

Study of optimal human functioning



Subjective Experience



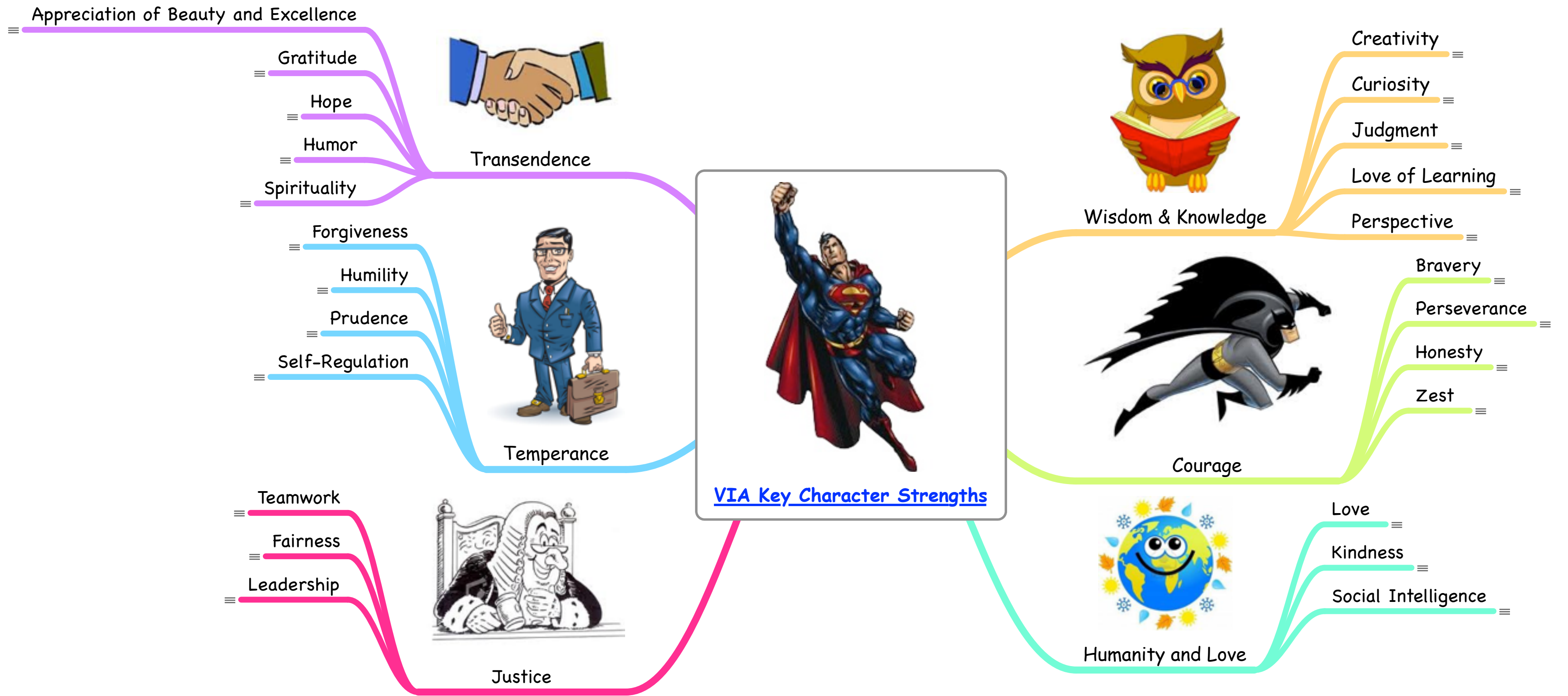
Positive Psychology Examines

