



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

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

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

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

- ❖ **“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

- 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



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



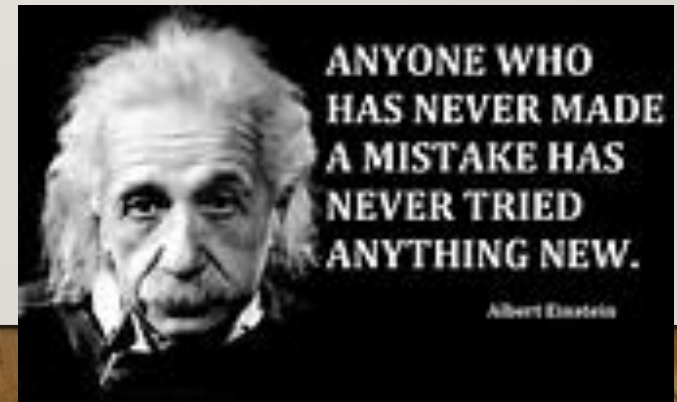
{where the world finds strength}

www.viacharacter.org

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

- **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



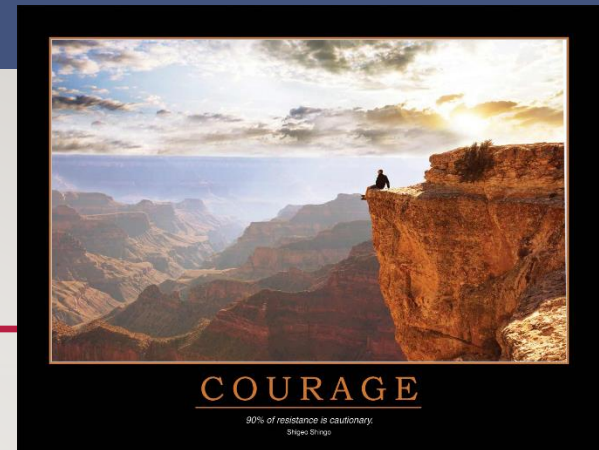
COURAGE



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

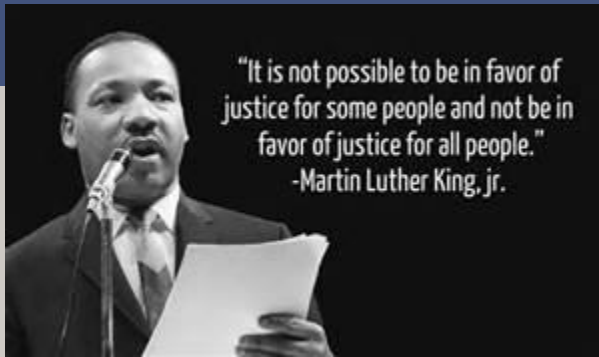


- **Honesty** [authenticity, integrity]: Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions
- **Zest** [vitality, enthusiasm, vigor, energy]: Approaching life with excitement 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



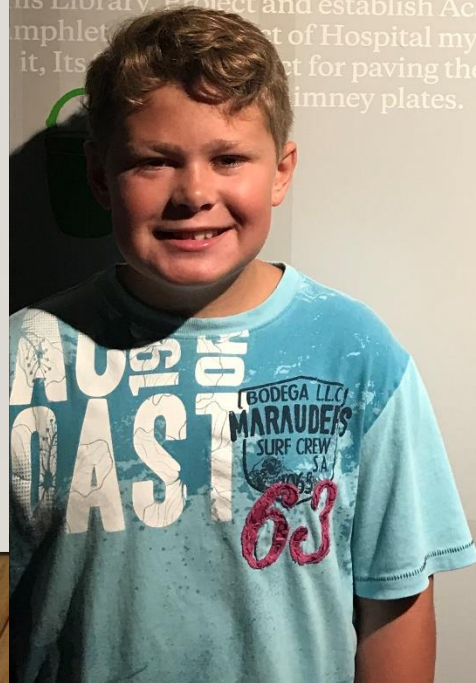
JUSTICE



- **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?”



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

41 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?



