Positive Psychology and Happiness

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TCA Professional Growth Conference
Dr. Lynn Johnson

www.drlynnjohnson.com

- www.enjoylifebook.com
- Seminar notes from:
  Happiness: How Positive Psychology Changes Our Lives
- Seminar notes from:
  Beyond Happiness: Advanced Positive Psychology
Workshop Objectives

Participants will:
- learn what Positive Psychology is and how it all began.
- Understand the research behind PP.
- Learn the positive character strengths and how to identify them
- Learn specific PP interventions and be able to apply them with clients.
This workshop is NOT ENOUGH!

- Marty Seligman’s books: *Learned Optimism*, *Authentic Happiness*, *Flourish*
- Barbara Fredrickson: *Positivity*
- Sonja Lyubomirsky: *The How of Happiness*
- Ed & Robert Diener: *Happiness: Unlocking the Mysteries of Psychological Wealth*
- Mihaly Scikszentmihalyi: *Living with Flow*
- There are many more. You ought to look at all the positive psychology material!
Enjoy Life! Healing with Happiness

http://enjoylifebook.com

“The perfect book for those struggling with the fears and anxieties of life that often overcome us. Learn how to reconnect to the childlike optimism of the past and create a life you never thought possible.”

– Stephen R. Covey, author, The 7 Habits of Highly Effective People and The 8th Habit: From Effectiveness to Greatness.

www.stephencovey.com
WHAT IS HAPPINESS?

“Self-help books generate $1 billion in annual sales. The global market for anti-depressants stands valued at an astounding $17 billion”.

The 2 treatments most used for depression are CBT and SSRIs (selective serotonin reuptake inhibitors).

65 % relief rate for either one.

Placebos offer a 45 - 55 % relief rate

M. E.P. Seligman, Flourish, p. 47.

Traditional Psychotherapy

- What is wrong, why are you depressed, anxious or in conflict with your support system?
- Counselors study anger and fear and try to make people better.
- Treating depression or anxiety in the usual way is just returning people to their former state.
- What happens when they relapse?

  - Johnson, Lynn, D., Enjoy Life! Healing with Happiness, p. ix.
Focusing on the Negative

“The science of psychology has been far more successful on the negative than on the positive side; it has revealed to us much about man’s shortcomings, his illnesses, his sins, but little about his potentialities, his virtues, his achievable aspirations, or his psychological height. It is as if psychology had voluntarily restricted itself to only half its rightful jurisdiction, and that the darker, meaner half.”

Abraham Maslow

Thanks: Tal Ben Shahar for this quote
Positive Psychology

- Positive psychology is the scientific study of the strengths and virtues that enable individuals and communities to thrive.
- Positive psychology is an umbrella term for the study of positive emotions, positive character traits, and enabling institutions.
- Now it’s a Movement! – Barbara Frederickson

- Johnson, Lynn, D., Enjoy Life! Healing with Happiness, p. xiii.
- Seligman, M., et. al., Positive Psychology Progress
- Empirical Validation of Interventions, July–August 2005 • American Psychologist
- 2005 by the American Psychological Association 0003-066X/05/Vol. 60, No. 5, 410–421
MEET THE GRANDPARENTS

Abraham Maslow (1908-1970)

Karen Horney (1885-1952)
Meet the Parents

Ellen Langer

Martin Seligman
After 9-11, many survivors of the Twin Towers disaster developed Post Traumatic Stress Disorder – but not all of them.

Why not?

Dr. Barbara Fredrickson (U Mich) found:

--- People high in happiness before the attack simply bounced back.

--- But those whose pre-attack happiness levels were lower didn’t do well. Habitually unhappy people developed PTSD much more frequently.
Life Hurts
Happiness is the cure

- Very happy people have the same pain and trauma.*

- Their happy disposition helps them bounce back very quickly.**


The Benefits of Frequent Positive Affect: Does Happiness Lead to Success?
Psychological Bulletin November 2005 Vol. 131, No. 6, 803-855
“What things mean is not determined in the stars but in our own heart and mind.”

- Dr. Lynn Johnson
The Mental Health Continuum: From languishing to flourishing in life.

