Positive Psychology Examines

Study of optimal human functioning

Subjective Experience

Positive Strengths

Personal Growth

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VIA Key Character Strengths

- Appreciation of Beauty and Excellence
  - Gratitude
  - Hope
  - Humor
  - Spirituality
  - Forgiveness
  - Humility
  - Prudence
  - Self-Regulation

- Transcendence
  - Creativity
  - Curiosity
  - Judgment
  - Love of Learning
  - Perspective

- Temperance
  - Bravery
  - Perseverance
  - Honesty
  - Zest

- Justice
  - Love
  - Kindness
  - Social Intelligence

- Teamwork
  - Fairness
  - Leadership

- VIA Key Character Strengths

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Positive Psychology Terms

Elevation
- Desire to Act Morally
- Do Good

Self-efficacy
- One's Belief
- Ability to accomplish a task by own efforts
- Overcome Eating Disorder
- Maintain Healthy Lifestyle
- Improve Immune System
- Aids Stress Management
- Decrease Pain

Mindfulness
- Immediate Experience
- Intentionally-Focused Awareness
- Present Moment
- Here
- Now
- Simply Observe Experience

Flow
- Absorption in own work
- Intense Concentration
- Loss of Self-Awareness
- Perfect Challenge
- Time is Flying

Benefits
- Reduction of
- Stress
- Anxiety
- Depression
- Chronic Pain

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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
  - Generalizable 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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The Flow Experience - Csikszentmihalyi

Flow state blockers:
- Experiencing physical problems and mistakes
- Inability to maintain appropriate attentional focus
- Negative mental attitude
- Lack of audience response

Flow state facilitators:
- Development of a positive mental attitude
- Positive precompetitive affect
- Positive competitive affect
- During contest
- Physical readiness
- Perception of being prepared
- Teammates
- Unity with
- Coach

Requirements:
- Balance must be struck between Challenge of the task and Skill of the performer
- Skill level and challenge level must be matched
- If skill and challenge are low and matched, apathy results

Requirements:
- Flow cannot occur if the task is too easy or too difficult
- Matched
- Hight

Flow state facilitators:
- Inner movement
- Seemingly effortless
- Intrinsically joyful
- Intrinsic motivation
- Your whole being is involved
- You’re using your skills to the utmost
- Like playing jazz
- Every action, movement, and thought follows inevitably from the previous one

Example of Intrinsic Motivation:
- Interesting itself
- For its own sake
- No external purpose
- Enjoyed
- Appreciated
- Something that is to be
- Total absorption in a task
- Optimal level of functioning
- Self-contained activity

Autotelic Experience:
- Done
- Not with the expectation of some future benefit
- Simply because the doing itself is the reward
- The ego falls away
- Time flies
- End in itself


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Positive Psychology Focus

Positive Emotions
- Contentment
- Happiness
- Satisfaction
- Present Happiness
- Future Hope

Positive Individual Traits
- Strengths
- Virtues
- Capacity for
- Love
- Work
- Courage
- Compassion
- Resilience
- Creativity
- Integrity
- Self-Knowledge
- Control
- Moderation
- Wisdom

Positive Institutions
- Foster Better Communities
- Justice
- Responsibility
- Civility
- Parenting
- Nurturance
- Work Ethic
- Teamwork
- Purpose
- Tolerance

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Positive Psychology Broad theories

Life of Enjoyment
- How People Experience
- Forecast
- Relationships
- Hobbies
- Interests
- Entertainment

Pleasant Life
- Part of Normal Healthy Living

Life of Engagement
- Optimally Engaged
- Primary Activities
- Immersion
- Beneficial Affects of
- Absorption
- Flow
- Positive Match
- Strength + Task
- Yes I Can

Good Life

Meaningful Life
- How - Positive Sense of...
- Well-Being
- Belonging
- Meaning
- Purpose
- Larger
- Meaningful
- Nature
- Social Groups
- Organizations
- Movements
- Traditions
- Beliefs Systems

Contribute Back To Something

Life of Affiliation

Positive Feelings & Emotions

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Positive Psychology

**Criteria for happiness**
- Life satisfaction
- Money & convenience
- Positive feelings
- Relationship
- Play & flow
- In 2 words or less

**Questions to ask yourself?**
- What do you want for your kids to learn in life?
- What do schools teach?
- What is negative about the world?
- What is negative about you?
- What do you want?
- What are you working towards?
- What is valueless?
- What is unused?
- What is unnecessary?
- What is negative in life?

