 4 Stages

- Preparation
- Incubation
- Illumination: When a creative solution often emerges rapidly and unexpectedly as an insight
- Insight: It is not a special unconscious process but rather involves the use of ordinary cognitive skills at a preconscious level
- Verification: creative breakthrough worked with to give it final form...turn an insight into practical application

# Creativity

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Left Brain/Right Brain and Creativity

Left brain: Logical and rational thinking

Right brain: Creative, holistic, and artistic processes

Both hemispheres involved in both styles of thinking, difference between the two is a matter of emphasis

# Creativity

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## Creative Environments or *Press*

- Creativity correlates with supportive environments
- Families of creative people share characteristics
- Little or no genetic influences on creativity
- Work environments that encourage exploration and diversity of thinking foster creativity
- Certain places foster more creativity than others
- Certain settings more conducive to creativity than others
- Certain historical periods nourished creativity
  - E.g., Italian Renaissance

# Creativity

---

## Creativity

### The Product Approach to Creativity

- Focuses on the outcomes of creativity
- Objective if products are quantifiable

# Genius

---

Denotes person of extraordinary creativity and inventiveness

## Howard Gardner's 1993 study

- Geniuses intensely dedicated and committed, extremely motivated, willing to work long and hard in search for deeper knowledge
- Showed geniuses as loners, arrogant, and ruthless
- Many creative geniuses make Faustian bargain (sacrifice some important to become creative and famous)
- Genius has both costs and rewards

# Genius

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## Genius and Madness

Cost for some highly creative people is mental illness

Relationship between creativity and madness...a MYTH

# Chapter 8

Well-Being Across the Life Span



# Well-Being Over the Life Span

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Adult Development: a continuous process of anticipating the future, appraising and reappraising goals, adjusting to current realities, and regulating expectations to maintain a sense of well-being as circumstances change



Normative change (e.g. start career, get married, become grandparent)  
Non-normative change (e.g., lose job)

Assimilation: keep striving for goals without major changes  
Accommodation: change goals, assumptions, identity

# Well-Being Over the Life Span

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## Stage Models and Well-Being

