

København
Tirsdag den 26.02.10

Positiv psykologi

- Glad og tilfreds med vilje



Et bud på definition af positiv psykologi



Positiv psykologi søger at forstå og opbygge styrker og dyder som gør at individer og samfund trives

Studere det som fungerer og opnå viden på baggrund af succeser snarere end ved at studere ulykke



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Positiv psykologi – 'nyt' skud på stammen



Der mangler balance indenfor psykologien ...

Det handler om at få psykologien til at blive mere omfattende ved at skifte fokus fra kun at se på negative fænomener til at se på både det positive og det negative

Fokus i psykologiske artikler – fra 1967-2000:

Vrede:	5.584	Glæde (joy):	415
Angstneurose:	41.416	Lykke (happiness):	1.710
Depression:	54.040	Livstilfredshed:	2.582

Forhold: 21 / 1

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Forskerne bag positiv psykologi



Forfædre



Karen Horney



Abraham Maslow



Carl Rogers

Horney: Det gode kommer til udtryk i de rette omgivelser

Maslow: Selv aktualisering, heroisme og godhed

Rogers: Tro på det gode i mennesket / værdipotentiale

Fædre



Martin Seligman



Mihaly Csikszentmihalyi

Seligman: 1998 tale i APA, lykke & signaturstyrker

Mihaly C.: Flow, kreativitet & intelligens

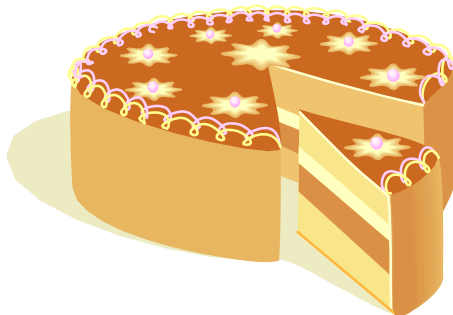
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Kan jeg gøre mig selv varigt lykkeligere?



Livsomstændigheder;
8-15 %



Viljemæssige variable;
35-42 %

Genetisk; 50 % (vi har arvet en 'lykketermostat' fra vores forældre)

Martin Seligman (2002):

Det behagelige liv: hedonisk variant hvor positiv affekt maksimeres og negative emotioner og smerter minimeres

Det engagerede liv: personlige styrker og talenter anvendes til at absorbere sig i det som engagerer én (flow)

Det meningsfulde liv: man tjener noget eksternt / eventuelt noget større end sig selv

Undersøgelser har vist, at gode ting og store præstationer har en forbløffende ringe evne til at hæve ens lykke mere end blot forbigående:

1. På mindre end tre måneder mister større begivenheder (såsom at blive færdiguddannet eller forfremmet) deres indvirkning på lykkeniveauet.
2. Rigdom, der givetvis har flere materielle goder i sit kølvand, har overraskende lav korrelation med lykkeniveau. Rige mennesker er stort set kun en smule lykkeligere end fattige.
3. Realindkomsten er steget markant i de rige lande i løbet af det seneste halve århundrede, men niveauet af livstilfredsstillelse er ikke ændret.
4. Et fordelagtigt ydre (der, ligesom rigdom, indebærer en række fordele) har ikke nogen større effekt på lykke.

Eight Steps Toward a More Satisfying Life

Want to lift your level of happiness? Here are some practical suggestions from University of California psychologist Sonja Lyubomirsky, based on research findings by her and others. Satisfaction (at least a temporary boost) guaranteed

1. Count your blessings. One way to do this is with a "gratitude journal" in which you write down three to five things for which you are currently thankful—from the mundane (your peonies are in bloom) to the magnificent (a child's first steps). Do this once a week, say, on Sunday night. Keep it fresh by varying your entries as much as possible.

2. Practice acts of kindness. These should be both random (let that harried mom go ahead of you in the checkout line) and systematic (bring Sunday supper to an

elderly neighbor). Being kind to others, whether friends or strangers, triggers a cascade of positive effects—it makes you feel generous and capable, gives you a greater sense of connection with others and wins you smiles, approval and reciprocated kindness—all happiness boosters.