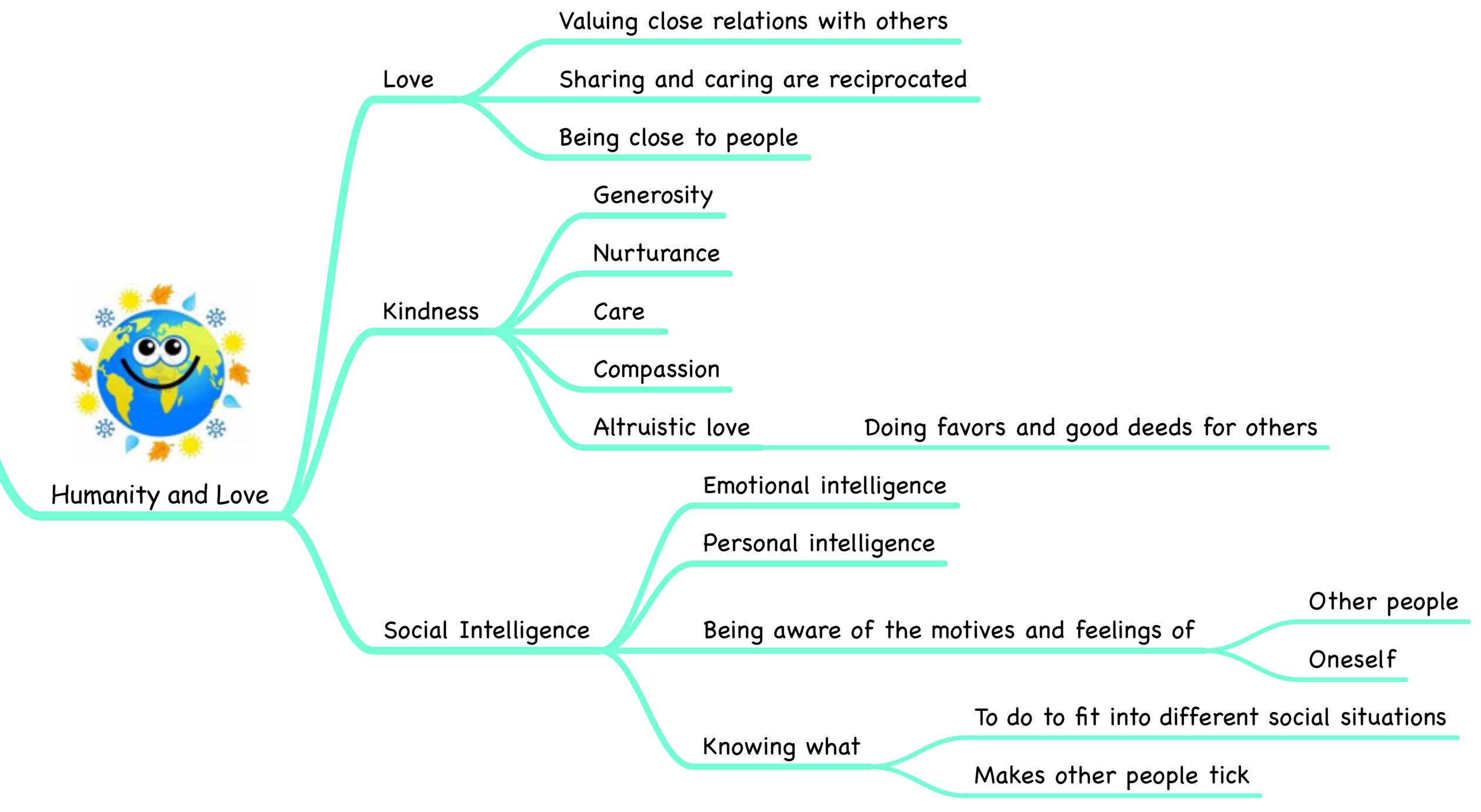
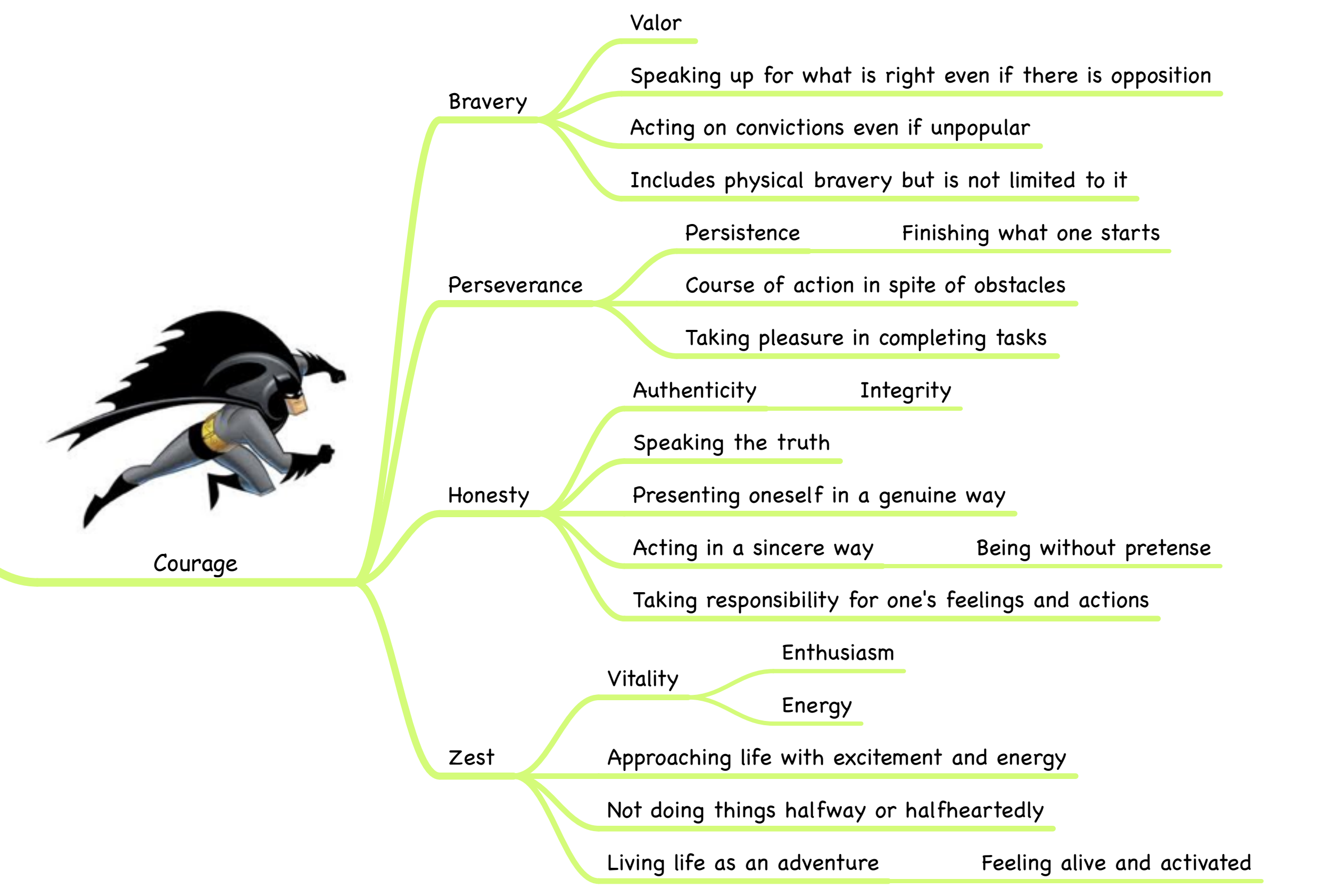
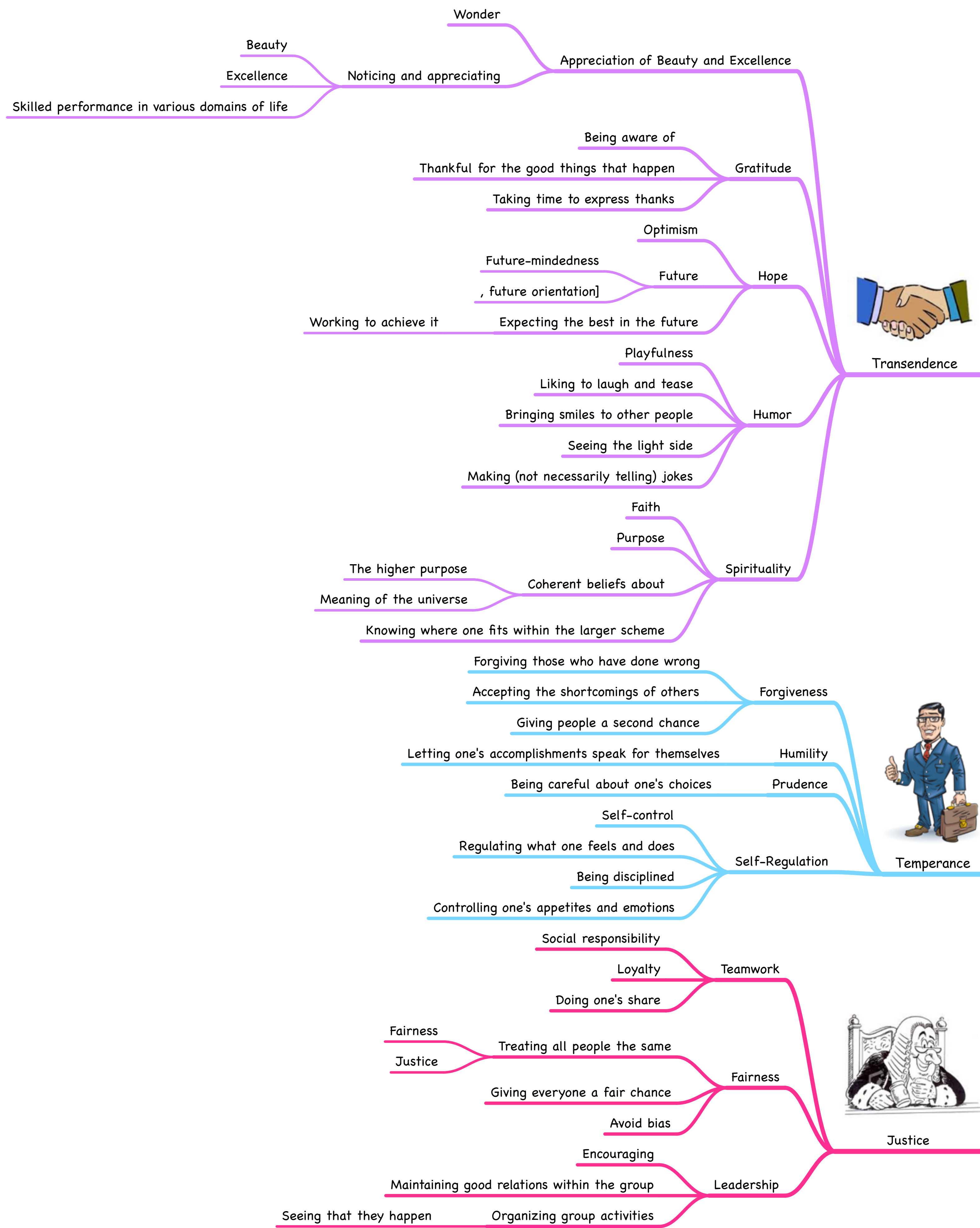