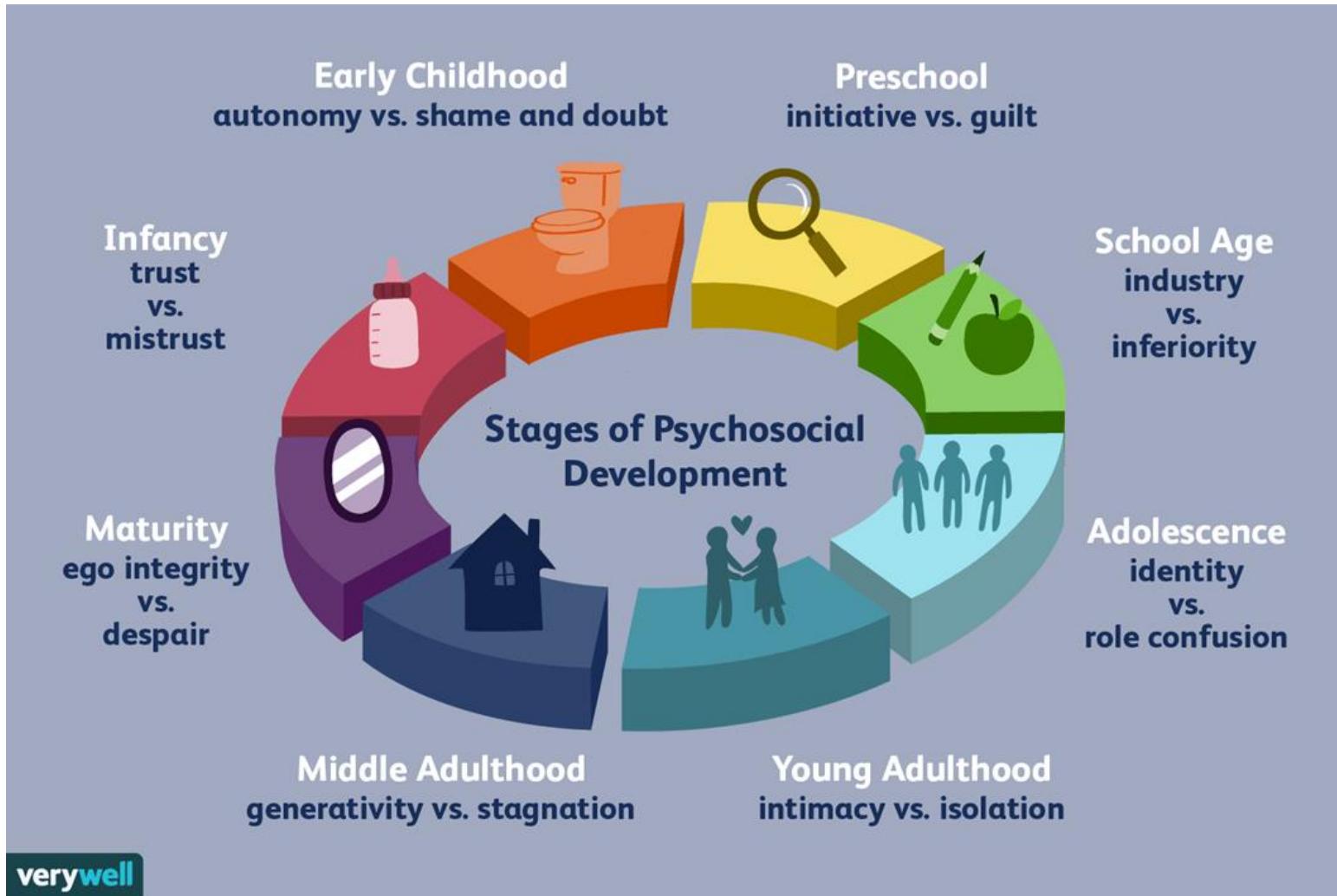
Each life stage has specific crisis

Purpose of each crisis helps to build a specific virtue

Dynamic balance of opposites—Ericson assumed successful resolution when healthy balance was achieved between the 2 poles

Unhealthy consequences if each pole taken to extreme

## Healthy personality development



## Eric Ericson's Psychosocial Development Theory

## Erikson's Stages of Psychosocial Development

Approximate Age	Psychosocial Crisis/Task	Virtue Developed
Infant - 18 months	Trust vs Mistrust	Hope
18 months - 3 years	Autonomy vs Shame/Doubt	Will
3 - 5 years	Initiative vs Guilt	Purpose
5 -13 years	Industry vs Inferiority	Competency
13 -21 years	Identity vs Confusion	Fidelity
21- 39 years	Intimacy vs Isolation	Love
40 - 65 years	Generativity vs Stagnation	Care
65 and older	Integrity vs Despair	Wisdom

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# Well-Being Over the Life Span

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## Stage Models and Well-Being: Generativity: Nurturing and Guiding Others

Higher level of generativity is related to

- greater well-being
- greater maturity and personal growth
  - Use more principled moral reasoning
  - Balanced individualistic and communal concerns

# Well-Being Over the Life Span

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## Stage Models and Well-Being: Generativity: Nurturing and Guiding Others

- Generativity associated with more education and middle age (need learning, experience)



# Well-Being Over the Life Span

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## Stage Models and Well-Being: Generativity: Nurturing and Guiding Others

- Identities of highly generative people are known from their life stories
- Have a *commitment script*: facing initial challenges in life may lead to greater sensitivity to others' suffering which may lead to positive outcome benefiting others/society

# Well-Being Over the Life Span

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## Stage Models and Well-Being: Generativity: Nurturing and Guiding Others

- Highly generative people do not experience more positive events or fewer stressors, rather it was *how they interpreted those events* \*\*\*
- Life events perceived as events fostering empathy, compassion, and deeper understanding of others

# Well-Being Over the Life Span

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Life Span and Life Course Models and Well-Being:  
Positive Youth Development

