


## Pursuit of Happiness



Work/ School/ Love/ Kids



## School (work) sucks!


- What do we do when something is missing? It's empty?
  - 'it is possible to wake up one day and find yourself [in a job/ major] without completely knowing how you got there' --- Pat Allen
- A delight when aligned with who we are and what we do best
- A prison if formed in reaction to outside sources
  - Parental or societal expectations
  - Pursuit of status or money alone
  - Study to earn access to graduate programs or scholarships



Work	College
<ul style="list-style-type: none"> <li>• Job                             <ul style="list-style-type: none"> <li>◦ Done for the paycheck</li> </ul> </li> <li>• Career                             <ul style="list-style-type: none"> <li>◦ Working for advancement</li> </ul> </li> <li>• Calling                             <ul style="list-style-type: none"> <li>◦ Passionate commitment to the work</li> <li>◦ Utilizing your gifts for good</li> </ul> </li> </ul> 	<ul style="list-style-type: none"> <li>• Job                             <ul style="list-style-type: none"> <li>◦ Done for the grade</li> </ul> </li> <li>• Career                             <ul style="list-style-type: none"> <li>◦ Working for degree/ piece of paper</li> </ul> </li> <li>• Calling                             <ul style="list-style-type: none"> <li>◦ Passionate commitment to learning</li> <li>◦ Utilizing your gifts for good</li> </ul> </li> </ul> 

### Work Orientations

## 'earned' happiness in work/ college



- Using Strengths & Virtues
  - On the job
  - Throughout your education
  - Using them everyday
  - Activity consonant with noble purpose - jen
- Do not depend upon the job
- Determined by intentional action

Building a Calling....

## Orderly's Story . . .

- Seligman, pg. 167



## Career Shifts

*Your job is transformed from burden into gratification*

- Haircutting
  - Crafted work to reflect it's intimate personal nature
  - Artistic training/ service orientation
- Nursing
  - Crafting a pocket of care around patients
  - Talk to patients on a personal level/ connect with families
  - Boost the morale and healing of patients
- Kitchen Work
  - Crafted their trade as culinary artists
  - Add beauty and rich texture/ flavor to menu



## Flow

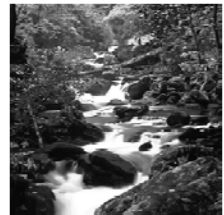
- Mike Csikszentmihalyi – positive feeling in the absence of thought
- Can only be achieved a few times in an 8 hour day
- The challenges you face mesh perfectly with your ability to meet them

- Work provides fertile ground for this/ more engaged at work than at play often
  - Clear goals
  - Frequent opportunity for assessing performance
  - Concentration is needed
  - Challenges of a job often matched to your talents/ strengths to perform



## Go with the Flow

- Deep Engagement while using strengths (teenager study)
  - Active use of strengths
    - 39% of time in flow
    - 17% of time in apathy
  - Passive Pleasures
    - 14% of time in flow
    - 37% of time in apathy



## How do you bring strengths to college course work/ social life?

On work....

Albert Camus

- A man's work is nothing but this slow trek to rediscover, through the detours of artfulness, those two or three great and simple stories in whose presence his heart first opened

## Relationship to Work

## Seligman's Strengths & Virtues

<ul style="list-style-type: none"> <li><b>Wisdom</b> <ol style="list-style-type: none"> <li>Curiosity</li> <li>Love of learning</li> <li>Open-mindedness</li> <li>Ingenuity</li> <li>Emotional Intelligence</li> <li>Perspective</li> </ol> </li> <li><b>Courage</b> <ol style="list-style-type: none"> <li>Bravery</li> <li>Perseverance</li> <li>Integrity</li> </ol> </li> <li><b>Humanity</b> <ol style="list-style-type: none"> <li>Kindness</li> <li>Loving/ Receiving Love</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li><b>Justice</b> <ol style="list-style-type: none"> <li>loyalty</li> <li>Fairness</li> <li>Leadership</li> </ol> </li> <li><b>Temperance</b> <ol style="list-style-type: none"> <li>Self control</li> <li>Caution</li> <li>Modesty</li> </ol> </li> <li><b>Transcendence</b> <ol style="list-style-type: none"> <li>Appreciation of beauty</li> <li>Gratitude</li> <li>Optimism</li> <li>Sense of purpose</li> <li>Forgiveness</li> <li>Humor</li> <li>Zest</li> </ol> </li> </ul>
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## Seligman on Love

Successful relationships are a key *correlate* of happiness

- One study:
  - all 'extremely happy' people were in committed couples
    - 40% very happy --- married vs. 23% --- unmarried
  - Depression: lowest levels in married couples
- Why?
  - Perhaps happiness makes us better at getting along?
  - Perhaps good relationships make us happy?
  - Perhaps happy people are more interesting/ attractive?