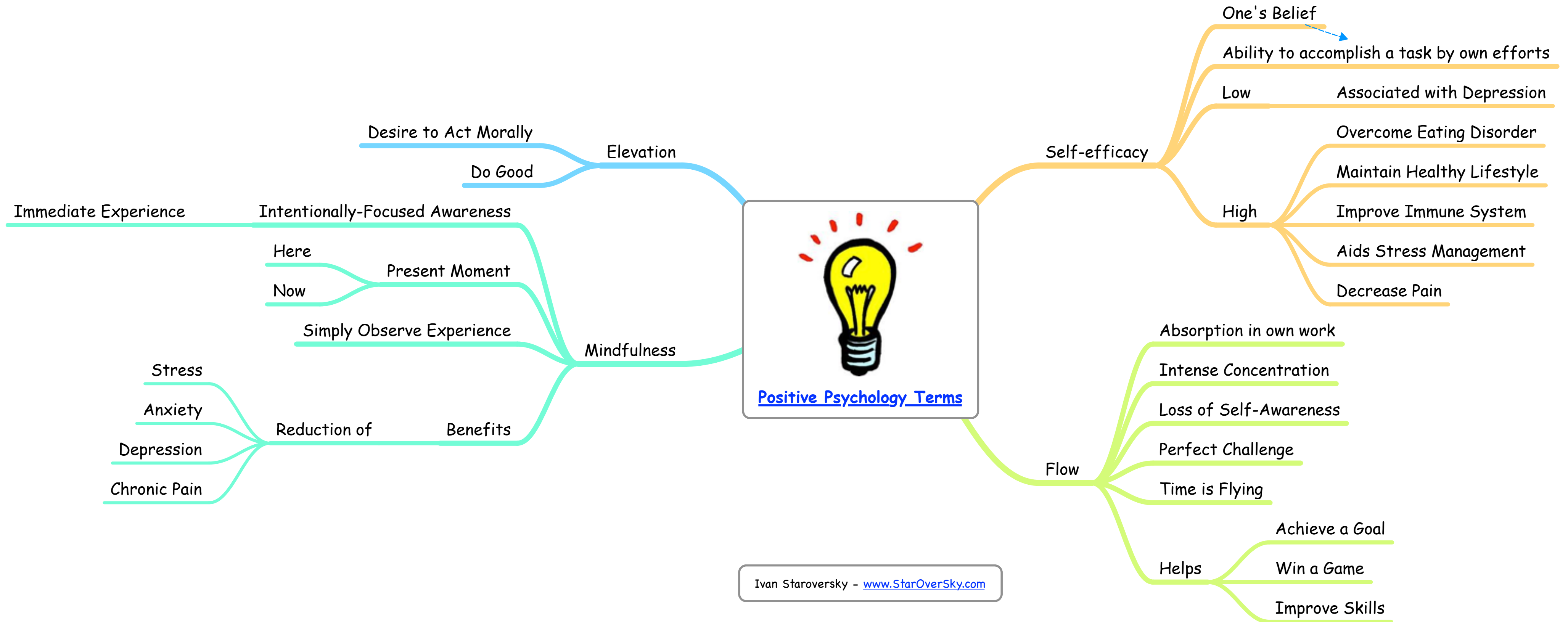
Positive Strengths



Personal Growth







**Positive Psychology at a Glance  
- Robert Biswas-Diener**

A philosophical approach

Asks what is "going right"

rather than what is "going wrong."