3. Savor life's joys. Pay close attention to momentary pleasures and wonders. Focus on the sweetness of a ripe strawberry or the warmth of the sun when you step out from the shade. Some psychologists suggest taking "mental photographs" of

pleasurable moments to review in less happy times.

4. Thank a mentor. If there's someone whom you owe a debt of gratitude for guiding you at one of life's crossroads, don't wait to express your appreciation—in detail and, if possible, in person.

5. Learn to forgive. Let go of anger and resentment by writing a letter of forgiveness to a person who has hurt or wronged you. Inability to forgive is associated with persistent rumination or dwelling on revenge, while forgiving allows you to move on.

6. Invest time and energy in friends and family. Where you live, how much money you make, your job title and even your health have surprisingly small effects on your satisfaction with life. The biggest factor appears to be strong personal relationships.

7. Take care of your body. Getting plenty of sleep, exercising, stretching, smiling and laughing can all enhance your mood in the short term. Practiced regularly, they can help make your daily life more satisfying.

8. Develop strategies for coping with stress and hardships. There is no avoiding hard times. Religious faith has been shown to help people cope, but so do the secular beliefs enshrined in axioms like "This too shall pass" and "That which doesn't kill me makes me stronger." The trick is that you have to believe them.

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Bhutan er det eneste land i verden som har lykke som central element i dets politik



Landets eneste trafiklys var tidligere placeret i dette kryds, men da det skabte frustration hos bilisterne genindførte man 'mennesket'.



Bhutan indførte som sidste land i verden TV i 1999. Kanaler som MTV og International Wrestling er siden fjernet, da landets regering ikke mente de var med til at sprede lykke.

http://www.authentic-happiness.sas.upenn.edu :: Authentic Happiness :: Using the new Positive - Microsoft Internet Explorer

Filer Rediger Vis Foretrukne Funktioner Hjælp

Penn AUTHENTIC HAPPINESS My Profile
Welcome, Allan Virnher [logout](#)

TEST CENTER QUESTIONNAIRES RESOURCES NEWSLETTERS

Dr. Martin Seligman is Director of the University of Pennsylvania Positive Psychology Center

Questionnaire Center
Authentic Happiness Inventory (AHI)
Depression Scale (CES-D)
Positive Emotions
General Happiness
PANAS
Brief Strengths Test
Gratitude (GQ-6)
Life Survey
Optimism
Intelligence Motivation
VIA Signature Strengths
VIA Strengths for Children
Work-Life
Close Relationships
Meaning in Life
Approaches to Happiness
Satisfaction with Life

QUESTIONNAIRES
Get insights into yourself and the world through these scientifically tested questionnaires, surveys, and tests.

Signature Strengths
Assesses 24 Character Strengths

Questionnaires
Authentic Happiness Inventory (AHI)
Depression Scale (CES-D)
Positive Emotions
General Happiness
PANAS
Brief Strengths Test
Gratitude (GQ-6)
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VIA Strengths for Children
Work-Life
Close Relationships
Meaning in Life
Approaches to Happiness
Satisfaction with Life

EMOTIONAL HAPPINESS QUESTIONNAIRE
Assesses Enduring Happiness

PANAS QUESTIONNAIRE
Measures Positive and Negative Affect

GRATITUDE QUESTIONNAIRE
Measures Appreciation about the Past

Signature Strengths

Breaking News! VIA testen er netop kommet på Dansk.

Sæt en lille time af til at besvare testen.

OBS! Testen kan kun gennemføres ved at du besvarer alle 240 udsagn fra ende til anden.

Adgang til signatur styrke testen.

Additional resources can be found at other Positive Psychology websites:

- BBC News: The Happiness Formula
- American Psychological Association

VIA Signature Strengths - Microsoft Internet Explorer

http://www.authentic-happiness.sas.upenn.edu/Test/SameAnswers_1.asp?id=310

Penn AUTHENTIC HAPPINESS
via strengths

VIA Signature Strengths

Please choose one option in response to each statement. All of the questions reflect statements that many people would find desirable, but we want you to answer only in terms of **whether the statement describes what you are like**. Please be honest and accurate! We can not rate your strengths until you answer all of the 240 questions.