## What makes us good at love?

- **Early Relationships with Caregivers**
  - Provide template for behavior, emotion, and expectations in later relationships




- Warm, available – secure in love
- Inconsistent – anxious in love
- Unavailable/ intrusive – avoidant in love

## Correlates of Love Style


- **Secure**
  - High self esteem, trustworthy, good-hearted, liked by others
  - Balance connection and independence in relationship
  - Admit when upset and try to resolve it
- **Anxious**
  - Feel passive and helpless, confused by other people
  - Clingy in relationship
  - Overly expressive of anger and distress
- **Avoidant**
  - Lack confidence, don't trust others
  - Distant in relationship
  - Don't show or share feelings

## Secure Love works best... why?

- **Loving Well ....**
  - **Attention**
    - Offering a warm attentive presence to others




- **Irreplaceability**
  - Offering the sense that the other is remarkable




## Warm Presence/ Attention

- **Listening Well**
  - Checking for accurate understanding
  - Agreeing or at least 'getting' what they mean
- **Attention**
  - Interest at greetings and partings
  - Affectionate/appreciation/ gratitude is expressed
  - Time alone together
  - Formula – pg 197;
    - 5 hours a week can save a marriage/ relationship




## Irreplaceable

- Recognizing and appreciating your partner's strengths
  - One of a kind specialness
  - Seeing more than others do
    - Discrepancy between your partner's views and your best friend's views of your strengths strongly predicts satisfaction
  - Successful relationships transform foibles into a form of strength/ see the best
    - Stubbornness: "I respect his strong beliefs"
    - Insecurity: "It makes me want to nurture"



## Relationship Death

- Four Horsemen of the Apocalypse
  - John Gottman, University of Washington

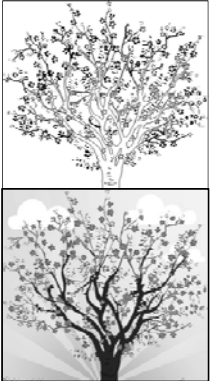


- Absence of irreplaceability
  - Criticism of the other's character
  - Displays of Contempt
- Absence of warm presence
  - Defensiveness
  - Stonewalling

## What if we're imperfect?


As always...

- Honestly face emotions
- Attempt to behave with integrity; use strengths
- Don't use internal/ stable/ global explanations



## When the time is right....

- Rearing children
  - Parents should focus as much socialization on positive as negative emotional states
  - Parents should support development of a child's strengths
- Positive emotion: broadens and builds the child's development
  - Supports exploration & mastery
- Positive emotion builds more positive emotion
  - Generates positive experiences in the environment



## Building Positive Emotion in Kids

- Building secure attachment – quick and sustained attention (sleeping with the baby) Synchronicity games
- Use alternatives to 'no'... 'gentle' or 'try this'
- Offer praise realistically/ punish rarely
- Offer attention and warmth liberally
- End the day with a positive review of events



*Bottom line: be a thoughtful parent with regard to what we know about positive outcomes*

## Building Strengths in Children

- Notice and praise a child's exercise of strengths and virtues
- Create opportunities for the child to exercise/ develop strengths



## Conclusions

- In the important domains of your life (love/ work/ family):
  - Exercise signature strengths
  - Build & value signature strengths in others
  - Create opportunities to exercise strengths
- Build opportunities for positive emotion
  - Meaningful work
  - Satisfying relationships
- The Pleasant life comes from successful pursuit of positive emotion
- The Good life comes from exercising strengths for gratification
- The Meaningful life comes from focusing energy on 'the greater good'
- All of them together result in the **Full Life**