A scientific endeavor

Uses the virtues of science

Replication

Controlled experiments

Generalizeable samples

To add confidence to new insights about human nature

Principally concerned with interventions

Move clients from healthy to healthier

Rather than

Simply alleviating pain or overcoming disorder

Built on staple research

Trends heavily toward

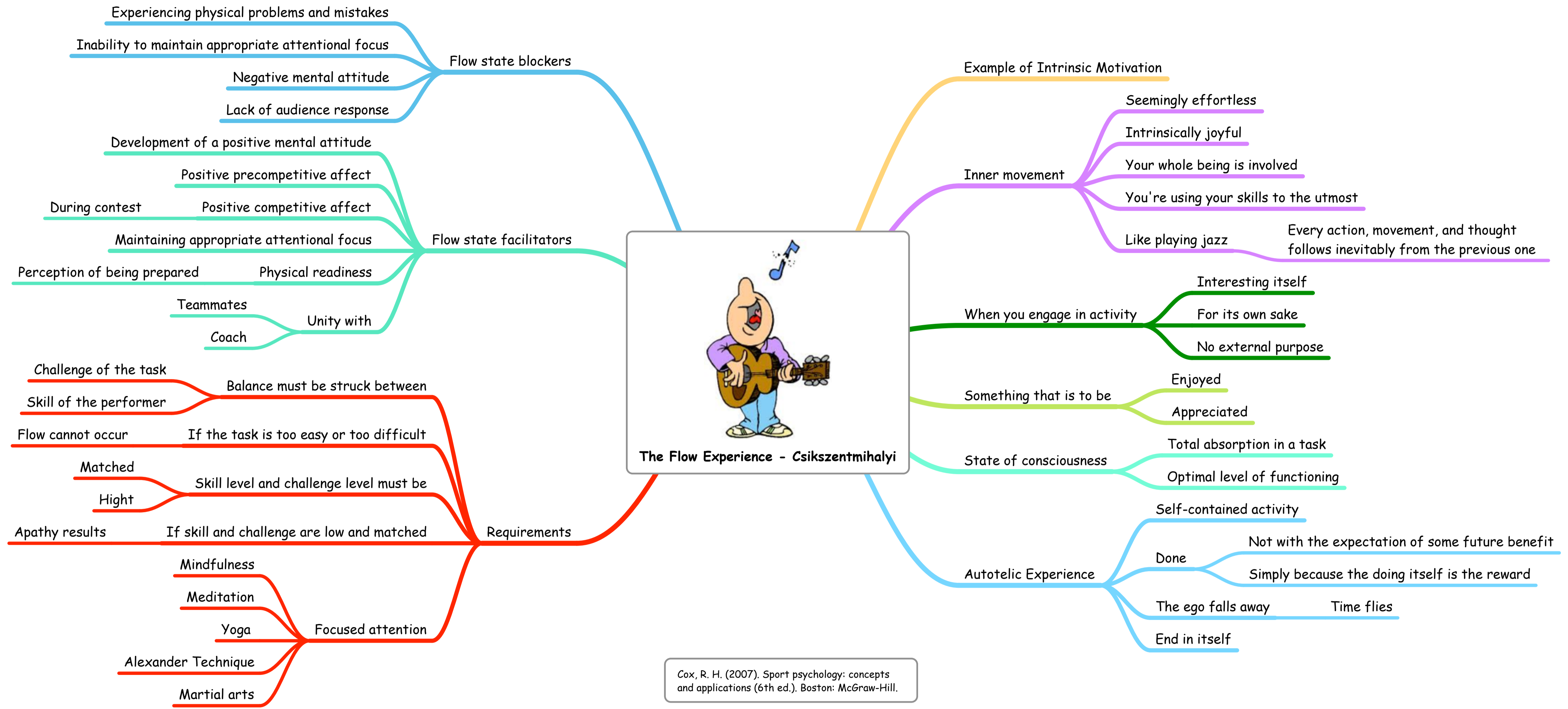
Happiness

Optimism

Strengths over other potentially positive topics

Empathy

Altruism

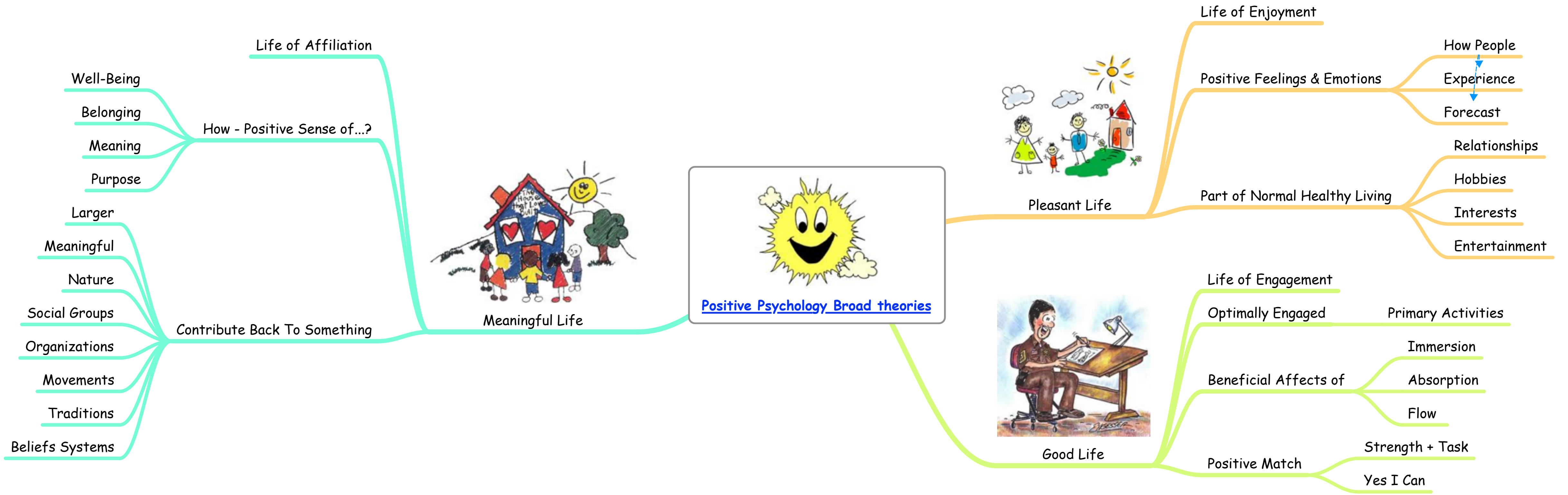


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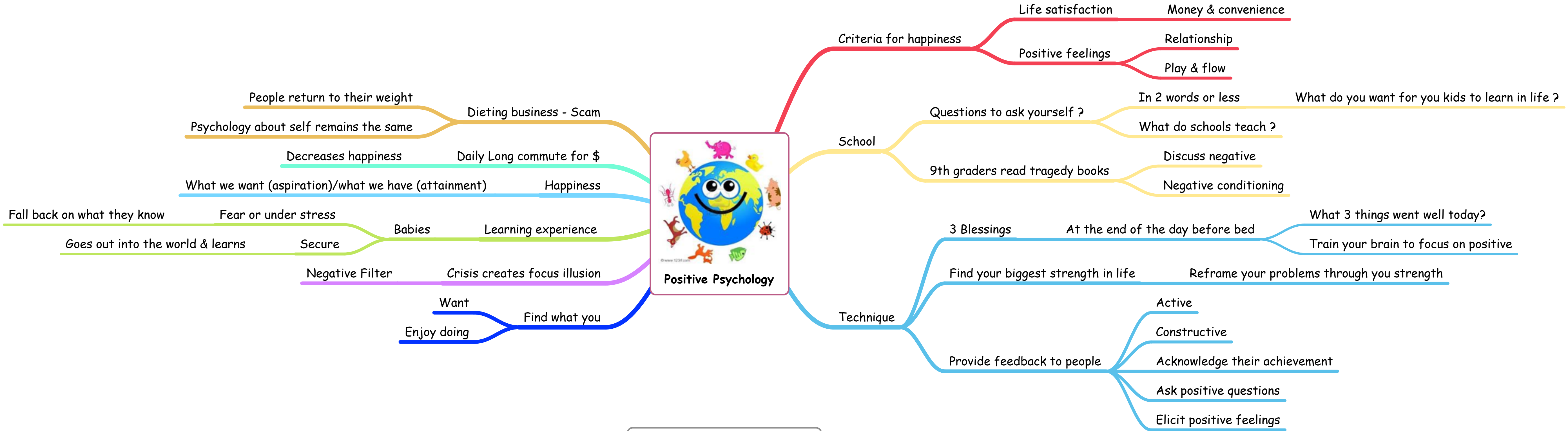
