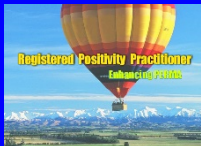


# Registered Positivity Practitioner Summary





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Clinical Psychology

Positive Psychology



Repair/healing/disorder/illness

vs

Flourishing/wellbeing/strengths/meaning







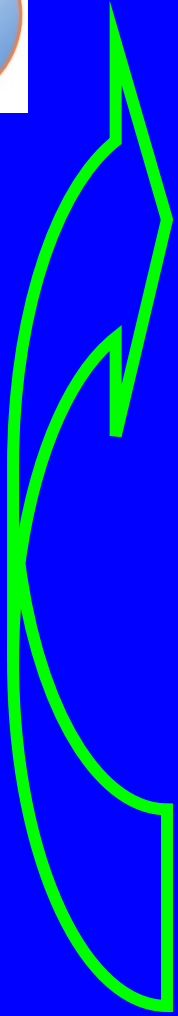
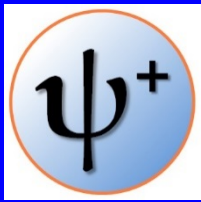
ILLNESS  
~~FULFILLING~~  
~~TALENT~~





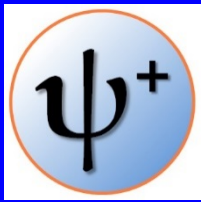
ILLNESS  
FULFILLING  
 $\psi^+$   
TALENT