- **17.2%** are flourishing. As employees, spouses, and neighbors, they are the best.
- **56.6%** are moderate; they are well but not great.
- **12.1%** are languishing; they are not happy and not very productive.
- **14.1%** are clearly depressed & anxious; they under-perform, are quite unhappy, over-use medical services, etc.

Does money buy happiness?
Is Happiness Enough?

- Lyubormirsky: Yes, it is what we measure and it predicts flourishing in all areas of life.”
- Frederickson: Yes, raising happiness raises all types of success”
- Seligman: No, we want people to flourish and that is more than happiness.”
Martin Seligman & Chris Peterson

- Learned helplessness
- Dog trials
- [www.authentichappiness.org](http://www.authentichappiness.org)
- Seligman offers multiple questionnaires on engagement, meaning, and life satisfaction
- Research on 5,299 adults from 3 internet samples using the VIA Inventory of Strengths
- Now over 4 million have taken the VIA survey.

- Values and Strengths
- VIA : Values in Action
- [www.viacharacter.org](http://www.viacharacter.org)
- Offers a free VIA survey plus additional deep dive reports for a small fee
- Died Oct. 9, 2012
24 Character Strengths


- Hope, Optimism, and Future-Mindedness
- Zest, Enthusiasm, and Energy
- Gratitude
- Capacity to Love and be Loved
- Curiosity and Interest in the World
- Social Intelligence
- Perspective (Wisdom)
- Valor
- Industry, Diligence and Perseverance
- Self-Control and Self-Regulation
- Kindness and Generosity
- Honesty, Authenticity and Genuineness
- Citizenship and Teamwork
- Fairness, Equity, and Justice
- Leadership
- Caution, Prudence and Discretion
- Forgiveness and Mercy
- Spirituality, Sense of Purpose, and Faith
- Humor and Playfulness
- Modesty
- Appreciation of Beauty and Excellence
- Creativity, Ingenuity and Originality
- Judgment, Critical Thinking & Open-Mindedness
- Love of Learning
THE FRAMEWORK OF POSITIVE PSYCHOLOGY (ORIGINAL)

**The Pleasant Life:** hedonic: positive emotion, (joy, love, contentment, pleasure etc.) having as much of this good stuff as possible.

**Engaged Life:** The state of flow, sought by the likes of Thomas Jefferson and Aristotle. Flow consists of a loss of self-consciousness, time stops for you, being “one” with the music.”

**The Meaningful Life:** The best intellectual provenance, meaning is increased through our connections to others, future generations, or causes that transcend the self. Know what your strengths are, then use them to serve something higher than yourself.
From Happiness to Flourishing; 5 Constructs

1. It contributes to well-being.
2. Pursued for its own sake.
3. Defined and measured independently (exclusivity).

M. Seligman, Flourish, p. 10-16.
Hope is both the earliest and the most indispensable virtue inherent in the state of being alive. If life is to be sustained, hope must remain, even where confidence is wounded, trust impaired. “

Erik H. Erikson
OPTIMISTS VS. PESSIMISTS

- If something good happens:
  - This is **permanent**, or long lasting
  - It is **personal**, caused by me.
  - It is **pervasive**, affects many parts of my life.

- If something good happens:
  - It is temporary/won’t last.
  - Not caused by me, just random happenstance.
  - It won’t affect other parts of my life, won’t be expansive.
OPTIMISTS VS. PESSIMISTS

- If something bad happens:
  - It is temporary, (this too shall pass, lemons into lemonade)
  - It is impersonal, it just happened)
  - It is local and won’t affect other parts of my life.

- If something bad happens:
  - It is **permanent**
  - I caused it to happen. (I’m bad/it’s **personal**.)
  - It is **pervasive**, this will now ruin the rest of my life.
Worry Raises Diabetes Risk

Professor Anders Ekbom, from the Karolinska Institute, Sweden reported that men high in worry were 2.2 times more likely to develop type II diabetes when followed over ten years.

http://news.bbc.co.uk/2/hi/health/7524096.stm
Optimism Reduces Cancer Risk

- Optimism in women reduced the risk of breast cancer by 25%
  - 622 women, between 25 and 45 years.
  - Optimists were 25% less likely
  - 2 or more traumatic events raised risk of breast cancer by 62%.
  - "The mechanism in which the central nervous, hormonal and immune systems interact and how behavior and external events modulate these three systems is not fully understood," Peled states.