PYD posits youth possess resources that can be developed, nurtured, and cultivated

Strengths that help adolescents progress into adulthood:

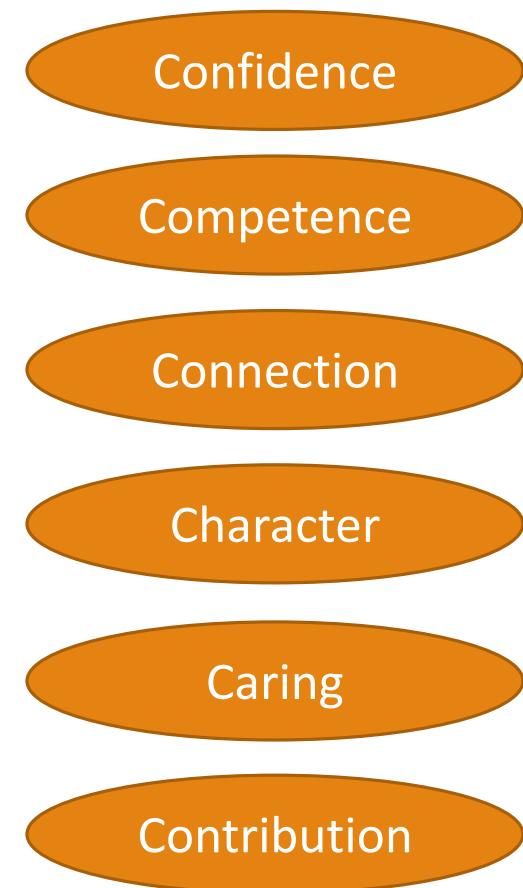


# Well-Being Over the Life Span

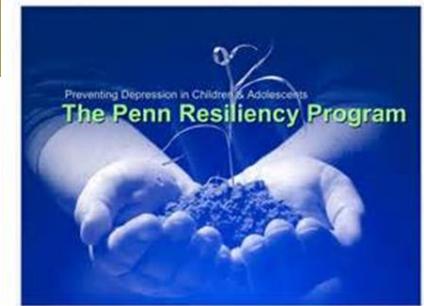
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Life Span and Life Course  
Models and Well-Being:  
Positive Youth Development

Lerner: PYD is a process that  
fosters the five Cs (plus a  
6<sup>th</sup>):



# Well-Being Over the Life Span



## Life Span and Life Course Models and Well-Being: Positive Youth Development

### Penn Resiliency Program

- ▶ Highly structured life-skills development program
- ▶ Offered for a fee, or part of research
- ▶ 12 sessions in a classroom
- ▶ Focus on thought patterns and attributions
- ▶ Effective in reducing onset and severity of depression, promotes optimism and better health.

# Well-Being Over the Life Span

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## Life Span and Life Course Models and Well-Being: Early and Middle Adulthood

Brandstadter posited dual process model of adaptation and adjustment

- Pursuing goals, hit obstacles, then intensify efforts or later paths towards goals (assimilative...keep goal intact)
- Goals that are impossible or blocked, then accommodative processes to adjust by downgrading importance of goal, switch to new goal, or use other strategies to adapt to loss of an important goal

# Well-Being Over the Life Span

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Life Span and Life Course Models and Well-Being:  
Early and Middle Adulthood

Younger groups show:

- more strengths concerned with exploring their worlds
- strength of hope was a predictor of life satisfaction

# Well-Being Over the Life Span

Life Span and Life Course Models and Well-Being: Early and Middle Adulthood: Is There a Mid-Life Crisis?