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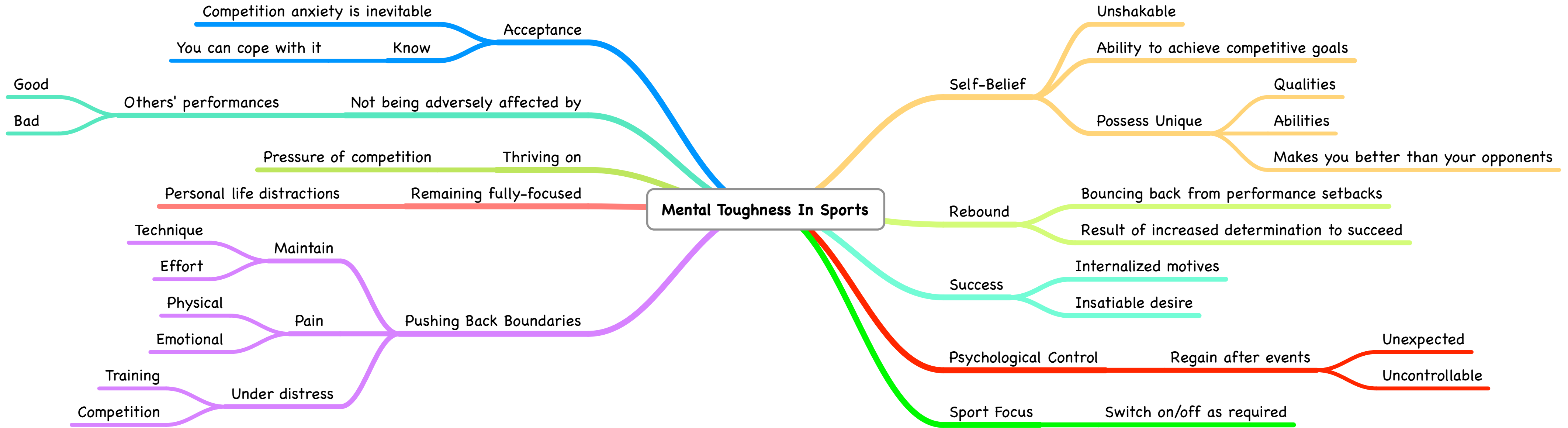
Pessimism vs Optimism

Pessimists  
Sadder  
More realistic  
See reality accurately

Optimists  
Distort reality  
Self-serving direction  
Overestimate their control  
Particularly when  
Helpless  
Have no control at all  
Wildly overestimate their abilities  
80% of American men  
Think they are above average in social skills

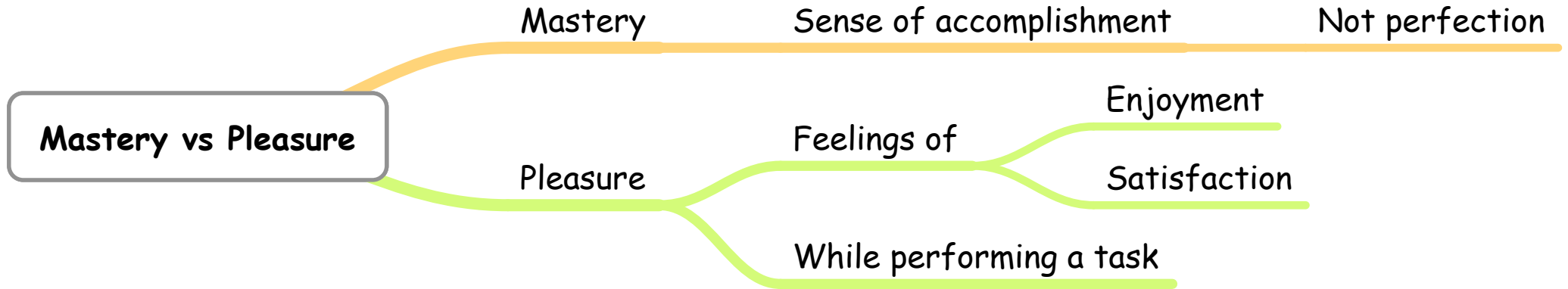
Depressed people  
More accurately judge  
How much control they have

We are  
More optimistic  
Late morning  
Early evening  
More pessimistic  
Late afternoon  
Middle of the night