Optimism and Heart Attacks

Erik Giltay et al. in the Netherlands found:

- OPTIMISM: Top third of men 65-80 had half the heart attacks than men in the bottom third.
- Health, eating, activity were controlled for.

Optimists and Sales

Marty Seligman found that among new Met Life agents:

- Strong optimists outsold moderate optimists
  21% the first year . . .
  57% the second year . . .

And the difference continues to grow

Do Happy Doctors make Better Doctors?*

Forty-four doctors asked to diagnose a difficult case.
- One group first got a bag of candy.
- One group first read positive statements about medicine.
- One group was the “control group.”

Carol Dweck, *Mindset*

- **Fixed Mindset**
  - I’m not smart enough
  - I’m not pretty enough
  - I’m not rich enough
  - Be good

- **Growth Mindset**
  - If I work hard and practice, I can be anything...
  - Challenges make me grow and learn.
  - Get better
What did the optimist say to the pessimist?

“Hey, good news! You can LEARN to be an optimist!”
Feelings as Information Theory

- **Fixed Mindset – Be Good**
  - Negative emotions mean you have failed to be good = dampens active coping

- **Growth Mindset – Get Better**
  - Negative emotion signals that “something needs fixing” = spurs problem solving
WHAT YOU PAY ATTENTION TO

Be Good:
- Information about how you compare to others
- Extrinsic Goals:
  - Wealth, beauty, social conditioned, status, power

Get Better:
- Information you can use to improve, sources of expertise
- Intrinsic Goals:
  - Outcomes people naturally pursue, autonomy, mastery, relationships
REACTION TO ADVICE

- **Be Good:**
  - If I take advice, then I lack talent and I am inferior.

- **Get Better:**
  - If I take advice, I might save myself a lot of needless mistakes and I can learn faster.
RESOLUTIONS

- **Be Good:**
  - This is the perfect relationship – my soul mate.
  - Until the trouble starts . . . .
  - Walk away, this was not perfect.

- **Get Better:**
  - All relationships take adjustment and work.
  - When trouble starts . . . .
  - I need to put more positive energy into this relationship.
CHANGING MINDSET

This is a test to compare how you are doing and where you should be.

VS.

This is a learning task, designed to teach you how to analyze certain types of problems.
PRAISE / REWARDS

**Person-centered:** You are really . . . . Smart, talented, pretty, gifted to have done so well.

**VS.**

**Process-centered:** You have worked hard so you have succeeded and done well.
Growth & Grit Go Together!

• Framing challenges to children as opportunities for growth.
• Challenge children to grow from failure.
• Let children experience failure.
• Blessings of a Skinned Knee. Wendy Mogel
• Where do you have a “fixed mindset?
• How can you shift to a Growth Mindset?
GRIT: Angela Duckworth

- Perseverance and passion for long-term goals.
- Tenacity endurance, persistence; characterized by commitment to challenging, long-term goals.
- Associated with long-term success, best single predictor (i.e., compared with Big Five)
  - West Point/ Grit was a better predictor of success.
GRIT SCALE

- New ideas and projects sometimes distract me from previous ones.
- Setbacks don’t discourage me.
- I have been obsessed with a certain idea or project for a short time but later lost interest.
- I am a hard worker.
- I often set a goal but later choose to pursue a different one.
- I have difficulty maintaining my focus on projects that take more than a few months to complete.
- I finish whatever I begin.
- I am diligent.
RAISING GRIT

- Let children fail!
  - Encourage them to try over and over.

- Teach the value:
  - Try again, try until you succeed.
  - Share Family Stories of Grit.
  - Gratitude Diary:
    - What went well today?
    - At least 3 things
    - How did they happen?
    - Can I make it happen again?

- Reframing:
  - One annoying thing
  - How can I turn it into a blessing in disguise?
“We find practice is the only factor that differentiates successful from unsuccessful people.”

Successful people engage in deliberate practice. They figure out what to practice, from a coach or teacher. They consistently put in more time and effort. They have relationship with their coach, who corrects them and gives them new skills to practice.

