POSITIVE PSYCHOLOGY: THE CUTTING EDGE

13 Juli 2014
Berlin
14:00-18:00
Martin E. P. Seligman
marty@apa.org
Outline

- Well Being as Individual, Corporate and National Goal
- What is Well Being?
- Wealth and Well Being
- How to Measure PERMA
- How to Build PERMA
  - Positive Emotion (Hunt the Good Stuff)
  - Engagement (Optimism and Optimal Performance)
  - Relationships (ACR)
  - Meaning (Fun vs Altruism)
  - Accomplishment (GRIT)
  - Invisible Hand
- BREAK
- Positive Education
- US Army
- Prospection
- Imagination
- Politics of Well Being
Flourish (PERMA)

- **Positive Emotion**
- **Engagement**
- **Relationships**
- **Meaning**
- **Accomplishment**
Mean life satisfaction vs. GDP per capita
Declining Effects of Money

Figure 2
Declining Marginal Utility

Well-Being Variables:
- Ladder
- Affect Balance

Income

Standardized Well-Being Scores

Income

0 40000 80000 120000 160000

-20000 -160000 -120000 -80000 -40000 0 40000 80000 120000 160000

1.5 1.0 .5 0.0 -.5 -1.0 -1.5
Inequality & Well Being

- Variance Accounted for
- Fairness & Well being
PERMA

Positive emotion, Engagement, Relationships, Meaning, Accomplishment

Each is measurable

Each is teachable
QUESTIONNAIRES (FREE)

www.authentichappiness.org

But the days of tests are coming to an end
Women
Men
Atherosclerotic Heart Disease (red = more deaths)

Reported by CDC

Predicted by Twitter

\[ r_{weighted} = 0.67 \]
Risk for CHD

Atherosclerotic Heart Disease
PERMA is Teachable
3 Good Things
PERMA Engagement

Signature Strengths

www.authenticichappiness.org
PERMA Relationships
Active Constructive Responding

Active

Constructive

Passive

Destructive
PERMA Meaning

Belonging To and Serving Something Bigger than Self

Altruism versus Pleasure
GRIT

Who Never Gives Up?

West Point
Grades
Spelling Bee
The Invisible Hand
Schools, Army, Nations
Positive Education

IPEN

Emily Larson
<emily@floreat.org.uk>
18 secondary schools (~8,000 students) in three representative regions of Bhutan

Randomly assigned to:
  1. GNH Curriculum condition (11 schools)
  2. Control condition (7 schools)
Results: Academic Achievement

Standardized Test Scores

Rescaled Values

-1 -0.75 -0.5 -0.25 0 0.25 0.5 0.75 1

GNH Curriculum (11 schools)
Control (7 schools)

** p<0.01

Cohen’s $d = 0.63$
US Army

Comprehensive Soldier and Family Fitness
Real-time Resilience:
Shut down counterproductive thinking to enable greater concentration and focus on the task at hand.

Mental Games:
Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand.

Put It In Perspective:
Stop catastrophic thinking, reduce anxiety, and improve problem solving by identifying the Worst, Best, and Most Likely outcomes of a situation.

Problem Solving:
Accurately identify what caused the problem and identify solution strategies.

Detect Icebergs:
Identify deep beliefs and core values that fuel out-of-proportion emotion and evaluate the accuracy and usefulness of these beliefs. Identify deep beliefs and core values that promote rejuvenation.

Avoid Thinking Traps:
Identify and correct counterproductive patterns in thinking through the use of Critical Questions.