- I find the world a very interesting place.
 Very Much Like Me Like Me Neutral Unlike Me Very Much Unlike Me
- I always go out of my way to attend educational events.
 Very Much Like Me Like Me Neutral Unlike Me Very Much Unlike Me
- I always identify the reasons for my actions.
 Very Much Like Me Like Me Neutral Unlike Me Very Much Unlike Me
- Being able to come up with new and different ideas is one of my strong points.
 Very Much Like Me Like Me Neutral Unlike Me Very Much Unlike Me
- I am very aware of my surroundings.
 Very Much Like Me Like Me Neutral Unlike Me Very Much Unlike Me
- I always have a broad outlook on what is going on.
 Very Much Like Me Like Me Neutral Unlike Me Very Much Unlike Me
- I have taken frequent stands in the face of strong opposition.
 Very Much Like Me Like Me Neutral Unlike Me Very Much Unlike Me
- I never quit a task before it is done.
 Very Much Like Me Like Me Neutral Unlike Me Very Much Unlike Me
- I always keep my promises.

De 6 kernedyder	De 24 signatur styrker
Visdom & viden	1. Nysgerrighed 2. Videbegær 3. Dømmekraft 4. Opfindsomhed 5. Social intelligens 6. Perspektiv
Mod	7. Tapperhed 8. Udholdenhed 9. Integritet
Medmenneskelighed & kærlighed	10. Venlighed 11. Kærlighed
Retfærdighed	12. Samfundssind 13. Fairness 14. Lederevner
Selvbeherskelse	15. Selvkontrol 16. Forsigtighed 17. Ydmyghed
Åndelighed og transcendens	18. Værdsættelse af skønhed 19. Taknemlighed 20. Håb 21. Åndelighed 22. Tilgivelse 23. Humor 24. Livsglæde

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Hvad er en dyd ifølge Seligman...?



Martin Seligman og kolleger læste *Aristoteles* og *Platon*, *Aquinas*, *Augustinus*, *Det Gamle Testamente* og *Talmuden*, *Kungftuse*, *Buddha*, *Lao-Tze*, *Bushido* (Samuraiernes kodeks), *Koranen*, *Benjamin Franklin* og ... – mere end 200 kataloger over dyder. Til deres store overraskelse hyldede næsten samtlige af disse traditioner, som strakte sig over tre tusind år og hele jordens overflade, seks dyder:

- **Visdom og viden**
- **Mod**
- **Kærlighed og medmenneskelighed**
- **Retfærdighed**
- **Selvbeherskelse**
- **Åndelighed og transcendens**

De seks dyder ses m.a.o. som centrale karakteristika, hvilke næsten alle religiøse og filosofiske traditioner går ind for – og samlet rummer de ideen om god karakter. **Dyder opnås via aktivering af vores signatur styrker!**

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Hvad er signaturstyrker ifølge Seligman?

For det første er en styrke et træk, et psykologisk karakteristikum, der kan ses i mange forskellige situationer og gennem længere tid.

For det andet er styrke værdifuld i sig selv. Styrker frembringer ofte gode konsekvenser.

Styrker er med andre ord moralske træk hos personer ... og dermed mål i sig selv ...

Udfoldelse af en styrke fremkalder som regel ægte positive følelser hos udøveren; stolthed, tilfredshed, glæde, tilfredsstillelse eller harmoni. Derfor udfoldes styrker og dyder ofte i vinde-vinde situationer.

En styrke involverer beslutninger om, hvornår den skal bruges, og om den skal videreudvikles. Udøvelsen af vilje er derfor central!



The screenshot shows a web browser window displaying the Penn Authentic Happiness website. The page title is "VIA Signature Strengths". The main content area lists five strengths with their descriptions:

- Your Top Strength**: Creativity, ingenuity, and originality. Thinking of new ways to do things is a crucial part of who you are. You are never content with doing something the conventional way if a better way is possible.
- Your Second Strength**: Capacity to love and be loved. You value close relations with others, in particular those in which sharing and caring are reciprocated. The people to whom you feel most close are the same people who feel most close to you.
- Your Third Strength**: Hope, optimism, and future-mindedness. You expect the best in the future, and you work to achieve it. You believe that the future is something that you can control.
- Your Fourth Strength**: Leadership. You excel at the tasks of leadership: encouraging a group to get things done and preserving harmony within the group by making everyone feel included. You do a good job organizing activities and seeing that they happen.
- Your Fifth Strength**: Forgiveness and mercy. You forgive those who have done you wrong. You always give people a second chance. Your guiding principle is mercy and not revenge.