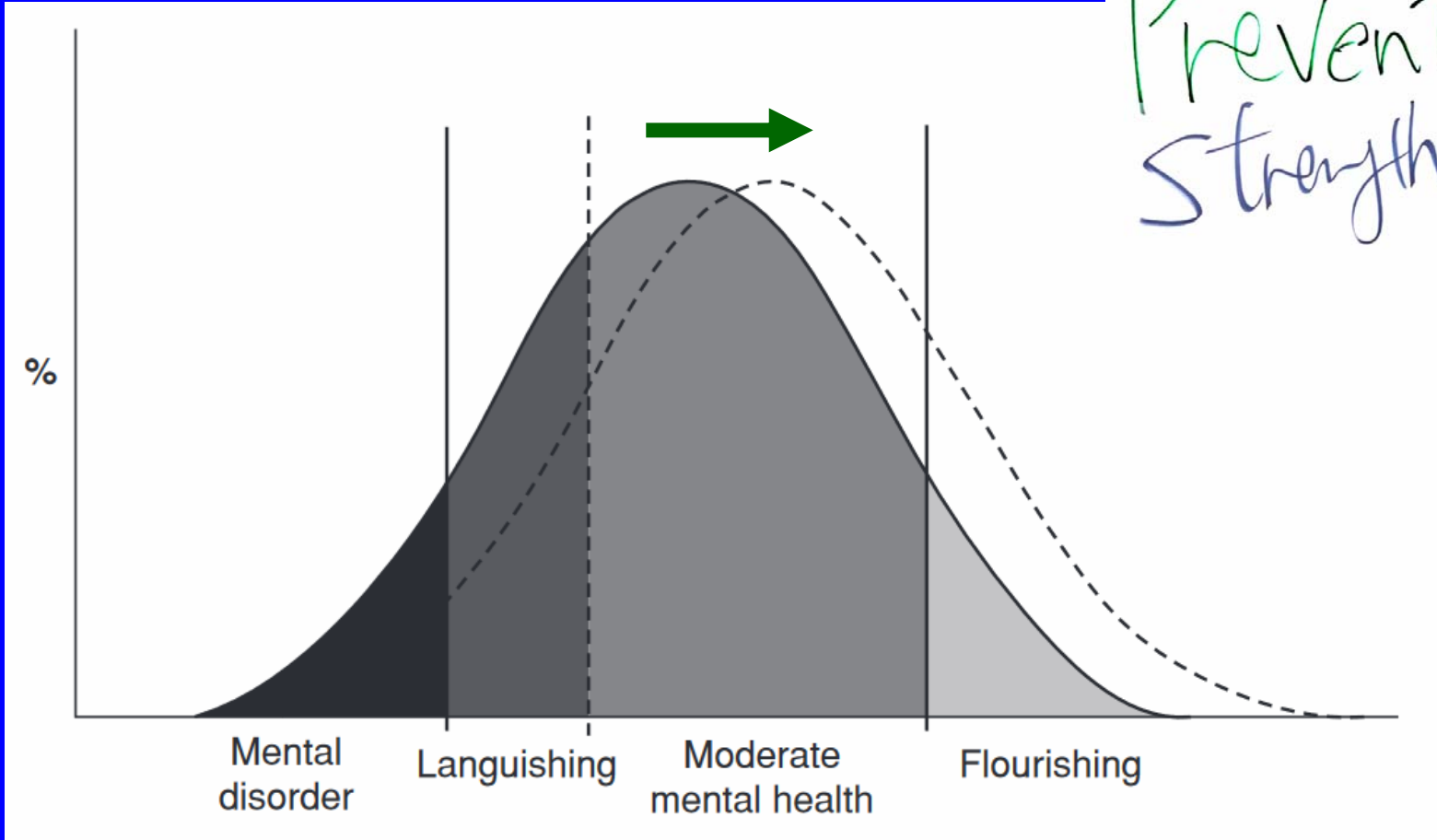


Flourishing  
↓  
Prevention  
Strengths

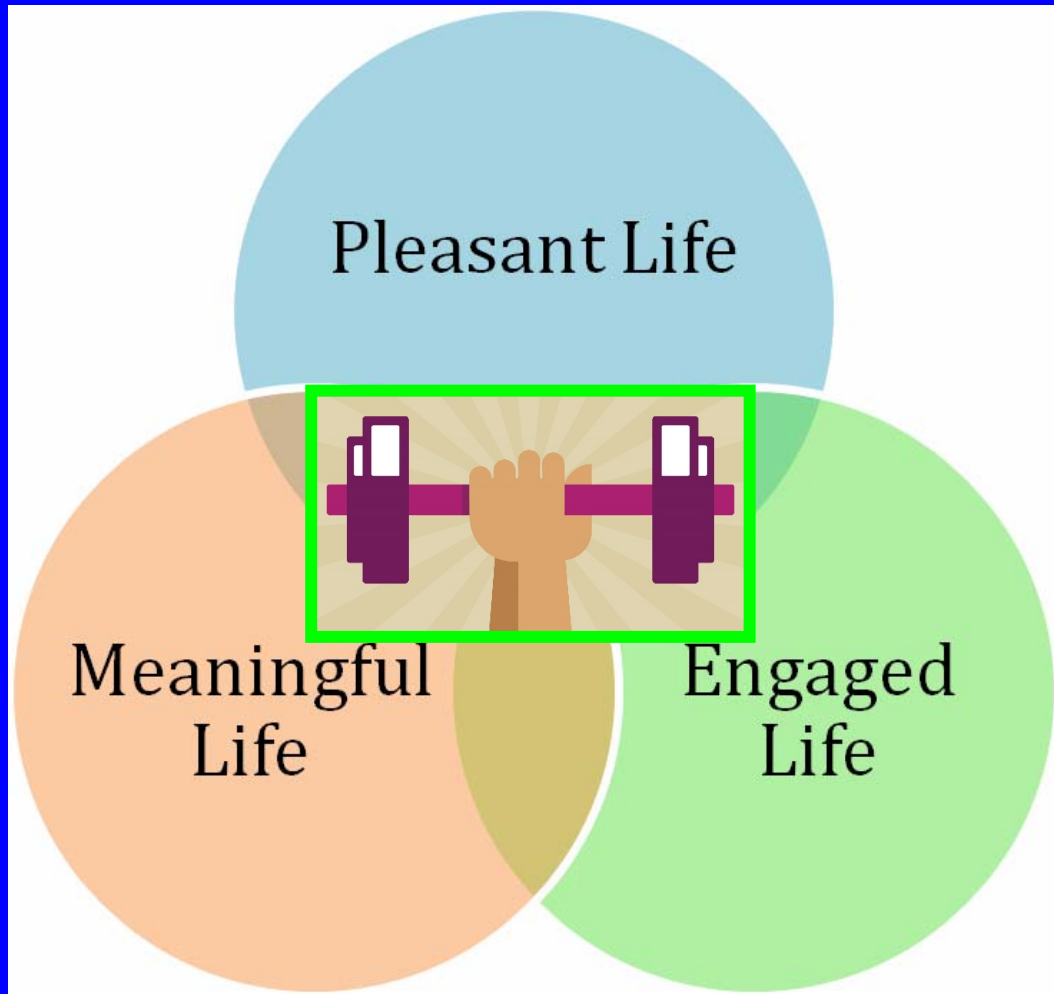


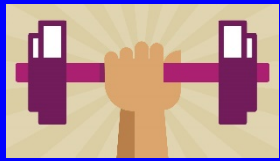


Flourishing  
↓  
Prevention  
Strengths

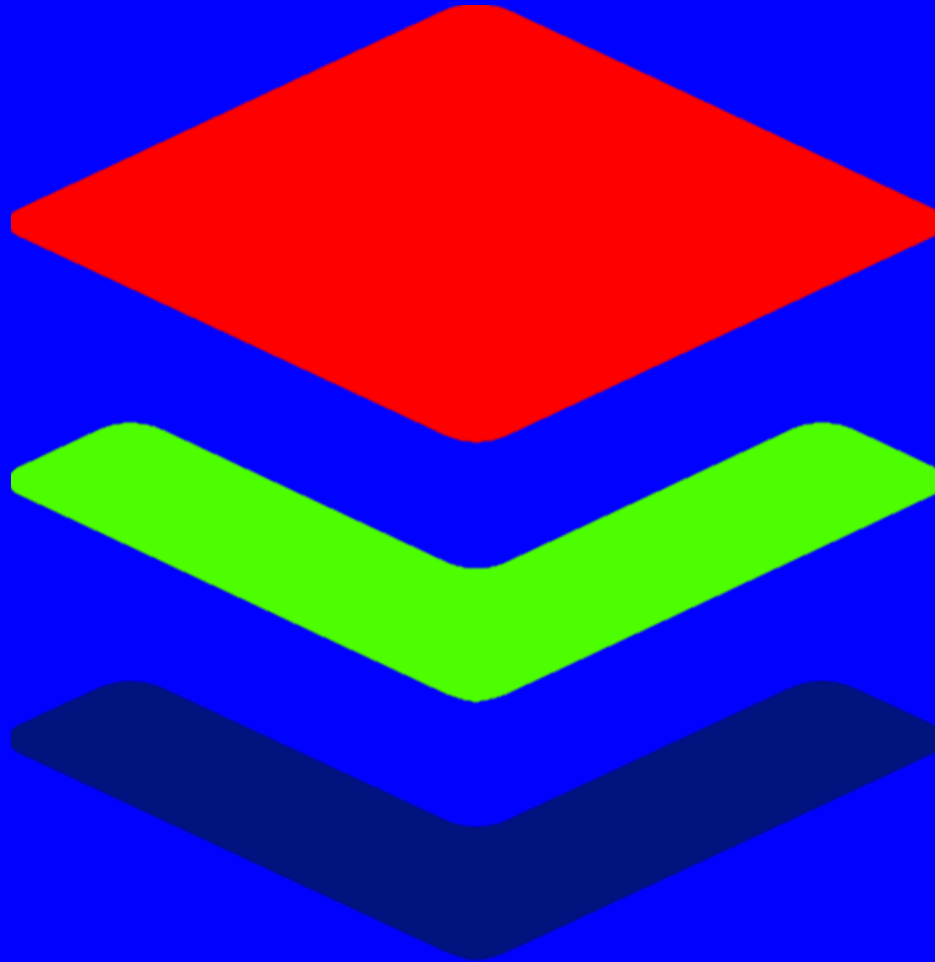


# Long Lasting Happiness...





# Cushion & Spring-Board...





CliftonStrengths®







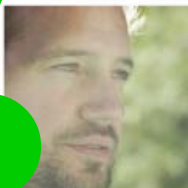

EXECUTING	INFLUENCING	RELATIONSHIP BUILDING	STRATEGIC THINKING
Achiever Arranger Belief Consistency Deliberative Discipline Focus Responsibility Restorative	Activator Command Communication Competition Maximizer Self-Assurance Significance Woo	Adaptability Connectedness Developer Empathy Harmony Includer Individualization Positivity Relator	Analytical Context Futuristic Ideation Input Intellection Learner Strategic