Well-being relatively high at younger ages

Well-being decreases in midlife and rises again after 60...U-shaped curve found in

Major factors influencing the dip at midlife

- Gender-specific
- Midcareer evaluations (Midlife creates many “frustrated achievers” ...reevaluate where they are in life, what they have/have not accomplished, and inevitability of aging)



# Well-Being Over the Life Span

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Life Span and Life Course Models and Well-Being: Early and Middle Adulthood: The Middle-Aged Brain

Some mental functions show a decline

- Reaction times, ability to multitask, remember names

Some functions show improvement with age

- Complex reasoning skills, empathy, inductive reasoning, verbal memory, making financial decisions, ability to see connections/grasp big picture

Middle-aged brain may be less quick, but more shrewd

# Well-Being Over the Life Span

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Life Span and Life Course Models and Well-Being: Successful Aging and Aging Well

Older persons are more satisfied with life

High subjective well-being among older persons (may include optimism and self-efficacy, higher sense of autonomy, more realistic view of future)

Happiness declines in old age...may remain happy if retain good health

Cultural factors influence well-being and older persons...higher life satisfaction for those from Western industrialized countries; Soviet Union, Eastern Europe, or Latin America large progressive decline; sub-Saharan Africa little change in well-being with advancing age

# Different Paths to Maturity: Individual Differences in Life Span Development

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## Mills Study

- Followed women graduates of Mills College 1958 and 1960
- Examined 4 criteria of maturity
  - Competence, wisdom, ego development, generativity
- Women's three distinct paths to positive adult development
  - Achievers
  - Conservers
  - Seekers
- Depleted (pattern of unresolved emotional difficulties)

<https://millslab.berkeley.edu/research.htm>

# Different Paths to Maturity: Individual Differences in Life Span Development

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## Mills Study

- Achievers
  - Highly achievement motivated
  - Competent
  - Career oriented
  - Ambitious
  - Scored highest on the measure of generativity
  - Had the most integrated sense of self-identity
  - Tied to max pos emotions, min neg feelings

# Different Paths to Maturity: Individual Differences in Life Span Development

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## Mills Study

- Conservers
  - Competent but somewhat conventional
  - Emotionally reserved
  - Less open to change
  - Comfortable with identity but accepted identity others and society had expected of them
  - Adopted strategy of dampening emotions so both pos and neg kept in check

# Different Paths to Maturity: Individual Differences in Life Span Development

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## Mills Study

- Seekers
  - Open to new experiences
  - Continued to question and challenge self
  - Valued personal growth over career success
  - Scored highest on wisdom and ego development
  - Had not accepted conventional definitions of who they should be, some were still searching for a stable self-identity in their early 40s
  - Amplified their emotions so both pos and neg feelings experienced more deeply
- Depleted

# Different Paths to Maturity: Individual Differences in Life Span Development

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## Narrative Approaches to the Life Span: Telling Stories to Make Sense of Our Lives

Creative constructions from the actual events

- Creative: we write our autobiographies and stories help to define our life for us
- Life stories are important to our sense of well-being

Major functions for our personal stories

- Aid in creation of sense of self
- Help create a sense of meaning

Reminiscing: reviewing life narratives can lead to improved well-being

# Different Paths to Maturity: Individual Differences in Life Span Development

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## Narrative Approaches to the Life Span: Telling Stories to Make Sense of Our Lives: Themes in Life Stories

### Two types of narrative processing

- Coherent positive resolution
  - narrative about a difficult event that has a positive ending and conveys a sense of emotional resolution and closure
  - These stories support and nurture interpersonal relationships
- Exploratory narrative processing
  - involves a willingness to fully understand a difficult situation and to analyze it with openness and a full recognition of the negative emotional impact the event had on one's life; leads to greater depth and more complexity to understanding life events
  - Tell these stories to help understand life in a more complex, compelling way

# Different Paths to Maturity: Individual Differences in Life Span Development

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## Narrative Approaches to the Life Span: Telling Stories to Make Sense of Our Lives: Themes in Life Stories

### Transformation processing

- Contain high coherent positive and high exploratory processing: contain both highly positive resolution and high processing of negative emotions
- More consistently associated with greater well-being

# Different Paths to Maturity: Individual Differences in Life Span Development

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## Narrative Approaches to the Life Span: Telling Stories to Make Sense of Our Lives: Themes in Life Stories

### Positive adaptation to difficult life events

- 1. explore the meaning and emotional impact of the event
- 2. construct a coherent and positive resolution