“There is substantial evidence from well controlled studies that skills that increase resilience, positive emotion, engagement and meaning can be taught to schoolchildren.” (p.1). Seligman, M.E.P, Ernst, R.M., et.al.


What is Happiness? Positive Psychology requires a more scientific framework so it is divided into three very different realms, each of which is measurable, and most importantly, each is skill-based and can be taught. P.296
“The way we think about this . . life can actually diminish or enlarge the control we have over it. Our thoughts are not merely reactions to events; they change what ensues.

-Martin Seligman, PhD.
What They are Telling Us Now: Matter is NOT solid.
As much as 90% of the matter in the universe is invisible. -Vera Rubin, Scientific American, 1998
Objects are not solid as we perceive them to be with our ordinary five senses, but mostly empty space; fluttering with fluctuations of energy.

Meaning: REALITY IS MALLEABLE.
If the classical world view saw the universe as a giant Machine, the quantum world view sees it as a giant Mind.

In the quantum view, there is no static or absolute reality.

Meaning: WE ARE NO LONGER STUCK WITH THE WAY THINGS “ARE”.

p. 19
QuantumThink, Diane Collins

- Matter can exist as a wave or a particle.
- Particles are not particles, but are more like tiny vibrating strings.
- Meaning: YOUR “VIBE” REVERBERATES OUT TO THE WORLD WHETHER YOU REALIZE IT OR NOT.
Everything exists as Infinite Possibility with certain probabilities.

Exactly which possibility manifests is dependent on the Observer.

Meaning: DEPENDENT ON YOU, THE THINKER!

P.19
Positive Mental Health

“Positive Mental health is a presence: the presence of positive emotion, the presence of engagement, the presence of meaning, the presence of good relationships, and the presence of accomplishment. Being in a state of mental health is not merely being disorder free; rather it is the presence of flourishing.”

-Martin Seligman, Flourishing, Ch. 9, p. 183.
SOMATIC
PSYCHO
THERAPY
Positive Psychology

Interventions

- Measurement
- WWW every night
- Gratitude visits/letters
- Exercise/Diet/Sleep
- Savoring
- Diaries: Gratitude, regular, future
- Mindfulness/Meditation
- Develop Strengths

“Measurement: If you’re not assessing, you’re just guessing”–Dr. Lynn Johnson

- Ryff Scales of Psychological Wellness
- PERMA Profiler
- Flourishing-Scale
Ryff Scale of Well-being

- 6 factors
- **Autonomy:** I have confidence in my opinions, even if they are contrary to the general consensus.
- **Environmental Mastery:** In general, I feel I am in charge of the situation in which I live.
- **Personal Growth:** I think it is important to have new experiences that challenge how you think about yourself and the world.
- **Positive Relations with Others:** People would describe me as a giving person, willing to share my time with others.
- **Purpose in Life:** Some people wander aimlessly through life, but I am not one of them.
- **Self-Acceptance:** I like most aspects of my personality.

Ed Diener & Robert Diener
Flourishing Scale

- Eight items – free to download from his website.
- Scored 7 (strongly agree) to 1 (strongly disagree)
- No reserve scored items
- Yields a single score
- Clinically / educationally useful
- Raw score = 45 is average

http://internal.psychology.illinois.edu/~edieener/scales.html
Thriving/Flourishing

- Change our view of depression, anxiety, etc.
- Use symptoms as a springboard
- What can I learn from this / how can I grow?
- Group interventions.
Assessment-Based Interventions to Increase Flourishing

- Take a test, choose either the highest score to build or the lowest one – build on them.
- What would tell you that you were one point higher on that scale?"
- What have you done to raise that?
- When have you been at your highest on that item?"
- How would others know that you were a point higher, without you telling them?"
Positive Emotions
feeling good

Engagement
finding flow

Relationships
authentic connections

Achievement
a sense of accomplishment

Meaning
purposeful existence

www.authentichappiness.com
What Went Well = P

- Every night before going to bed write down 3 things that went well that day.
- Discuss with a parent, child, partner
- Ponder the list mindfully – activate and install.
- Make this a daily habit!
Spirituality / Religious Practice = Engagement/Flow