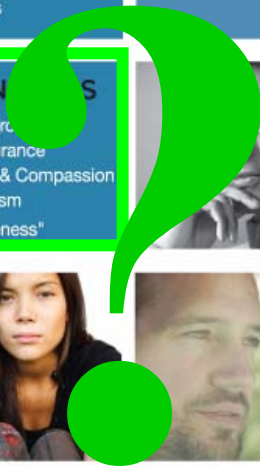
<b>WISDOM</b>	<b>CREATIVITY</b> • Originality • Adaptive • Ingenuity	<b>CURIOSITY</b> • Interest • Novelty-Seeking • Exploration • Openness	<b>JUDGMENT</b> • Critical Thinking • Thinking Things Through • Open-mindedness	<b>LOVE OF LEARNING</b> • Mastering New Skills & Topics • Systematically Adding to Knowledge	<b>PERSPECTIVE</b> • Wisdom • Providing Wise Counsel • Taking the Big Picture View
<b>COURAGE</b>	<b>BRAVERY</b> • Valor • Not Shrinking from Fear • Speaking Up for What's Right	<b>PERSEVERANCE</b> • Persistence • Industry • Finishing What One Starts	<b>HONESTY</b> • Authenticity • Integrity	<b>ZEST</b> • Vitality • Enthusiasm • Vigor • Energy • Feeling Alive	
<b>HUMANITY</b>	<b>LOVE</b> • Both Loving and Being Loved • Valuing Close Relations with Others	<b>KINDNESS</b> • Generosity • Nurturance • Care & Compassion • Altruism • "Niceness"			<b>SOCIAL INTELLIGENCE</b> • Aware of the Motives/Feelings of Self/Others • Knowing what Makes Other People Tick
<b>JUSTICE</b>	<b>TEAMWORK</b> • Citizenship • Social Responsibility • Loyalty			<b>FAIRNESS</b> • Just • Not Letting Feelings Bias Decisions About Others	<b>LEADERSHIP</b> • Organizing Group Activities • Encouraging a Group to Get Things Done
<b>TEMPERANCE</b>		<b>FORGIVENESS</b> • Mercy • Accepting Others' Shortcomings • Giving People a Second Chance	<b>HUMILITY</b> • Modesty • Letting One's Accomplishments Speak for Themselves	<b>PRUDENCE</b> • Careful • Cautious • Not Taking Undue Risks	<b>SELF-REGULATION</b> • Self-Control • Disciplined • Managing Impulses & Emotions
<b>TRANSCENDENCE</b>	<b>APPRECIATION OF BEAUTY &amp; EXCELLENCE</b> • Awe • Wonder • Elevation	<b>GRATITUDE</b> • Thankful for the Good • Expressing Thanks • Feeling Blessed	<b>HOPE</b> • Optimism • Future-Mindedness • Future Orientation	<b>HUMOR</b> • Playfulness • Bringing Smiles to Others • Lighthearted	<b>SPIRITUALITY</b> • Religiousness • Faith • Purpose • Meaning







<b>WISDOM</b>	<b>CREATIVITY</b> <ul style="list-style-type: none"> <li>Originality</li> <li>Adaptive</li> <li>Ingenuity</li> </ul>	<b>CURIOSITY</b> <ul style="list-style-type: none"> <li>Interest</li> <li>Novelty-Seeking</li> <li>Exploration</li> <li>Openness</li> </ul>	<b>JUDGMENT</b> <ul style="list-style-type: none"> <li>Critical Thinking</li> <li>Thinking Things Through</li> <li>Open-mindedness</li> </ul>	<b>LOVE OF LEARNING</b> <ul style="list-style-type: none"> <li>Mastering New Skills &amp; Topics</li> <li>Systematically Adding to Knowledge</li> </ul>	<b>PERSPECTIVE</b> <ul style="list-style-type: none"> <li>Wisdom</li> <li>Providing Wise Counsel</li> <li>Taking the Big Picture View</li> </ul>
<b>COURAGE</b>	<b>BRAVERY</b> <ul style="list-style-type: none"> <li>Valor</li> <li>Not Shrinking from Fear</li> <li>Speaking Up for What's Right</li> </ul>	<b>PERSEVERANCE</b> <ul style="list-style-type: none"> <li>Persistence</li> <li>Industry</li> <li>Finishing What One Starts</li> </ul>	<b>HONESTY</b> <ul style="list-style-type: none"> <li>Authenticity</li> <li>Integrity</li> </ul>	<b>ZEST</b> <ul style="list-style-type: none"> <li>Vitality</li> <li>Enthusiasm</li> <li>Vigor</li> <li>Energy</li> <li>Feeling Alive</li> </ul>	
<b>HUMANITY</b>	<b>LOVE</b> <ul style="list-style-type: none"> <li>Both Loving and Being Loved</li> <li>Valuing Close Relations with Others</li> </ul>	<b>KINDNESS</b> <ul style="list-style-type: none"> <li>Generosity</li> <li>Nurturance</li> <li>Care &amp; Compassion</li> <li>Altruism</li> <li>"Niceness"</li> </ul>			<b>SOCIAL INTELLIGENCE</b> <ul style="list-style-type: none"> <li>Aware of the Motives/Feelings of Self/Others</li> <li>Knowing what Makes Other People Tick</li> </ul>
<b>JUSTICE</b>	<b>TEAMWORK</b> <ul style="list-style-type: none"> <li>Citizenship</li> <li>Social Responsibility</li> <li>Loyalty</li> </ul>			<b>FAIRNESS</b> <ul style="list-style-type: none"> <li>Just</li> <li>Not Letting Feelings Bias Decisions About Others</li> </ul>	<b>LEADERSHIP</b> <ul style="list-style-type: none"> <li>Organizing Group Activities</li> <li>Encouraging a Group to Get Things Done</li> </ul>
<b>TEMPERANCE</b>		<b>FORGIVENESS</b> <ul style="list-style-type: none"> <li>Mercy</li> <li>Accepting Others' Shortcomings</li> <li>Giving People a Second Chance</li> </ul>	<b>HUMILITY</b> <ul style="list-style-type: none"> <li>Modesty</li> <li>Letting One's Accomplishments Speak for Themselves</li> </ul>	<b>PRUDENCE</b> <ul style="list-style-type: none"> <li>Careful</li> <li>Cautious</li> <li>Not Taking Undue Risks</li> </ul>	<b>SELF-REGULATION</b> <ul style="list-style-type: none"> <li>Self-Control</li> <li>Disciplined</li> <li>Managing Impulses &amp; Emotions</li> </ul>
<b>TRANSCENDENCE</b>	<b>APPRECIATION OF BEAUTY &amp; EXCELLENCE</b> <ul style="list-style-type: none"> <li>Awe</li> <li>Wonder</li> <li>Elevation</li> </ul>	<b>GRATITUDE</b> <ul style="list-style-type: none"> <li>Thankful for the Good</li> <li>Expressing Thanks</li> <li>Feeling Blessed</li> </ul>	<b>HOPE</b> <ul style="list-style-type: none"> <li>Optimism</li> <li>Future-Mindedness</li> <li>Future Orientation</li> </ul>	<b>HUMOR</b> <ul style="list-style-type: none"> <li>Playfulness</li> <li>Bringing Smiles to Others</li> <li>Lighthearted</li> </ul>	<b>SPIRITUALITY</b> <ul style="list-style-type: none"> <li>Religiousness</li> <li>Faith</li> <li>Purpose</li> <li>Meaning</li> </ul>