ATC:
Identify your Thoughts about an Activating Event and the Consequences of those Thoughts.
### Thought-Consequence Connections

<table>
<thead>
<tr>
<th>Thoughts</th>
<th>Emotions/Reactions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Loss</strong></td>
<td>Sadness/Withdrawal</td>
</tr>
<tr>
<td>(I have lost something.)</td>
<td></td>
</tr>
<tr>
<td><strong>Danger</strong></td>
<td>Anxiety/Agitation</td>
</tr>
<tr>
<td>(Something bad is going to happen and</td>
<td></td>
</tr>
<tr>
<td>I can’t handle it.)</td>
<td></td>
</tr>
<tr>
<td><strong>Trespass</strong></td>
<td>Anger/Aggression</td>
</tr>
<tr>
<td>(I have been harmed.)</td>
<td></td>
</tr>
<tr>
<td><strong>Inflicting harm</strong></td>
<td>Guilt/Apologizing</td>
</tr>
<tr>
<td>(I have caused harm.)</td>
<td></td>
</tr>
<tr>
<td><strong>Negative comparison</strong></td>
<td>Embarrassment/Hiding</td>
</tr>
<tr>
<td>(I don’t measure up.)</td>
<td></td>
</tr>
<tr>
<td><strong>Positive contribution</strong></td>
<td>Pride/Sharing, planning future achievements</td>
</tr>
<tr>
<td>(I contributed in a positive way.)</td>
<td></td>
</tr>
<tr>
<td><strong>Appreciating what you have received</strong></td>
<td>Gratitude/Giving back, paying forward</td>
</tr>
<tr>
<td>(I have received a gift that I value.)</td>
<td></td>
</tr>
<tr>
<td><strong>Positive future</strong></td>
<td>Hope/Energizing, taking action</td>
</tr>
<tr>
<td>(Things can change for the better.)</td>
<td></td>
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</tbody>
</table>
Counteracts the negativity bias: You can counteract the negativity bias—the tendency to pay more attention to bad events than positive events—by recording three good things on a regular basis.

Optimism: Optimism is a primary target of Hunt the Good Stuff.
Avoid Thinking Traps
Activating Event
The trigger: a challenge, adversity, or positive event

Thoughts
Your interpretations of the Activating Event; what you say to yourself
- Jumping to Conclusions
- Mind Reading
- Me, Me, Me
- Them, Them, Them
- Always, Always, Always
- Everything, Everything, Everything

Consequences: ER
E: Emotions
R: Reactions
Put It In Perspective

You are here
Step 1: List worst case outcomes.
Step 2: List best case outcomes.
Step 3: List most likely outcomes.
Step 4: Identify plan for dealing with most likely.
Findings: Positive Forms of Coping

(Scoring Higher is Better)

- **1 x MRT Per Company**
  - 2010: 3.50
  - 2011: 3.65

- **0 x MRT Per Company**
  - 2010: 3.55
  - 2011: 3.70

**Deployment**
- 1/4 IN
- 3/4 IN
- 1/25 IN
- 2/1 IN
- 3/1 IN
- 170 HBCT
- 2/4 IN
- 11 ACR

**Mean Score on GAT for Positive Coping**

**Published MRT Training Guidance**
## Frequency of Diagnoses: Resilience Training vs no Resilience Training

- **Mental Health Problems or Substance Abuse Problems Following Deployment (90 days)**
  - **Training** (n = 4,983)
    - Mental Health: 221 (4.44%)
    - Substance Abuse: 58 (1.16%)
  - **Non-training** (n = 2,247)
    - Mental Health: 114 (5.07%)
    - Substance Abuse: 64 (2.85%)
  - **Total** (n = 7,230)
    - Mental Health: 335 (4.63%)
    - Substance Abuse: 122 (1.69%)
Study concludes Master Resilience Training effective

January 24, 2012
By David Vergun


Comprehensive Soldier Fitness, or CSF, was launched in 2009 to teach Soldiers how to be psychologically strong in the face of adversity, such as combat. The program, also available to family members and DA civilians, was designed at the University of Pennsylvania by behavioral specialists using proven research-based methodologies.
New Initiatives

- Prospection
- Imagination
- Creativity
Positive Psychology: Deeper Omission
The Homo SAPIENS Model
Past experience
plus genes
plus drives
plus present stimuli
Homo Prospectus Model