- Meditate
- Join a group.
- Think of spirituality as vertical alignment
- Think of religion as a horizontal alignment
- Flow – Mihaly Csikszentmihalyi
Positive Relationships = R

- Very happy persons have a much wider range of friends.
- Spend more time with others.
- Connection skills:
  - How can I help others?
  - Enjoy others as they already are.
  - Create time with friends.
Meaningful Work: Seeking a Vision

- Why Seek a Vision?
- Meaning in Life: Laura King, Michael Steger
- Is the Universe random or can we live a life of meaning?
- Must the vision be grandiose?
- Ken Ring, Ph.D. NDE research U Conn

Introducing a New Theory of Well-Being

PERMA

- Positive Emotions
- Engagement
- Positive Relationships
- Meaning
- Accomplishment
APPLY YOUR SIGNATURE STRENGTH = A

• Take the signature strength test at: www.authentichappiness.com

• Now think of 1 thing that you HATE to do each day at work.

• Apply YOUR top signature strength and figure out a way to do that hated task using your strength.

• Set aside a time every day that you will use your top strength in a new, novel way.
What we measure we get more of. (The Observer Effect.)

Challenge: Shift economic measurements toward flourishing so as to inform political and social decisions.
DISTRACT FROM UNHAPPINESS

- Shift attention back to gratitude
- Reframe as potential for growth
- Take active steps
- Become *Intolerant* of unhappiness!
- Practice Kindness, several small kind acts one day per week, or one large act, then write in diary.
- Change up your kindness, don’t habituate.
- Deepen relationships, show appreciation, smile!
- Make new friends.
REFRAME NEGATIVE EVENTS

- Write it down – how did it affect you?
- How was it a problem?
- Ask how it is actually a blessing in disguise.
- - Give at least one, perhaps 2 or 3 ways.
FORGIVENESS

- Write how it affected you
- Write what might have motivated the perpetrator
- Try to be understanding
- Don’t tell the perpetrator!
- Write, read it to a safe witness, and burn
Mindfulness/ Slow down

- Savor simple experiences 2 – 3 times a day
- Slow down and notice pleasant events.
- Food, sunsets, walks.
- Be fully present in conversations.
GRATITUDE VISITS: A validated intervention for depression.

• Pick one person who lives in driving distance. Write a letter of appreciation – one or two pages. (No relatives!)

• Laminate or frame it.

• Take it to that person, read the letter, and leave it.
For sustained benefit, try 3 of these interventions.
Physical activity is approximately equal in effect to antidepressants and anxiety medications.

Ten minutes a day is sufficient to produce the effect; thirty minutes may be optimal.

Anxiety disorders require more – thirty to sixty minutes a day of activity.

Try this during the lunch break – ten minute brisk walk. Rate before / after 0-10.


ANXIETY AND EXERCISE

• Exercise training programs significantly reduced anxiety symptoms compared with a no treatment condition for sedentary adults with chronic illness.

• Best results included sessions of at least 30 minutes for 12 weeks.

• Anxiety report time frame greater than the last week.

• Effect size: .29, a reasonable impact and more than antidepressants.

Sleep

- Insomnia affects up to 30% of population
- A risk factor for depression
- A side effect of depression
- Continues after depression is resolved
- Behavioral treatments are equal or better than medication
Behavioral Sleep Tools

- Go to bed only when sleepy.
  - Quiet down in the evenings, avoid TV, lower the lights an hour before bed. Luxuriate in your bed.
- Meditate briefly before bed.
  - This is a natural melatonin producer.
- If not asleep in 20 minutes, get out of bed.
- Return to bed only when sleepy.
- Get up the same time every day.
- Don’t take naps, but do meditate once a day.
Nutrition

- Breakfast like a king, supper like pauper
- Mediterranean diet:
  - Rich in vegetables, fish, complex carbs, legumes and nuts; low in red meat.
  - “Rainbow diet”
- Omega-3 oils* reduce depression.