**Happiness**
- What we want (aspiration) vs. what we have (attainment)

**Learning experience**
- Babies
- Secure
- Babies
- Crises

**Technique**
- 3 Blessings
- At the end of the day before bed
- Train your brain to focus on positive

**Find what you want**
- Enjoy doing

**Provide feedback to people**
- Active
- Constructive
- Acknowledge their achievement

**Find your biggest strength in life**
- Reframe your problems through your strength

**Crisis creates focus illusion**
- Negative Filter

**3 Things went well today?**
- Enjoy doing

**People return to their weight**
- Psychology about self remains the same

**Dieting business - Scam**
- People return to their weight
- Psychology about self remains the same

**What do schools teach?**
- 9th graders read tragedy books
- Discuss negative
- Negative conditioning

**Daily Long commute for $**
- Decreases happiness

**Fall back on what they know**
- Fear or under stress
- Secure
- Babies
- Learning experience

**Secure**
- Babies
- Secure
- Babies
- Learning experience

**Babies**
- Secure
- Babies
- Learning experience

**Negative Filter**
- Crisis creates focus illusion

**Crisis creates focus illusion**
- Negative Filter

**Fear**
- or

**under stress**
- Fall back on what they know
- Secure
- Babies
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**Unclear**
- People return to their weight
- Psychology about self remains the same
Pessimism vs Optimism

**Pessimists**
- Sadder
- More realistic
- See reality accurately

**Optimists**
- Distort reality
- Self-serving direction
  - Particular when helpless
  - Have no control at all
- Overestimate their control
- 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

Mental Toughness In Sports

Acceptance

Competition anxiety is inevitable
Know
You can cope with it

Self-Belief

Unshakable

Ability to achieve competitive goals

Possess Unique

Qualities

Abilities

Makes you better than your opponents

Remaining fully-focused

Pressure of competition

Thriving on

Personal life distractions

Not being adversely affected by

Pressure of competition

Uncontrolled

Bouncing back from performance setbacks

Result of increased determination to succeed

Unexpected

Internalized motives

Insatiable desire

Pushing Back Boundaries

Maintain

Effort

Physical

Pain

Under distress

Pushing Back Boundaries

Uncontrollable

Switch on/off as required

Psychological Control

Regain after events

Sport Focus


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Mastery vs Pleasure

Mastery
- Sense of accomplishment
- Not perfection

Pleasure
- Feelings of Enjoyment
- Satisfaction
- While performing a task


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Types of Passion - Robert Vallerand

- Obsessive
  - Out of control
  - Shields from Secondary Goals
  - Takes mental energy
  - In control
  - Increases well-being

- Hormones
  - In control
  - Increases well-being

Goals

Activities

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Learned Optimism

- Self Talk
- Rationalize
- Explain
- Constantly Challenge Negative

Goal-Directed Thinking
- Find routes to desired goals
- Motivations to use routes
- Hope

Vertical Agitation
- Focus on one portion of the problem at a time
- Accountable for solving the problem

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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. Anxiety as a condition for living
   - When we make a decision or change
   - There will be anxiety
   - Types of anxiety:
     - Normal
     - Neurotic
     - Existential anxiety
   - 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

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
   - They create meaning: working, loving, old building
   - Life is not meaningful in and of itself
   - Rather, individual creates and discovers meaning

5. Anxiety as a condition for living
   - We experience anxiety
   - The more likely you will have clashes with other people
   - The more inaccurate your concept
   - To ward off anxiety
   - A person has to reinterpret the experience to make it compatible with their self-concept

6. Awareness of death and nonbeing
   - Awareness of death as a basic condition
   - We are finite
   - We have a limited amount of time to do things
   - There will be anxiety
   - When we make a decision or change
   - Normal Types of anxiety
   - Neurotic
   - Existential anxiety
   - Do not strive to eliminate normal anxiety
   - Life can’t be lived
   - Existential Therapy
   - 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)

6. Awareness of death and nonbeing
   - Anxiety as a condition for living
   - 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

6. Awareness of death and nonbeing
   - Anxiety as a condition for living (Carl Rogers)
   - Part of the human condition is aloneness
   - We are finite
   - We cannot depend on anyone else for our own confirmation
   - Definition of death
   - We don’t move and 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