### Cultural aspect of life stories

- Stories reflect values and perspectives of our culture

# Adjusting to Difficult Life Events

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## Benefit finding

- Positive interpretations of setbacks to see the event in a different light

## Post-traumatic growth

- Positive psychological change resulting from the struggle with highly challenging life circumstances or trauma
- Refers to significant changes in life goals and life commitments that require major alterations in one's sense of identity or life narrative
- Can lead to improved mental health

## Resilience

- A broad array of abilities for constructively and positively adapting to risk, adversity, or some monumental negative event
- A class of phenomena characterized by patterns of positive adaptation in the context of significant adversity or risk

## Forms of Post Traumatic Growth



# Resilience in Childhood

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“The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark valleys to traverse.”

- Hellen Keller



# Adjusting to Difficult Life Events

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## Resilience in Children

- Poor childhood environments may not result in psychological problems in adulthood
- Werner 1970s research on resilient children, those who “bounced back” from adversity
  - Studied at-risk children of Kauai
  - Over 80% “bounced back” later in life
  - Attributed to having one supportive adult

# Dave Pelzer

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- ▶ Dave is a living testament of a self-made man, who as an optimist exudes resilience, service to mankind, personal responsibility, and faith in humanity
- ▶ Dave nearly died several times by the hands of his mentally disturbed alcoholic mother.
- ▶ Dave was starved, forced to drink ammonia, sit in bath tub for hours, stabbed and burned
- ▶ Years later it was determined that Dave's case was identified as one of the most gruesome and extreme cases of child abuse in California's then history.
- ▶ Rescued at age 12
- ▶ Placed in a series of foster homes until he enlisted in the U.S. Air Force at age 18.



# Adjusting to Difficult Life Events

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## Resilience in Children

### Core characteristics typical of resilient children

- Able to find a nurturing surrogate parent
- Children had good social and communication skills and at least one close friend
- Creative outlets, activities, or hobbies on which they could focus when life became even more difficult than usual
- Children were relatively optimistic

Actively involved in creating or finding environments and people supporting and reinforcing their competencies

# Adjusting to Difficult Life Events

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## Resilience in Children: New Perspectives

Family factors influence children's adjustment

- At least one good relationship with a parent or sibling

Community factors help foster adjustments

- Pos rels with peers, friends, trusted teacher
- Participation in pos social or religious orgs
- Sense of social cohesion or community involvement in neighborhood

# Adjusting to Difficult Life Events

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## Resilience in Children: New Perspectives

Personality factors take up secondary role

- Werner's research, and:
- Ability to inhibit unwanted behavior and regulate emotions
- High emotional intelligence
- High self-efficacy and persistence
- Insight into complexities of diverse situations and behaviors

Other Factors: see Table 8.2

# Adjusting to Difficult Life Events

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Other Factors: see Table 8.2

## Protective Factors for Resilience

- In the Family/Close Relationships
  - Positive attachment, authoritative parenting, organized home environment, socioeconomic advantage
- In the Community
  - Effective schools, ties to prosocial orgs, neighborhoods with high collective efficacy, good public health
- In the Child
  - Good problem-solving skills, self-regulation, self-efficacy, positive outlook on life, faith and sense of meaning in life

# Adjusting to Difficult Life Events

## Emerging Adulthood

### Five features to emerging adulthood

- Identity explorations
  - Trying out different possibilities in work, love, ideology
- Instability
  - Upheavals in work and love common
- Self-focus
  - Relates to absorption with oneself rather than others
- Feeling in-between
  - In-between adolescence and adulthood
- Possibilities or optimism (Arnett)
  - Most emerging adult are optimistic about future

# Adjusting to Difficult Life Events

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## Emerging Adulthood

Experiencing identity confusion had lower psychosocial well-being

*Fixed mind-set* makes it difficult to handle challenges in the future (e.g, being told “you are so smart” rather than “you worked so hard”)

Growth mind-sets help in overcoming challenges

- Growth mind set: attitude toward learning and challenges...can develop talent and ability through persistence, dedication, and passionate commitment