Omega 3 & Omega 6

Omega 3: *anti inflammatory* O-6: *pro inflammatory*
- DHA (docosahexanoic acid);
- EPA (eicosapentanoic acid);
- ALA (alpha linolenic acid)
  - DHA & EPA: animal sources; ALA vegetable (GREENS, flax)
  - Therapeutic range: 1 – 3 grams EPA / day
- Help the brain grow / recover; reduce inflammation. Effective w/ all depressive dx.
- Myelination – de-myelination = M.S.
- Modern diets out of balance
  - Ideal: 2 o-6 to 1 o-3; currently our diet is 1 o-3 to 20 o-6

“The vast majority of the fish oil supplements found in health food stores are only one step removed from the outflow of any major chemical processing plant.”
THE SURPRISING TRUTH ABOUT WHEAT, CARBS, AND SUGAR: YOUR BRAIN’S SILENT KILLERS
OVER 1 MILLION COPIES SOLD!

LOSE THE WHEAT, LOSE THE WEIGHT,
AND FIND YOUR PATH BACK TO HEALTH

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The Power of Gut Microbes to Heal and Protect Your Brain—for Life

BRAIN MAKER

DAVID PERLMUTTER, M.D.
WITH KRISTIN LOBERG

New York Times Bestseller

The UltraMind Solution

The Simple Way to Defeat Depression, Overcome Anxiety, and Sharpen Your Mind

Fix Your Broken Brain by Healing Your Body First

MARK HYMAN, M.D.

New York Times Bestselling Author of The Blood Sugar Solution
Depression & Diet Link

- Conclusion: Diet strongly predicts depression
- British study: followed 3486 participants five years; assessed depression CES-D
- Two diet patterns (assigned to tertiles):
  - Whole foods: High fruits, vegetables, fish
  - Processed foods: heavily loaded by sweetened desserts, fried food, processed meat, refined grains and high-fat dairy products.

Good Diet = Less Prison Fights

- Double blind study in British prison
  - Multi-vitamins, minerals & healthy oils / Omega 3 (fish & olive oil capsules).
  - OR, placebo and corn oil capsules.
- Prisoners getting diet supplements:
  - Fewer fights: 31% fewer in two weeks of starting supplementation.

Meditation Skills

- Improves lifestyle
- Reduces stress
- Adds to emotional resiliency.
- Slows aging
- All styles work.

---the act of focusing one’s attention upon something in a thoughtful, purposeful, and sustained manner

Andrea Hollingsworth, Ph.D. Encyclopedia of Sciences and Religions 2013, p 496  Contemplative
www.rickhanson.com
The Vegas Nerve:
Before / After Photos
One Month Meditation Retreat
Key Meditation References


To read Fredrickson’s articles, go to: http://www.unc.edu/peplab/publications.html
To read Davidson’s articles, go to: http://psyphz.psych.wisc.edu/web/pubs/pubs_articles.html
Autogenic Training

SAMPLE phrases: My right arm is heavy. . . My left arm is heavy . . . My arms are heavy . . . My right leg is heavy . . . My left leg is heavy . . . My legs are heavy. My arms and legs are heavy and relaxed.

My right hand is warm . . . My left hand is warm . . . Warmth flows into my hands. My hands are warm . . . My right foot is warm . . . (and so on)

My breathing is calm and regular . . . My heartbeat is calm and regular . . .

I am at peace . . . There is nothing to bother or disturb . . .
Autogenic Training & Depression

GROUPS A, B, C
A: 40 sessions tx / 20 wks
B: 10 weeks AT, then 10 weeks of AT + tx (20 sessions therapy 2x / wk)
C: 10 weeks wait list; 10 weeks of AT & 20 sessions therapy 2x / wk.

Optimistic Triad

- **Permanent**: bad doesn’t last, good does.
- **Pervasive**: good affects everything; bad is localized and doesn’t affect other parts of life.
- **Personal**: Good = my fault; bad = random
- We can teach ourselves and our children to think optimistically.

Seligman, M. E. P. (1992) *Learned Optimism*. New York: Pocket. **NOTE**: There is an optimism test, the ASQ, in that book, yields scores on these three factors.
Optimism Homework

- Cognitive-behavioral: Diary of automatic thoughts
  - About events:
    - Permanent? Personally caused? Pervasive?
    - Good: Permanent, personally caused, pervasive.
    - Bad: Temporary, random, local.
  - ABCD homework
    - Adverse (ACTUAL!) event, Belief, Consequence of that belief, and Disputation.