**If you want  
others to  
be happy,  
practice compassion.  
If you  
want to  
be happy,  
practice compassion.**

~ Dalai Lama ~







compassion



隨意隨心 Compassion...



# Neuroscience of Compassion...

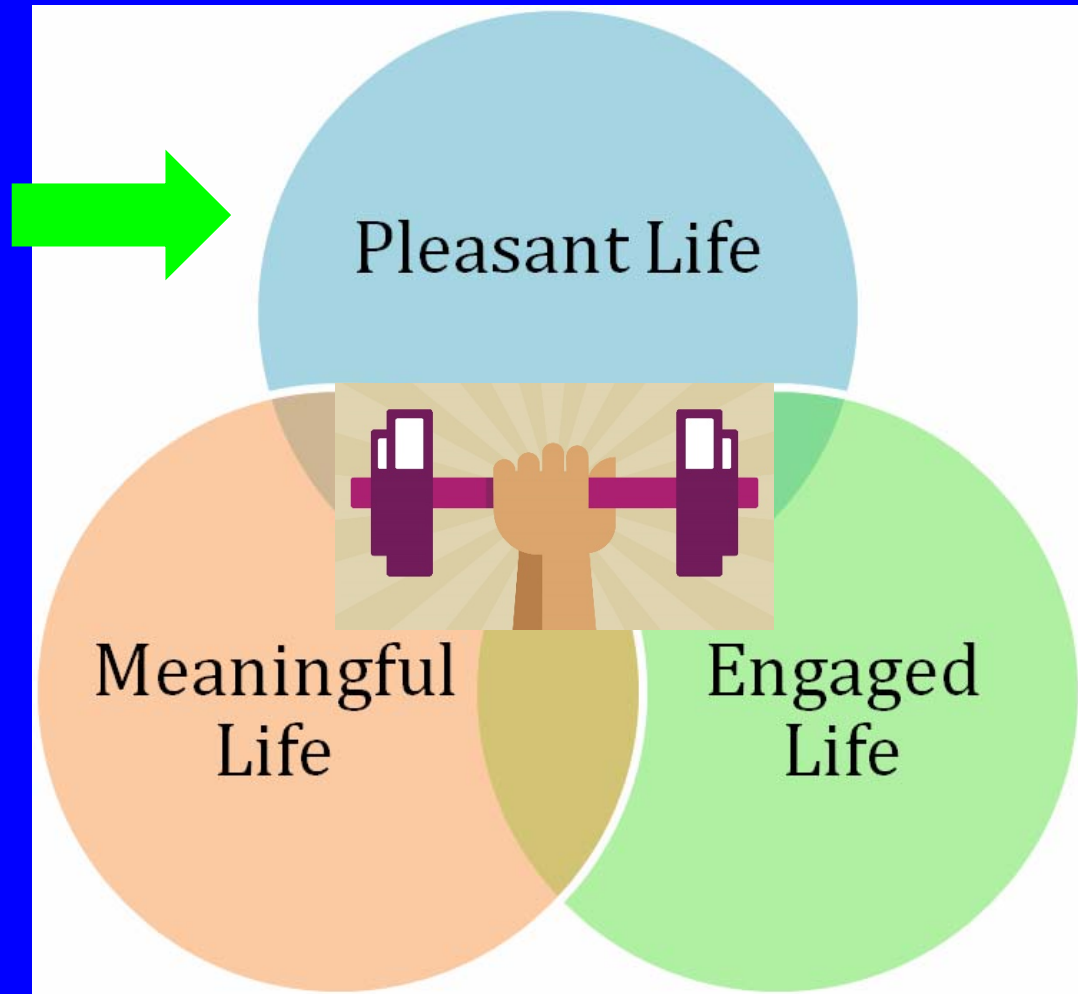


**Caudate Nucleus**  
**Anterior Cingulate**

*Kathy*

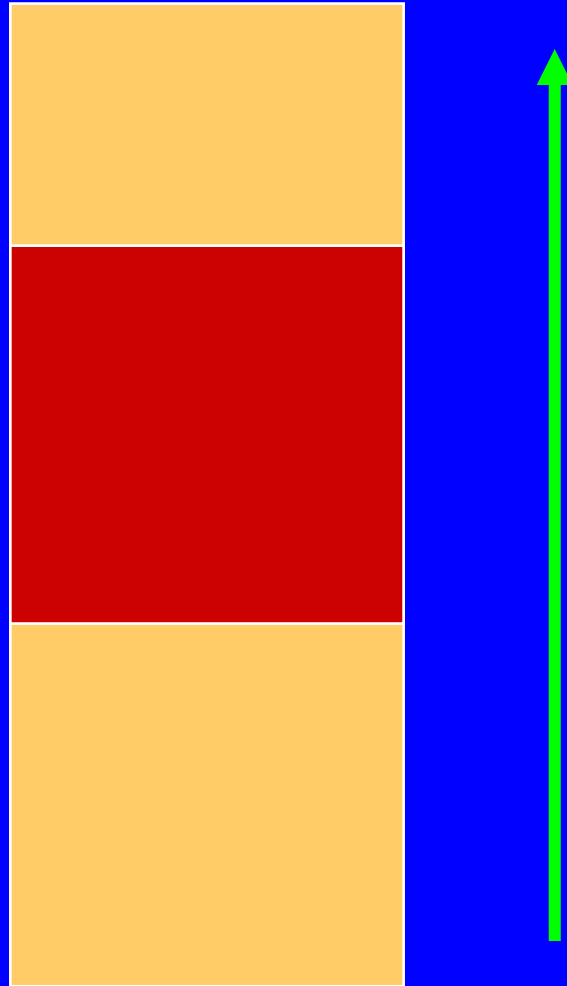


# Long Lasting Happiness...



$$H = S + C + V$$

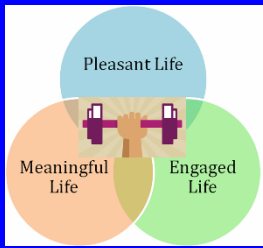
Self Range  
Circumstances  
Voluntary





$$H = S + C + V$$





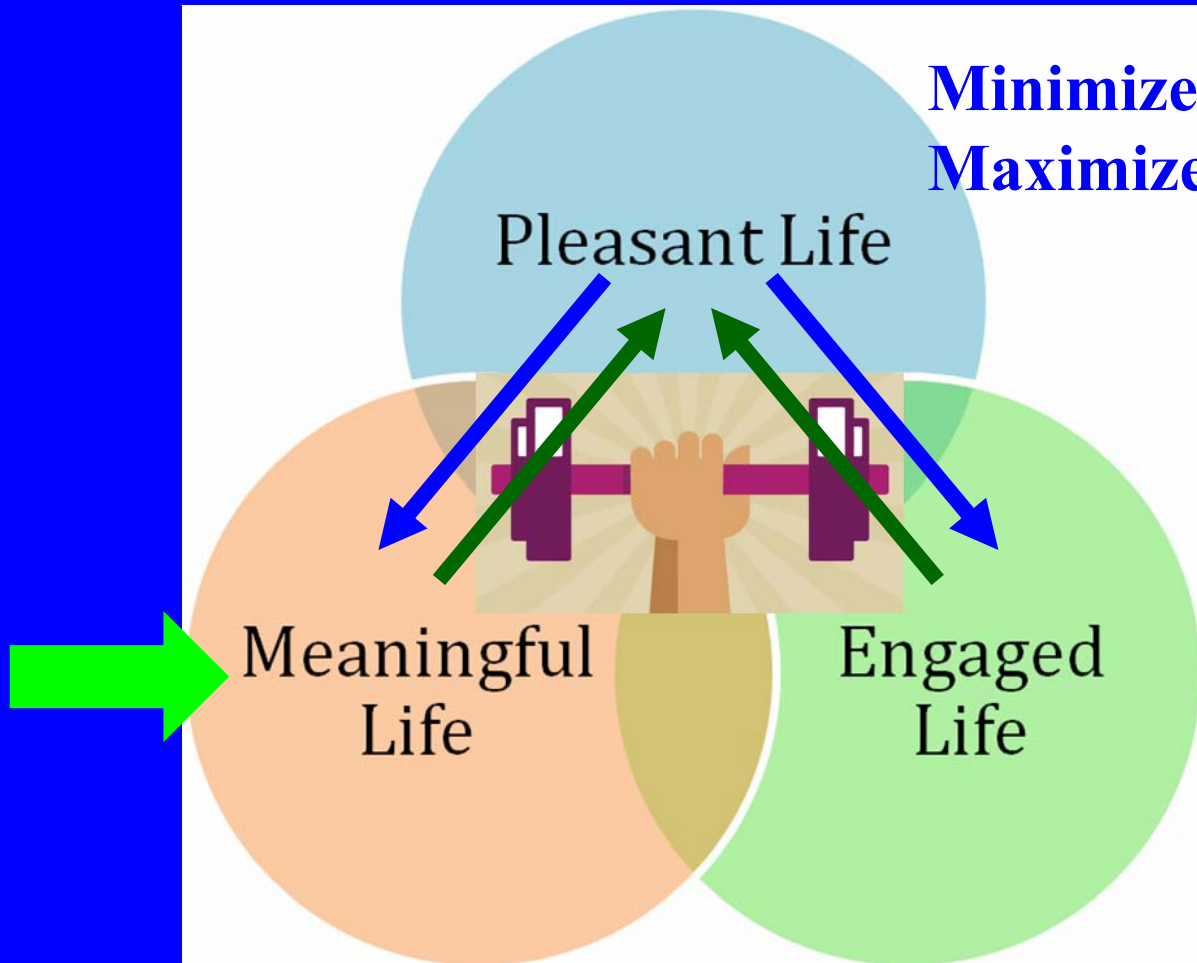
*Self Range  
Circumstances  
Voluntary*