# Adjusting to Difficult Life Events

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## Resilience in Adulthood

Higher levels of resilience are associated with moderate adversity

Adversity in life helps us adjust and thrive

Lower resilience is associated with either a life of no adversity or high adversity

# Adjusting to Difficult Life Events

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## Resilience in Adulthood: Cultivating Resilience in Adults

Positive emotionality helps increase in resilience

Several factors that enhance resilience

- Task/problem focused coping, commitment to goals, humor, patience, optimism, faith, altruism, mindfulness and self-compassion, mature coping mechanisms

Requires finding delicate balance between too much and too little emotional control

# Adjusting to Difficult Life Events

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## Cultivating Resilience in Adults

### APA: Factors for the cultivation of resilience

1. Make connections with family, friends, or community.
2. Avoid seeing crises as insurmountable problems.
3. Accept that change is part of living.
4. Move toward your goals.
5. Take decisive action, use problem- and task-focused coping.
6. Look for opportunities for self-discovery.
7. Nurture a positive view of yourself.
8. Keep events in perspective.
9. Maintain a hopeful outlook.
10. Take care of yourself, attend to your needs and feelings.

# Adjusting to Difficult Life Events

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## Resilience in Adulthood: Post-Traumatic Growth

Involves changes in self-understanding and one's worldview, or meaning-making

Moving one toward important new goals...must disengage with old activities, strivings, core projects and create new goals that are intrinsically motivating and personally meaningful...authenticity involves *action*

Provides a renewed sense of meaning and purpose

Social support and acceptance are important factors in promoting post-traumatic growth

# Adjusting to Difficult Life Events

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## Resilience in Adulthood: Sense of Coherence

Sense of Coherence Model: unique set of personality traits that helps people to interpret life stressors in a positive and adaptive way...coherent and understandable despite adversity

### Sense of Coherence Model:

- Meaningfulness
- Comprehensibility
  - Extent to which life events appear ordered, consistent, structured and clear
- Manageability
  - Sense of control derived from confidence in one's coping skills

Higher sense of coherence associated with higher psychological well-being

Quite stable trait over the middle years of adulthood

# Adjusting to Difficult Life Events

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Resilience in Adulthood: Master Resilience Training

US Army Training: Teaches skills to inoculate against post-traumatic stress disorder

Set the seeds for future post-traumatic growth

- Building mental toughness (learned optimism; gratitude journal)
- Building character strengths (VIA)
- Building strong relationships (module teaches about growth mind-set, constructive communication, and assertiveness training)

# Adjusting to Difficult Life Events

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## Healthy and Adaptive Defense Mechanisms

Defense mechanisms describe one way we choose to deal with stress...choice has consequences for well-being

Mature Defense Mechanisms to conflicts, difficulties

# Adjusting to Difficult Life Events

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## Mature Defense Mechanisms

Type of defense mechanisms used by a young person predicts well-being over 20 years later

Defense mechanisms based on the degree of unconsciousness and involuntariness

- Psychotic (unhealthy, distorted to avoid anxiety)
- Immature (often used by adolescents, those with severe depression)
- Neurotic (“normal” such as repression, intellectualization, reaction formation, denial)
- Mature and adaptive styles (altruism, anticipation, humor, sublimation, suppression; differs: attempting to maximize gratification while allowing awareness of underlying feelings, impulses, ideas, and consequences of behavior)

# Adjusting to Difficult Life Events

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## Mature Defense Mechanisms: Outcomes

- Had high incomes
- Better psychological adjustment
- More social supports
- More joy in living
- Better marital satisfaction
- Higher self-rated health
- Had jobs that fit their ambitions, were more active in public service, had gratifying friendships, enjoyed happier marriages, and were more engaged in competitive sports in midlife

# Adjusting to Difficult Life Events

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Healthy and Adaptive Defense Mechanisms:  
Predictors of Thriving from the Harvard Study

Most important factor in aging well physically is  
to never smoke cigarettes

Good relationships help cognitive functioning in  
later life

Quality of relationship provides the key to  
greater well-being