43



44 MOODS AND WELL-BEING

❖ Affect:

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

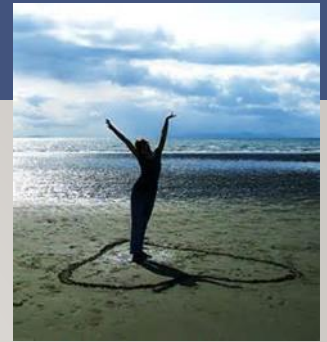
❖ Emotion

- ❖ 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

_____ distressed

_____ excited

_____ upset

_____ strong

_____ guilty

_____ scared

_____ hostile

_____ enthusiastic

_____ proud

_____ irritable

_____ alert

_____ ashamed

_____ inspired

_____ nervous


_____ determined

_____ attentive

_____ jittery

_____ active

_____ 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

51 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



58

SMART GOALS

S

SPECIFIC

State exactly what you want to accomplish.

M

MEASURABLE

Use smaller, mini-goals to measure progress.

A

ACHIEVABLE

Make your goal reasonable.

R

REALISTIC

Set a goal that is relevant to your life.

T

TIMELY

Give yourself time, but set a deadline.

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

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

- 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

❖ **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

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**

The Broaden and Build Model

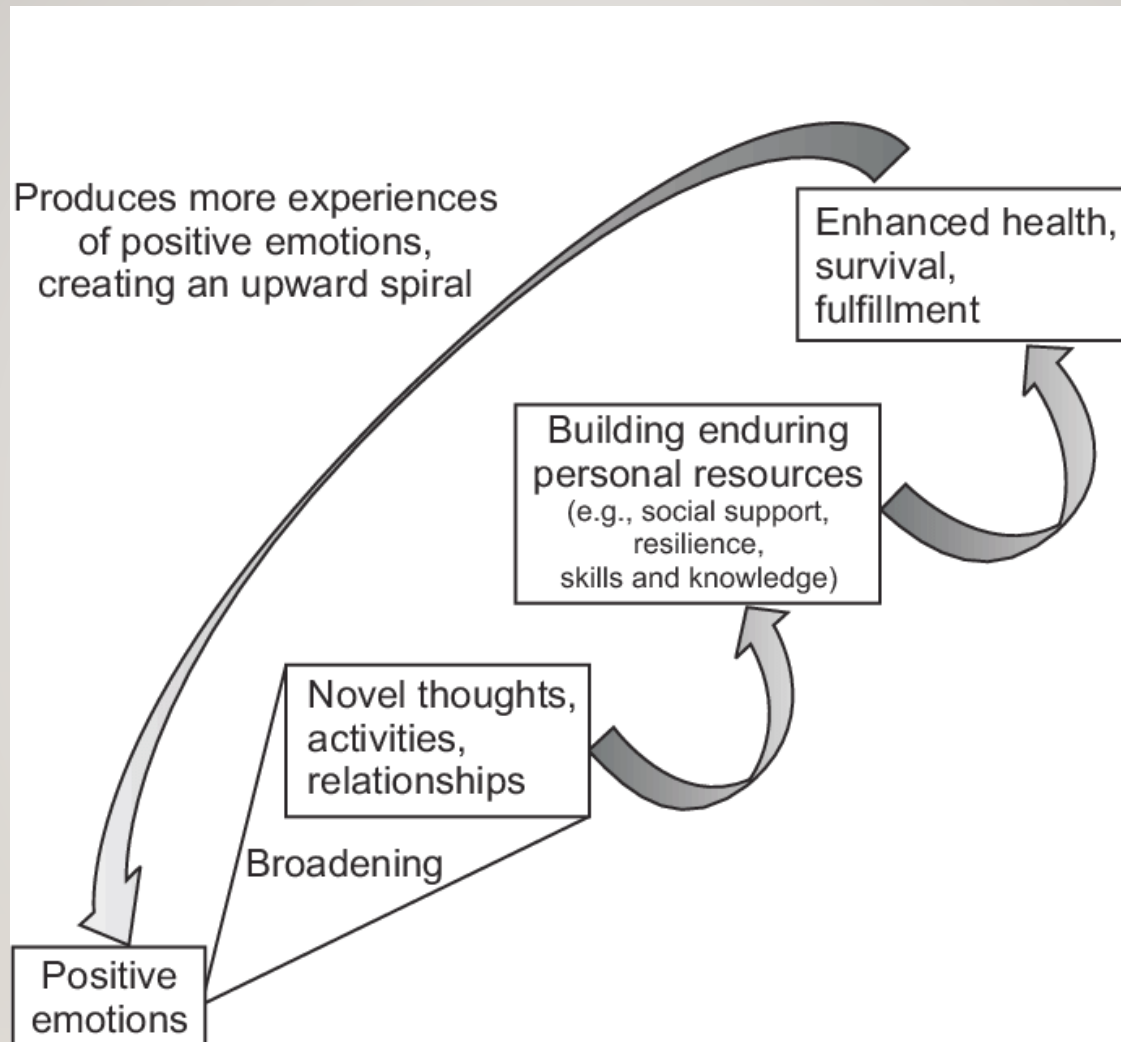
- Positive emotions broaden intellectual, physical and social resources
- When in a positive mood, people like us better, and friendship, love, and coalitions are more likely to be established
- And, our mental set is expansive, tolerant, and creative; open to new ideas and new experience