$$H = S + C + V$$

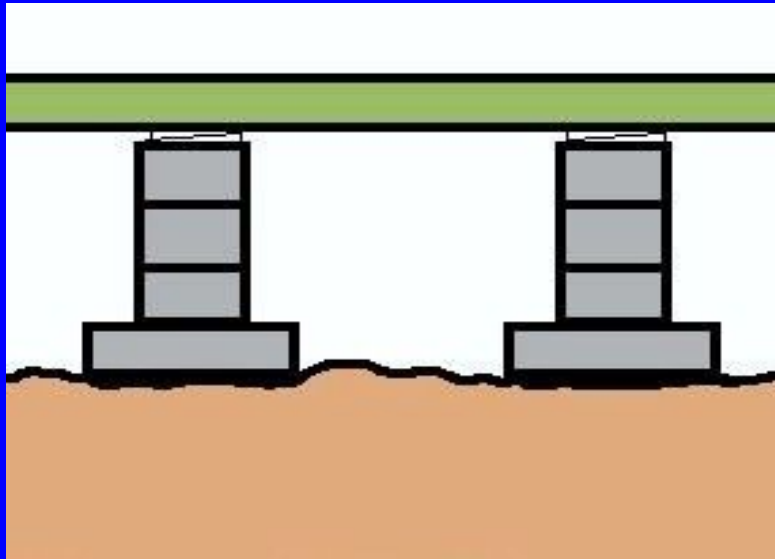
**Life Satisfaction**  
**Optimism**



**Minimize -ve Emotions**  
**Maximize +ve Emotions**



# 人生意義 ... 回彈根基 + 方向



回到現在...

不知人生意義!  
不知人生意義!

THE  
MEANING  
OF  
LIFE

NOW

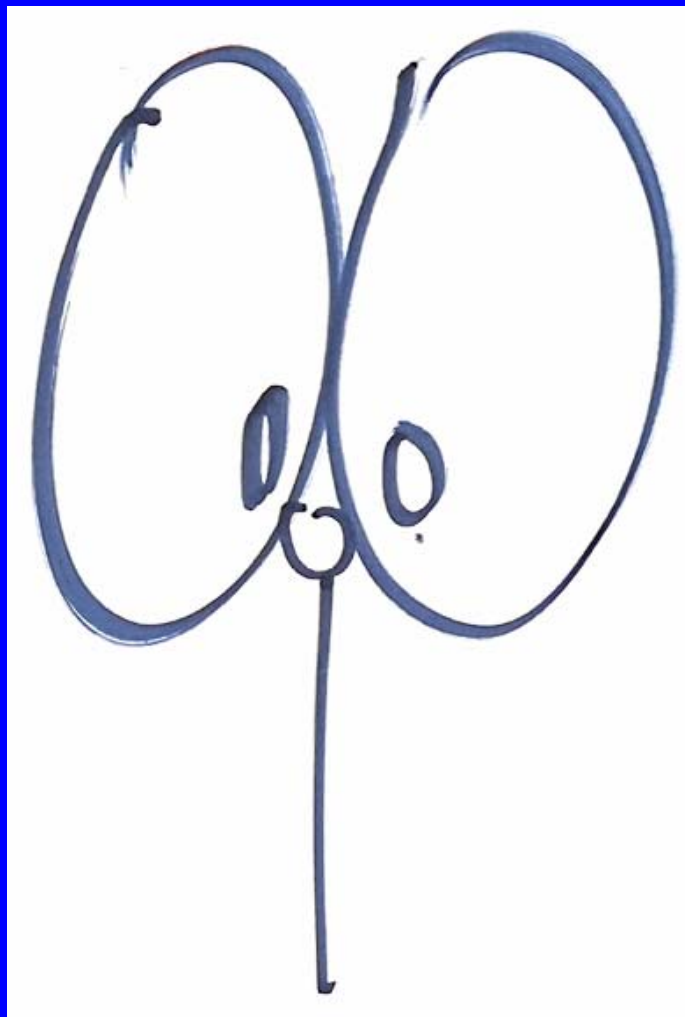


找出人生意義：人生終點時 ... 希望別人/後世人如何記得你？



神奇異次元人生意義機...

不知人生意義!  
不知人生意義!







人生意義...

不知人生意義!  
不知人生意義!