More Optimism Homework

- Writing the Future Diary: Describe in detail the answer to the Miracle Question.
  - How would things be if your problems were miraculously transformed into solutions?
  - What would you do? What would others see you doing? How would others know the miracle had occurred, without you telling them.
- Keep that as part of your diary, once a week or so.

Lyubomirsky, Sonja: The How of Happiness.
Duchenne Smiles & Marriage
Positive Emotion in PERMA

- Duchenne Smiles: 1960 Mills College Yearbook:
  - Women with Duchenne smiles were more likely to have married, stayed married, and rated their lives as happy thirty years later,

Which is the genuine ("Duchenne") smile and which is the social smile?
Smile Assignment

- Practice smiling more on random days.
  - Magic coin flip technique
  - Recall happy times, and then smile.

- How does smiling more affect you?
  - Track experiences in your gratitude diary.
    - How do I feel?
    - How do others respond to me?
“Smiling is yoga for the mouth”
- Thich Nhat Hahn
3 Positive to 1 Negative: The Magic Ratio

Fredrickson and Losada reviewed high functioning individuals, families, and work teams.

When we observe the positive to negative communications, a common fact emerges:

Languishing: <1:1

Flourishing: >2.9:1

Ideal: 4 or 5:1

GOALS

- Happy people are generally goal-oriented people.
- Setting goals raises energy (zest, enthusiasm)
- Break goals down into daily tasks.
- Visualize the goals as already achieved. (Future Diary).
- Also, visualize all the blocks and how you overcame them!
MOTIVATION & GOALS

- **Intrinsic goals**: come spontaneously, with no training, they are built in.
- Autonomy
- Mastery
- Connection
- Helping Others
- Needs NO reinforcement

MOTIVATION & GOALS

- **Extrinsic** Goals: We have to be taught to want these.
  - Status
  - Power
  - Beauty
  - Possessions
  - Wealth
- Deci & Ryan, 1996
People seeking to achieve **INTRINSIC** goals are happier and more stable and resilient.

People seeking to achieve **EXTRINSIC** goals are much less happy, less emotionally stable and less resilient.
Well Formed Goals

- Stated in the positive, not the negative.
- I am smoke free instead of I want to stop smoking.
- Presence of something, not the absence.
- Intrinsically rewarding
- Ecological – Imagine you have achieved the goal, who did you help, how did you help them, how does it impact your future and those you care about?
From Extrinsic to Intrinsic Goals

- i.e. I want more beauty. “How will that help?
- This shifts perspective
- Allows for alternative goals or another way to satisfy the underlying goals.
- “If I am beautiful, people will admire me”.
- If people admire me, I will feel secure and relaxed.
- If you could be secure and relaxed without worrying about beauty, would that work just as well?
STEPS

- What will tell you that _____(your goal) was a very good idea?
- (Ecological) Who will notice this has been very valuable to you without you having to TELL them? (Video image of you achieving goal.)
- How will they know? What will they see, what will they hear to make you think this was really worth your effort?
- On a scale of 1 – 10, where are you now in terms of achieving your goal?
- If 10 is the ideal number, what number would be “good enough” to convince you that this goal was really worth your efforts?
PROBLEMS WITH GOALS

- “I wouldn’t cry so much”
- Ask the instead question,
- What would be your 1st step to make sure you
  . . . . .
- Specific goals have much more motivating power.
- Losing weight is vague. Losing 15 lbs. by my
  high school reunion is much more powerful.
- Use a range goal: 12 – 18 lbs.
Vague vs. Specific Goals

- Specific goals have more motivating power.
- WHEN and HOW MUCH are good questions.
- Use Likert scales for present state and desired state as well as tracking progress.
- What small steps have you taken that puts you on the path to your goal?
- How did they work? Can you keep up the effort?
Overlooked Progress

• What small steps have you already taken that puts you on the path to achieving your goal?
• How did they work?
• Those steps that work, can you keep up the good efforts?
Homework Assignments