6. Awareness of death and nonbeing
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Self-Actualized People

Qualities
- Tend to be independent
- Resist social pressures
- Love freedom
- Have a high need for privacy
- Have complex personalities

Historical Figures
- Albert Einstein: Applied his creative genius to rethink fundamental assumptions of time and space.
- Eleanor Roosevelt: Showed concern for all humankind and worked to help improve human lives.
- William James: As a founder of psychology, he brought a creative new perspective.
- Baruch Spinoza: Defied the religious orthodoxy of his time to propound ideas considered heretical.
- Abraham Lincoln: Fought for a moral idea of freedom, at great personal cost.
- Thomas Jefferson: Was an architect and philosopher of a new form of government built on democratic principles.
- Pablo Casals: Became what many considered to be the greatest cellist of the twentieth century.
- George Washington Carver: Showed great creativity and achievement in the face of hardship and discrimination.

Characteristics
- Efficient perception of reality
- Acceptance of self and others
- Spontaneous and natural
- Focus on problems outside themselves
- Need for privacy/sense of detachment
- Fresh appreciation and Peak experiences
- Social Interest and Profound relations
- Democratic
- Creative
- Resistant to enculturation

Human Potential - Humanistic Psychology

Intuition
Emotions
Meaning
Healthy relationships
Mortality
The self
Holism
Self-actualization
Transcendence
Values
Spirituality
Intentionality
Creativity
Responsibility

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Core Conditions Of Counseling - Humanistic Psychology

- Insight
- Authenticity
- Congruence
- Self-discovery

Caring for the client
- Unconditional positive regard
- Empathy
- Phenomenological assessment strategies

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Hope

Having

Motivation to work toward goals

Ways to achieve those goals

Goals

Have obstacles

Follows

Knowing

You have more pathways to a goal

Than blocking obstacles

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Goals of Positive Psychology

Find and nurture genius and talent
Make normal life more fulfilling
Not simply to treat mental illness

Analyze
States of
Pleasure
Flow
Virtues
Talents

Ways
Promoted by
Social system
Institutions

Importance of using the scientific method
How things go right
Determine
Emphasize


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Existential Therapy - Six Existential Propositions

- Capacity for self-awareness
- Tension between Freedom and Responsibility
- Creating one's identity
- Establishing meaningful relationships
- Search for Meaning, Purpose, Values, Goals
- Accepting anxiety as a condition of living
- Awareness of death and nonbeing

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Dr. Paul TP Wong - *PURE Meaning in Life*

**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

**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

**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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9 Pathways to Flourishing
- Dr Paul TP Wong

Philosophy
- Make sense of life

Meaning
- Provides the royal road to the good life

Virtue
- The good life based on inner goodness

Responsibility
- Do what is right no matter what

Freedom
- Free to choose a meaningful life

Wisdom
- Need wisdom and courage to live well

Spirituality
- Survival

Self-esteem
- Love yourself for your inner qualities

Resilience
- Meaning makes life worth living

Flourishing
- The survival of the good life based on inner goodness

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Characteristics of People with High-Hope

- Find the motivational support to overcome life’s challenges and obstacles.
- Establish goals:
  - Specific
  - Short-term
  - Not vague
  - Long-term
- Tap into their motivational resources of confidence, self-efficacy, and optimism.
- Set mastery (learning) goals, not performance (achievement) goals.
- See more meaning in their lives by constructing values and attaining valued goals.
- Rely on internal self-set goals, not external goals.
- Engage goals with intrinsic motivation, not extrinsic motivation.
- Have reservoirs of internally generated determination:
  - “I will get this done”
  - “Keep going!”
- Multiple pathways: pursue other avenues when stumped, do not stick stubbornly with one approach.
- Less easily distracted by external obstacles, task-irrelevant (distracting) thoughts, and negative feelings.


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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

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9 Elements of Flow - Czikszentmihalyi

1. Clear Goals
Every step of the way

2. Immediate Feedback

3. Balance
Challenges Skills

4. Merged
Action Awareness

5. No Distractions

6. No Worry of Failure

7. Self-Consciousness
Disappears

8. Time Distortion

9. Activity
Autotelic End In Itself
Done for its Own Sake