本質



目標→目的





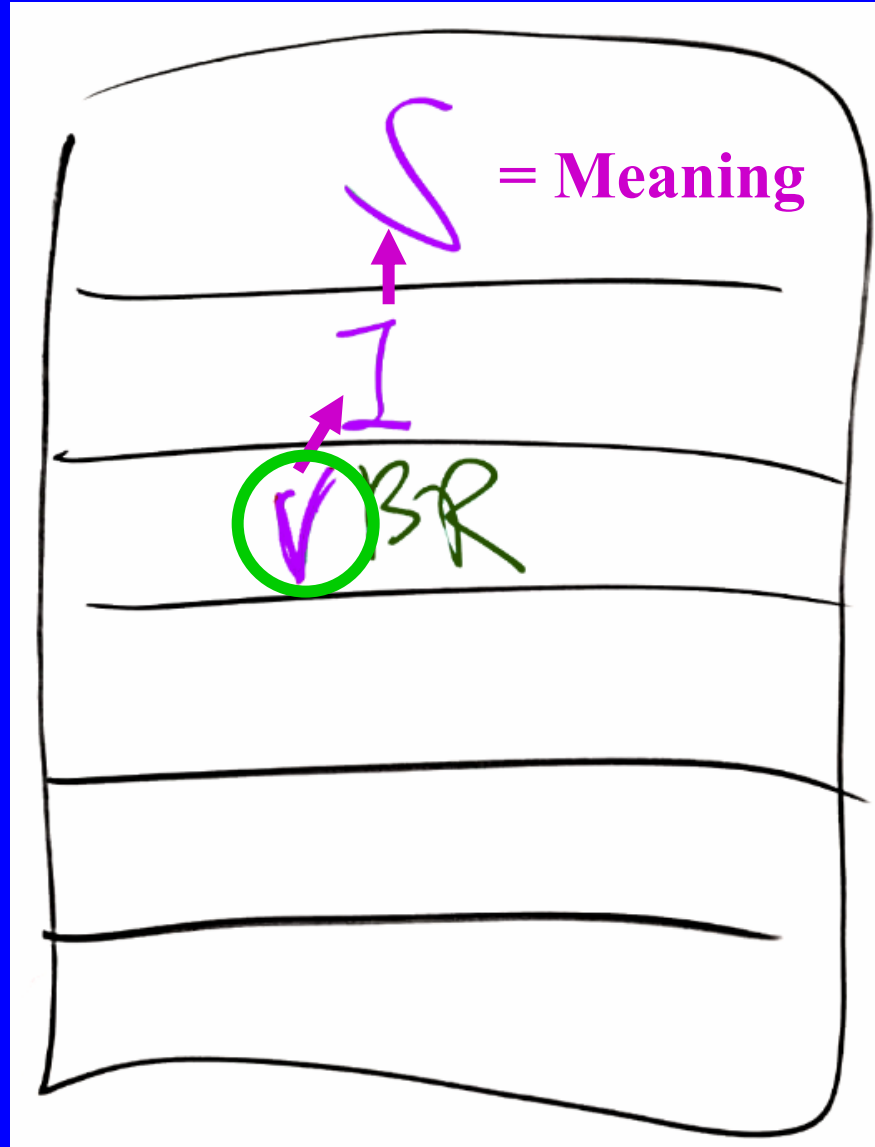
成就 + 开心  
**Achievement**

投入 + 忘我  
**Engagement**

Meaning  
 意义 + 目标  
**Meaning**



Value → Identity → Spiritual...



# Universal Value...

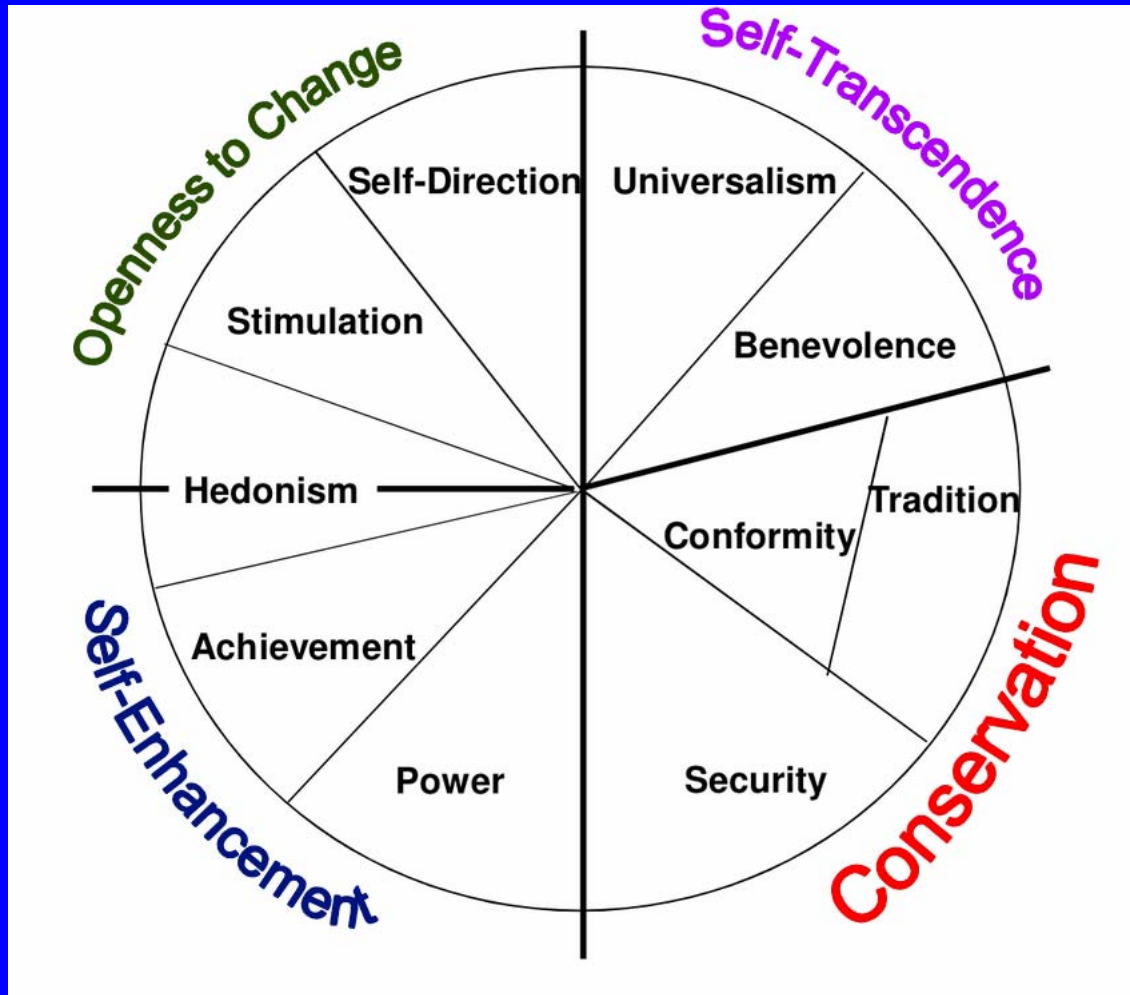
Live  
Summe

Security  
Power  
Universality  
Achievement  
Remembrance  
Stimulation  
Self Direction  
Tradition  
Conformity