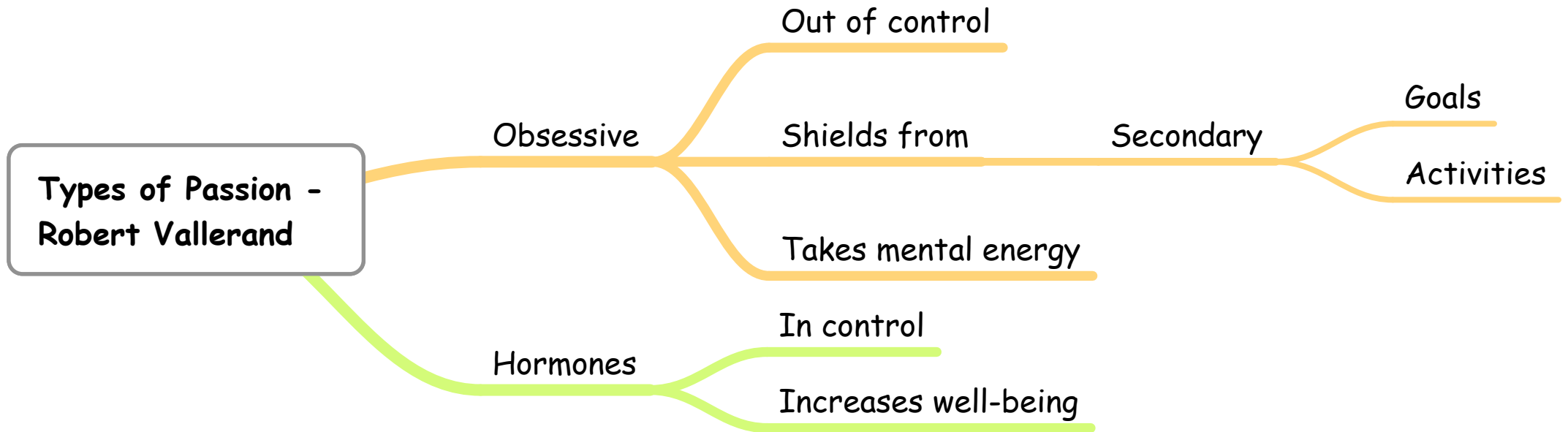
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Learned Optimism

Self Talk

Constantly Challenge Negative

Rationalize

Explain

Hope

Goal-Directed Thinking

Find routes to desired goals

Motivations to use routes

Vertical Agitation

Focus on

One portion of the problem at a time

Accountable for Solving the Problem

**Humanistic Psychology Six Existential Propositions**

1. we have the capacity for self-awareness

- We are finite
- We can act, or not act
- We can choose, and thus we can shape our destiny
- We are basically alone But we have the opportunity to relate to others

2. Freedom and Responsibility

- We are free to choose
- We must accept responsibility for our actions
- If we don't accept responsibility for our actions We act in what Sartre calls "bad faith"
- Existential guilt = occurs when we
  - Choose not to choose
  - Let others define or make choices for us

3. Striving for Identity and Relationship to Others

- Part of the human condition is aloneness
- We cannot depend on anyone else for our own confirmation
- define from within
- We alone must give a sense of meaning to life
- We alone must decide how we live
- When we are able to stand alone and dip within ourselves for our own strength Our relationships with others are based on fulfillment, not our deprivation

4. The Search for meaning

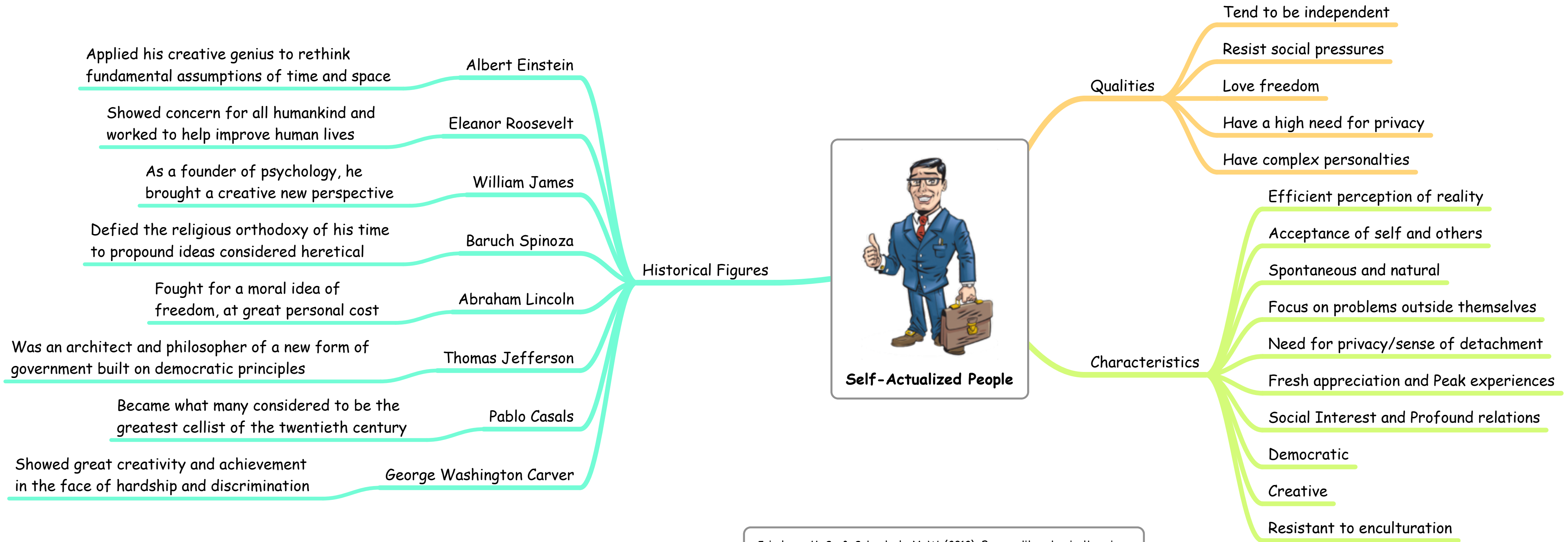
- Concerns the struggle for significance and purpose in life
- Therapists would encourage clients to help create a value system that is based on their way of being
- Sometimes people experience meaninglessness
- We create meaning working, loving, and building
- Life is not meaningful in and of itself Rather an individual creates and discovers meaning

6. Awareness of death and nonbeing

- Gives significance to life
- Awareness of death as a basic condition
- Death means that
  - We are finite
  - We have a limited amount of time to do things