A blue box with the text "Eksempel på" is overlaid on the page, pointing to the "Your Top Strength" section. The browser address bar shows "http://www.authentichappiness.sas.upenn.edu :: Authentic Happiness :: Using the new Positive - Microsoft Internet Explorer".

The 3 blessings – bare én gang om ugen...



reflectivehappiness
threeBlessings

Every night for the next week, right before you go to bed, write down three things that went really well today. These things can be ordinary and small in importance.

Circle the day of the week:

S M T W T F S

1. Positive event I:

Why did this good thing happen?

2. Positive event II:

Why did this good thing happen?

3. Positive event III:

Why did this good thing happen?

Optional: Sweeter Dreams

After you have completed your list of good events and your explanations for them on any night, pick one good event that you would like to dream about. Positive dreams increase life satisfaction and consolidate the memories of good events, so it is worth the effort to try to influence your dreams.

Doing the following will increase your chances of having a positive dream:

- Give the positive event a name
- Visualize it
- As you go to sleep, say the name over and over, visualize it, and intend to dream about it.

In the morning, write down your positive dream:

Note your mood when awakened in the morning:

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Hvad siger forskningen?



- 1) Identifikation af signaturstyrker:
Førte til mere lykke og mindre depression omgående
Hvis du også bruger dine styrker aktivt kan det øgede niveau måles op til 6 mdr. efter
(Seligmann, 2004)
- 2) Nogle styrker er associeret med bedring fra smerter
(Petersen, Park og Seligmann 2006)
- 3) Militære ledere (fx West Point kadetter)
Er højere på styrkerne *ærlighed, håb, mod og teamwork* end den civile befolkning
(Matthews et al 2006)
- 4) Efter 11. september er styrker som *taknemmelighed, håb, venlighed, kærlighed, lederskab, spiritualitet og teamwork* taget til
NB! Styrker kan altså variere og ændre sig ift. ydre omstændigheder
(Petersen & Seligmann, 2003)

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Hvorfor fokuserer vi ikke på styrker?



1) Evolution:

- Den negative fejlmargen og tilpassede løsninger
- At overse det positive har ikke nær så store konsekvenser/omkostninger som at overse det negative

2) Sproget:

- Jo flere ord du kan bruge til at italesætte styrker – Jo flere får du øje på!!!

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Teorien omkring håb



Hvis FP/klient/eksperten udtrykker håbløshed – fx "Jeg har ikke evnerne"

1) Pathway thinking:

- Mange kreative løsningsmuligheder
- brainstorm med personen/teamet (positiv/negativ)
 - brug humor \geq fald i ængstelse, uro (angst/nervøsitet), det er midlet til at bygge pathway thinking op

2) Agency thinking:

- Grundlæggende tro på at kunne kontrollere favorable udfald
- Tappe andre ressourcer, tidligere succes'er, championing, AI metoder etc.

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1) Skift fokus:

Zegarnik effekt (Baumesiter) – det dårlige er stærkere end det gode
Pygmalion Effekt (forskningsforsøg), fokus på det reversible
førte til øget velbefindende og fald i depression

2) Fokus på styrker – udvikling af et nyt sprog:

Gratis og online test til identifikation af styrker

3) Fokus på at bygge den positive ramme/påvirkning:

Som en ressource ikke bare som en erfaring!!! Ideelle forhold 3:1 ☺

4) Strategier til at opbygge håb og optimal performance

Pathway thinking: mange kreative løsninger til en udfordring (fx brainstorming sammen)

Agency thinking: grundlæggende tro på at kunne kontrollere favorable udfald

- Hvad kan vi bruge Positiv Psykologi til?
 - Identifikation af potentiale?
 - Hvordan anvendes styrkerne?
 - Hvilke kendetegn er der ved styrkerne?
 - Hvordan anvendes styrkerne i coaching?
 - Hvilke styrker er til stede i jeres hverdag?
 - Mm.