- Past and Present matter ONLY for Future
- Mental Simulations of Possible Futures
- Default Circuit
- 50 second Oscillation
- Evaluation of Possible Futures
What if vision is not registration of the present, but an hallucination of the future?
What if memory is not a file drawer of photographs, but a hope chest of possibilities?
What if emotion is not agitation from the now, but guidance for the future?
What if knowing a person is not about the last crossroad they faced, but what they will do at the next one?
What if action is not driven by the past, but drawn into the future?
What if the mind is not a storehouse of knowledge, but an engine of prediction?
TEMPORAL ORIENTATION IN SOCIAL MEDIA LANGUAGE

Gregory Park,
H. Andrew Schwartz,
Evan Weingarten,
Jonah Berger,
Maarten Sap,
George Wan,

Johannes C. Eichstaedt,
Margaret L. Kern,
Martin E. P. Seligman,
& Lyle H. Ungar
Temporal Orientation

How much one thinks about the past, present, and future
Thinking about the Future is Good

Future-oriented thinking predicts:

• Better study habits, higher grades
• Less smoking, alcohol, and drug use
• More exercise
• Saving money and financial planning
• Poverty as Present-mindedness

Adams & Nettle, 2009; Boyd & Zimbardo, 2005; Howlett, Kees, & Kemp, 2008; Keough, Zimbardo, & Boyd, 1999
How can we measure when people are thinking about?
How can we measure when people are thinking about?

Look at when they are writing about in social media (Facebook, Twitter)
Method

1. Ask human raters to classify 5,000 messages as past, present, or future
1. :) today was actually pretty good

2. is listening to awesome new album by the Eagles!

3. considering trying something new tomorrow :D

Example messages:

When are these messages talking about?

1. past
2. present
3. future
Method

1. Ask human raters to classify 5,000 messages as past, present, or future
2. Using human ratings to train machine learning model
3. Apply model to 345,000 more messages written by 3,300 Facebook users (≈100 messages/user)
Across 345,000 messages,

≈ 60% are present
≈ 25% are past
≈ 15% are future

Caveat: These Media Pull for the Present
Method

1. Ask human raters to classify 5,000 messages as past, present, or future
2. Using human ratings to train machine learning model
3. Apply model to 345,000 more messages written by 3,300 Facebook users (≈100 messages/user)
4. Compare individuals
Age Differences

*Older* users write less about the *present*
Age Differences

*Older* users write less about the *present* and more about the *past*.
Age Differences

*Older* users write
less about the *present*
more about the *past*
more about the *future*
More satisfied users write more about the future

(no correlation with past, or present)
IMAGINATION
Mental Representation

PROSPECTION
Mental Representation of Future

ORIGINALITY
Novel Mental Representation of Future

CREATIVITY
Novel and Useful Mental Representation and Execution of Future

INNOVATION
Novel and Useful Mental Representation and Execution of Future Made Available on a Large-Scale

PSYCHOLOGIC AL ASSETS
Disinhibition
Distractibility
Curiosity
Openness

Perspective
Critical Thinking
Sense of Audience
Wisdom
Perseverance

Leadership
Persuasion
15 grants $200,000
Imagination Quotient
Imagination Intervention
Population (Education, Arts, Corporations)
http://imagination-institute.org/
Advancing the Science of Imagination Toward an "Imagination Quotient" Grants of up to $200,000 will be awarded to recipients
Our Florentine Moment
Military & Economic Centuries
What is Wealth For? GDP vs GWB
The Safety Net and Florence
The Camel, The Rebel, & The Child Reborn
What can every human being say “Yes” to?
• More Positive Emotion
• More Engagement
• More Noble Purpose
• More Positive Relationships
• More Positive Accomplishment
Downstream Effect of PERMA
www.positivepsychology.org
(Literature)

www.psych.upenn.edu/seligman
(Literature & Manuals)

www.authentichappiness.org
(Questionnaires)

seligman@psych.upenn.edu