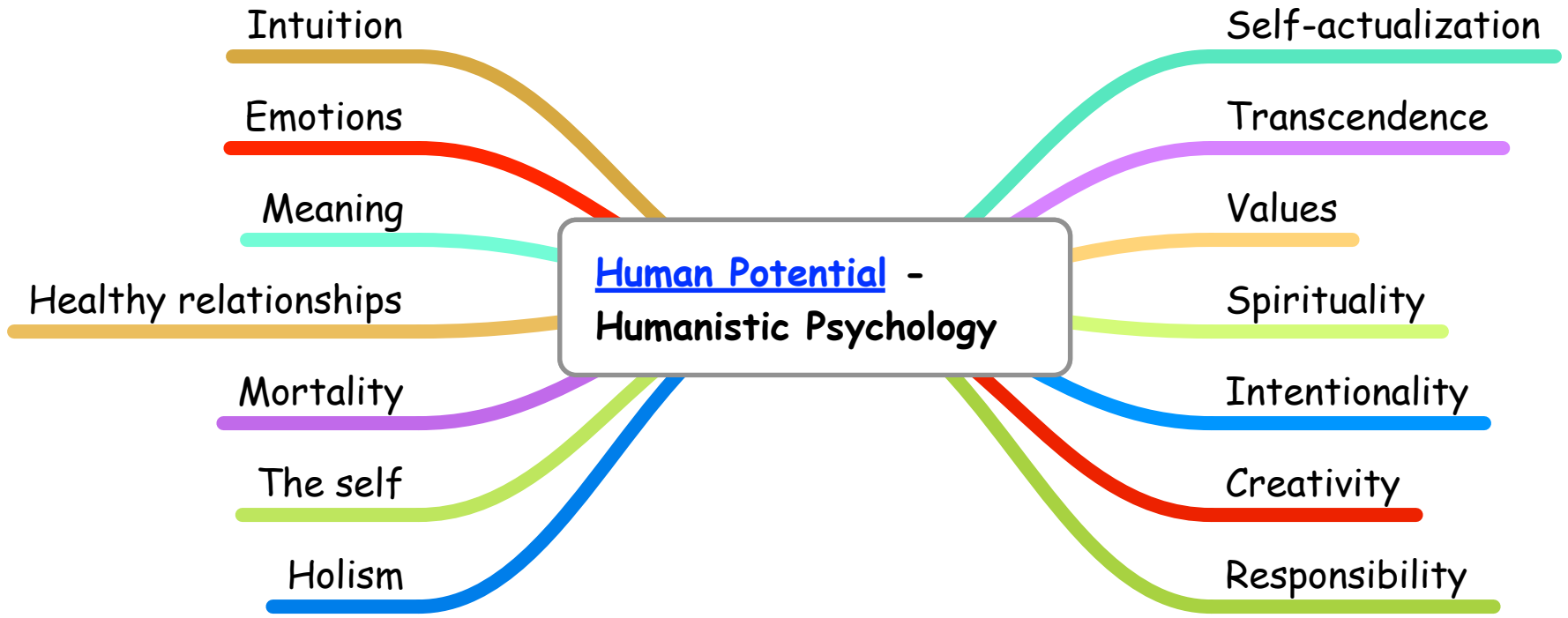
5. Anxiety as a condition for living

- When we make a decision or change
  - There will be anxiety
- Types of anxiety
  - Normal
  - Neurotic
- Neurotic anxiety
  - Anxiety that is out of proportion to the situation
- Existentialist therapists
  - Do not strive to eliminate normal anxiety
  - Life can not be lived
  - Death can't be faced without anxiety
- "Whenever you leave the sure basis of the now and become preoccupied with the future, you experience anxiety" (Perls)
- Anxiety as a condition of living (Carl Rogers)
  - When we receive information which is inconsistent with our self-concept
    - We experience anxiety
  - The more inaccurate yourself concept
    - The more likely you will have clashes with other people
  - To ward off anxiety
    - A person has to reinterpret the experience to make it congruent with their self-concept



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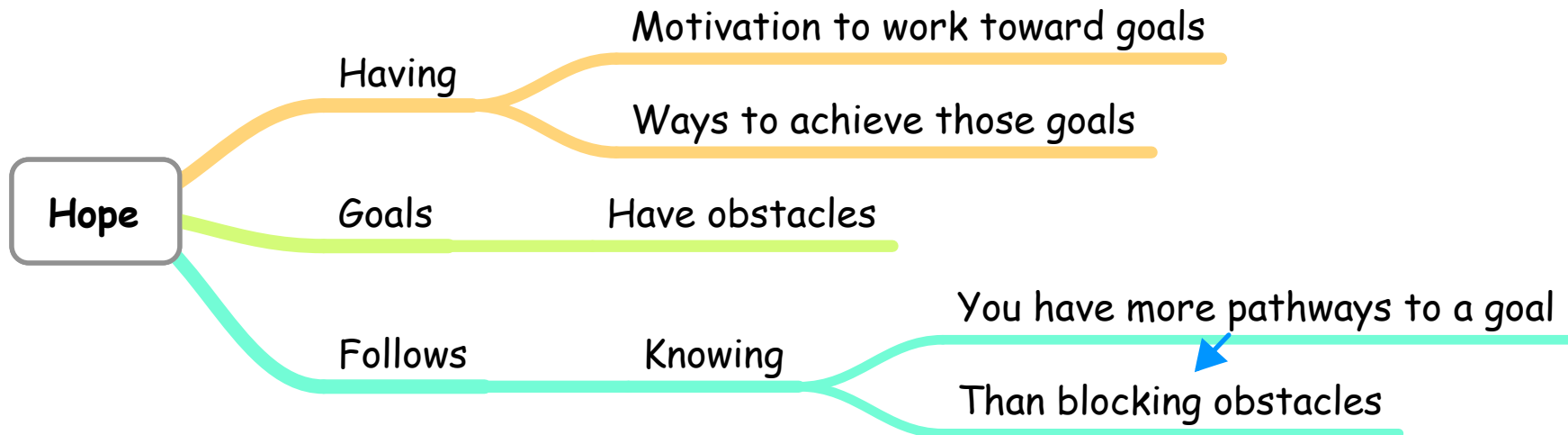