66 WELL-BEING AND POSITIVE EMOTION

The Broaden and Build Model

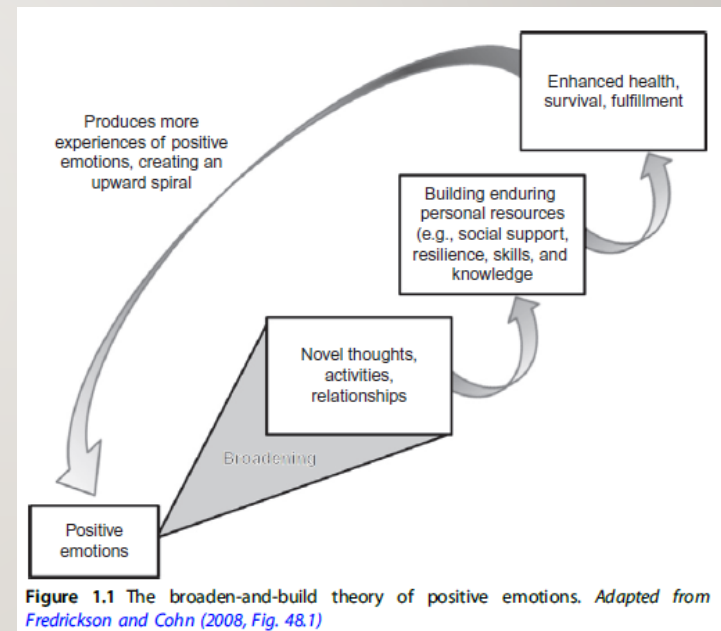
- Positive emotions give us
 - nonspecific action tendencies that lead to new adaptive behavior
 - the spark for changes in cognitive activity that lead to newer *thought-action tendencies*
 - broadening of our available options to maximize our future resources

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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

- Candleholder experiment with a twist
- Before experiment, made

to feel a positive emotion

Positive emotion induced

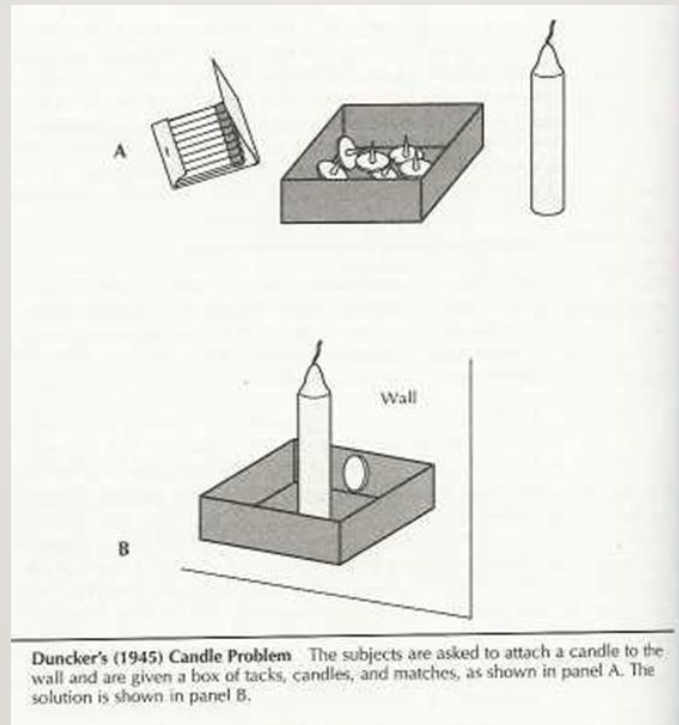
makes you more likely to

be creative in completing

task.



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71 WELL-BEING AND POSITIVE EMOTION

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

72 WELL-BEING AND POSITIVE EMOTION

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



74 **WELL-BEING AND POSITIVE EMOTION**

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

- 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

80 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

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!!!!

Are you Permalicious?



Illustrated by GoStrengths.com

Concept by Martin Seligman - Source: Seligman, M. E. (2011). *Flourish*. North Sydney, N.S.W.: Random House Australia. Illustrated by GoStrengths.com

84 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