- Do MORE of whatever helps.
- Notice carefully so you can report back to me, what do people do that helps you towards your goal? Who did that? Will they continue to do that?
- Coin Flip: A “magic” coin toss helps you decide whether to make a big effort toward your goal. Keep track of how that helps.
MOTIVATING CHANGE

- Feasible vs. Desirable Goals
- If the goal likely to be achieved? (Feasible)
- Is the goal really worth? (Desirable)
- Write thoughts on those variables:
  - Not feasible? But when have I done something hard? How did I do that?
  - Not desirable? If I woke up and had achieved the goal, how would that affect my life? How would it help others?
FEASIBLE GOALS

- Vividly imagine your future state.
- Imagine all the factors that can block you.
- Imagine overcoming all those factors.
- Ask yourself, “Was it worth it”? 
- This is *mental contrasting*.

More Mental Contrasting

- Write to this: What if I don’t achieve that goal? How will my life be affected? What would I lose? What might it cost me? What would I miss out on?
- Does that raise the “desirability” factor?
Contingency Planning

- INTENTION

- Write: If _____, then _______.

- If it is 6:00 am, then I get out of bed and exercise.

- If / then written statements double or triple the chances of successful implementation.

Prevention or Promotion
Mindsets

- **Prevention**: a habitual way of approaching goals but one that a person can change with some effort.
- The idea is to focus on keeping a bad thing from happening.
- Both are helpful for specific outcomes.
- With insight one can shift from one to another.

- **Promotion**: focused on creating a new outcome, causing something to happen.
- Promotion focused goals create more happiness and energy than prevention-focused goals.
Locke & Latham

- Setting performance goals energizes.
- Set daily goals that support overall goals
- Link short and long-term goals
- Do something each day toward goals
- What can you do in five minutes?
- Leave something undone

Big or Small Goals

- Generally, BIG = more energy; small = less risk
- Ideal: BIG goals with daily small tasks.
- Set daily goal that contributes to big goal.
- What can I do in five minutes?
- If-then contingency planning.
Assignment

- Write some goals:
  - Are they specific, promotion focused & measurable?
  - How gritty do these goals seem to you?
  - Are you committed to them?
  - Can you focus on them for a period of time?
AS-IF VISION

- Pretend that every human has a purpose in life.
- But they don’t know it!
- Authentic happiness.org for values test.
A LIFE SUMMARY = M

- Write your vision of a positive human future.
- THEN
- Write your obituary based on the perspective of your grandchild discussing the positive impact you made to the world.
- For severely depressed clients, we call it a life summary.
MEANINGFUL VISIONS

- What is your Vision!
- The vision is a concise statement of your best self.
- Disneyland: The Happiest Place on earth.
- Begin to explore your personal Vision statement.
A Personal Vision

- Imagine it is the end of your life. You look back with great satisfaction at how you lived it.
- Write a eulogy that would sum up your life. What was your greatest accomplishment?
- Now shift that to a vision of the future. This is your personal vision. Keep it simple.
- Like a great company, you live your highest and best self when you focus on a single vision.
“A vivid image of the future compels the whole body to obey.”
-Aristotle.
MISSION STATEMENT

- How do you turn that mission into your work place activity?
MENTAL CONTRASTING

- Scale 1 – 10 how close you are to your personal vision and mission today.
- What are the biggest challenges to you moving to a 9 or 10 on the scale?
- What will your life be if you fail to live up to your vision and mission?
- Use this technique with clients who have high confidence but low motivation.
- Increases motivation.

http://happierhuman.com/mental-contrasting/
What can you do each day even for five minutes, that brings you closer to your vision and mission?

Write if-then planning statements for your daily activity implementation.
RESOURCES

BBC radio program at www.bbc.co.uk/programmes/b00m00zz3
Cozolino, Louis, Ph.D., presentation at Momentous Institute, Dallas, TX, Oct. 2, 2015.
-Duckworth, Angela, TED TALKS 10/18/09
Seligman, M.E.P., et. al., Positive Psychology Progress, Empirical Validation of Interventions, 2005 by the American Psychological Association 0003-066X/05/, Vol. 60, No. 5, 410–421
THANK YOU!
IT HAS BEEN AN HONOR.
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