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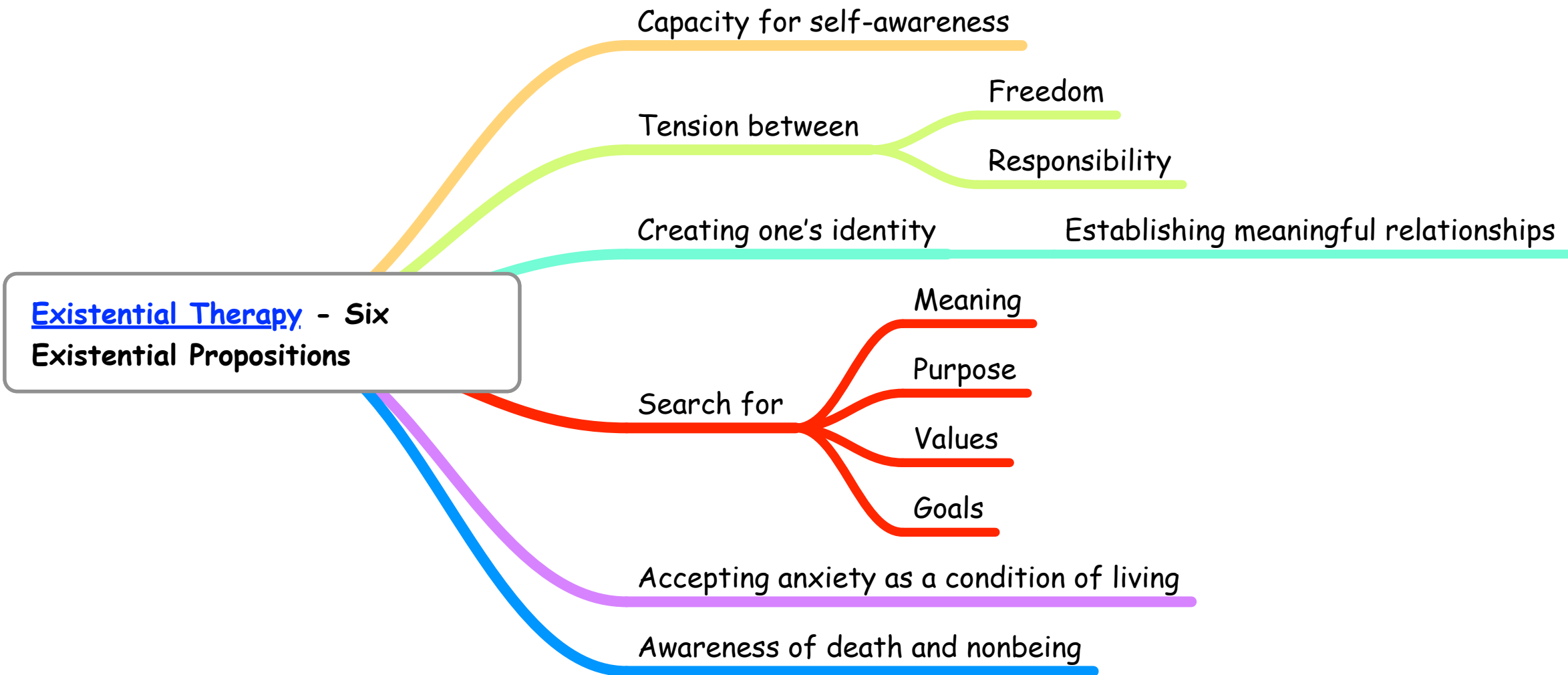
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**DrPaul TPWong -  
PURE Meaning in Life**

**Responsibility**

- Taking full responsibility of our own life
- Assuming responsibility for our decisions and actions
- Holding ourselves accountable
- Being a moral agent

**Enjoyment/Evaluation**

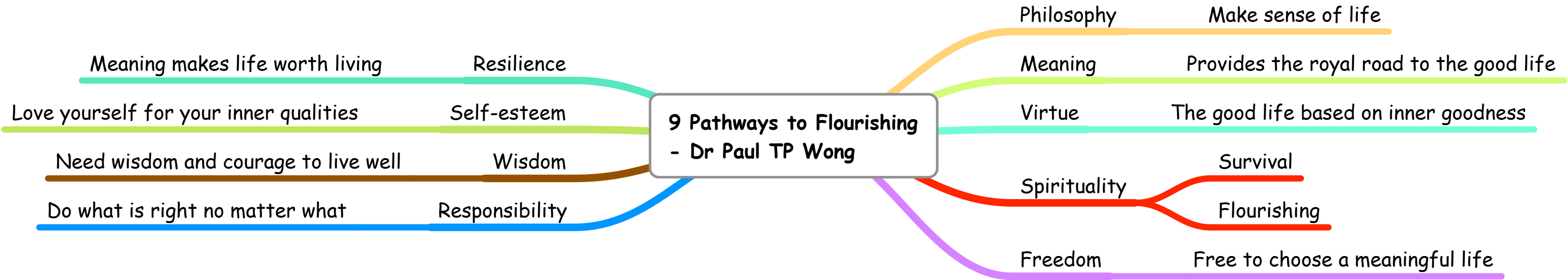
- The natural outcome of leading a purposeful and responsible life
- But a positive outcome is not inevitable
- Sometimes, the personal costs of being responsible can be too high
- This stage involves reflection and sometimes re-evaluation of PURE

**Purpose**

- Clarifying our life direction and core values
- Organizing our activities
- Deliberating your daily plans
- Pursuing one's calling and mission in life with passion and commitment

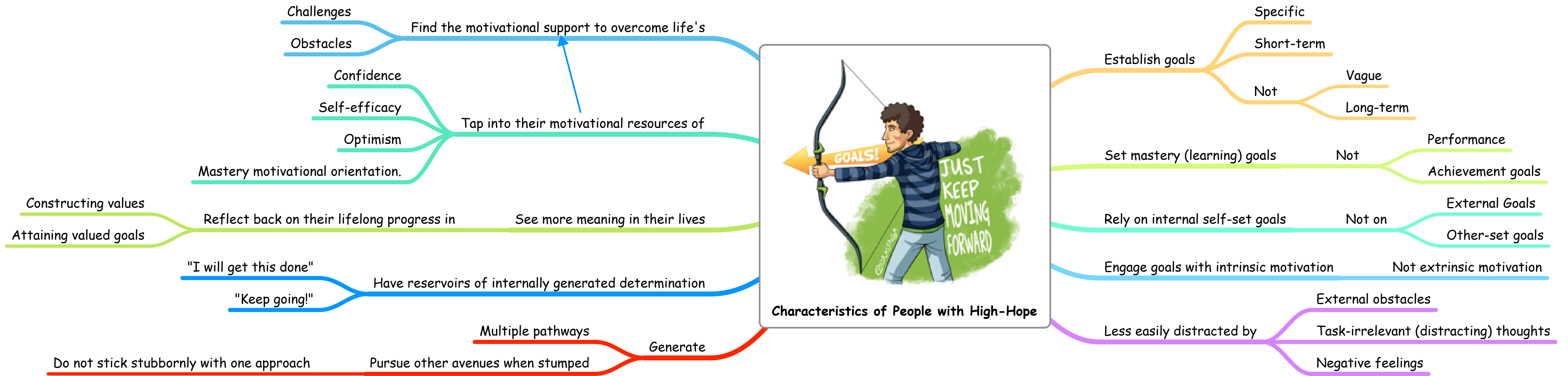
**Understanding**

- Full awareness of the situation and the consequences of one's actions
- Knowing right from wrong
- Understanding the legal/ethical principles in decision making
- Self-knowledge of our strengths and weaknesses
- Understanding/knowing the world we live in
- Achieving a sense of coherence



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## Characteristics Of Happy People - Shawn Achor

Better secure jobs

Better keeping jobs

Less turnover

Less burnout

More resilient

Superior productivity

Greater sales