守安



# Universal Value...



Intend to be  
purpose  
Significance



Modernism → 空虛

Logical Positivism → ↓ 情感

★ Post-Modernism → 人人不同

★ Existence → 自創意義



# Making Sense of one's life

## Valued Goals / Purposes

## Mattering in the World





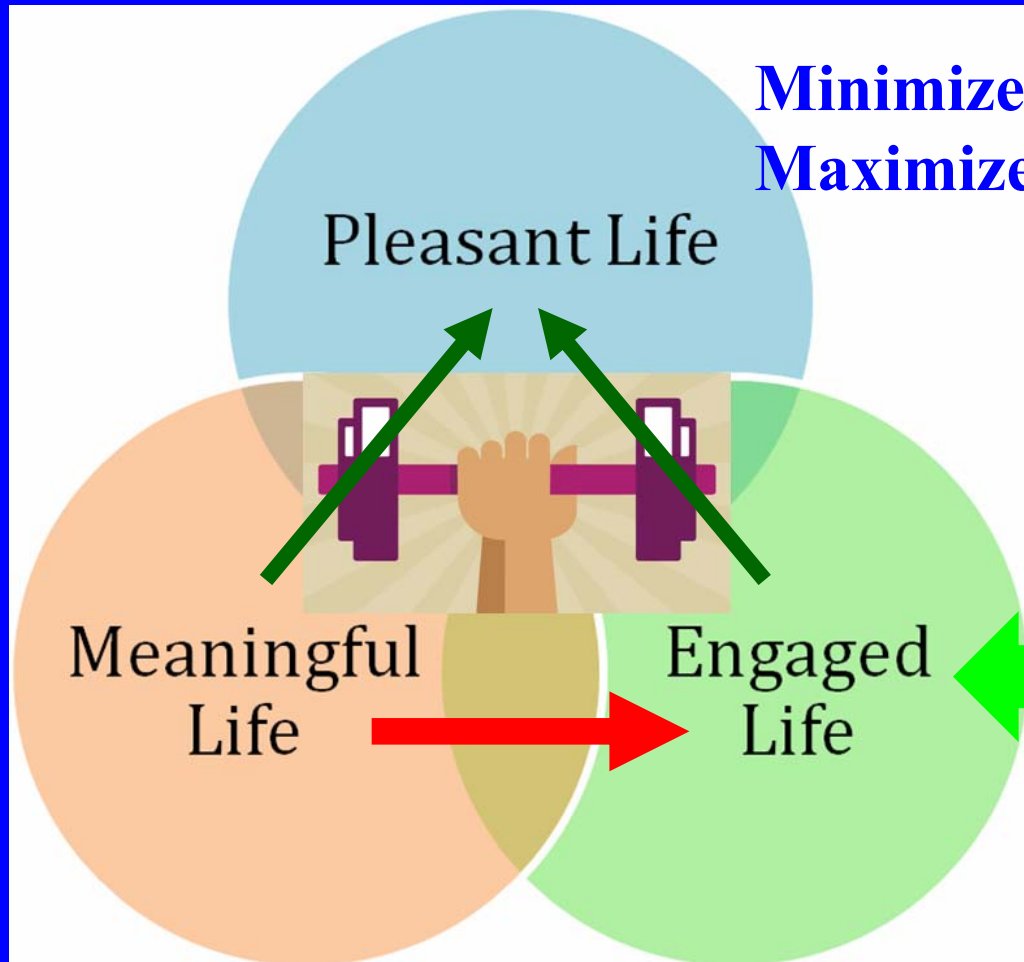
Situational → 單面

Global → 多面

Ultimate → 最終

Existential → 意義





Minimize -ve Emotions  
Maximize +ve Emotions





# ? → Engagement 投入



基本

貢獻

Q1 期望 清晰  
 Q2 物質 齊全  
 Q3: 信任 機會  
 Q4 認同 得到  
 Q5: 支持 有人  
 Q6: 鼓勵 有人

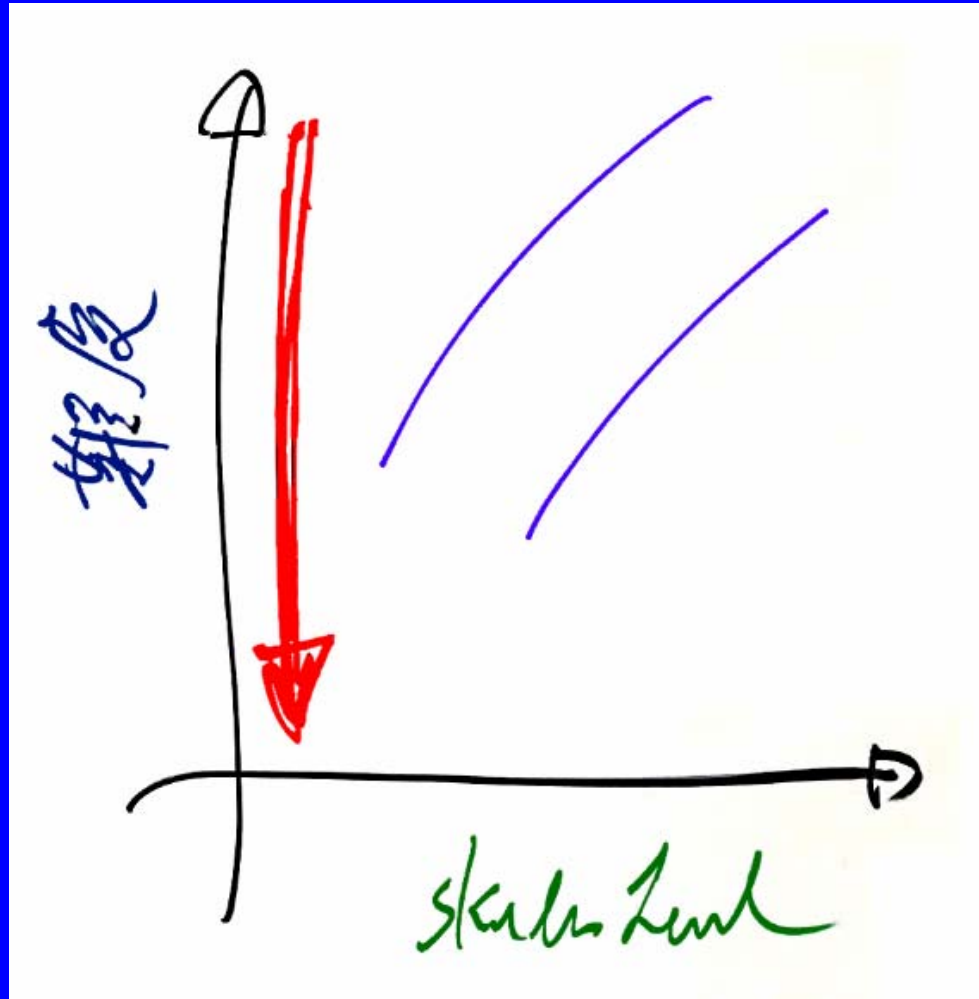
Q7: 意見 尊重  
 Q8: 重要 感覺  
 Q9: 同事 投入  
 Q10: 朋友 擁有  
 Q11: 進展 討論  
 Q12: 學習 機會

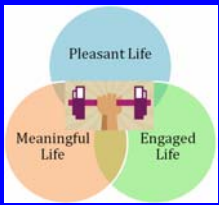
歸屬

成長



# 捨難取易.....逃避



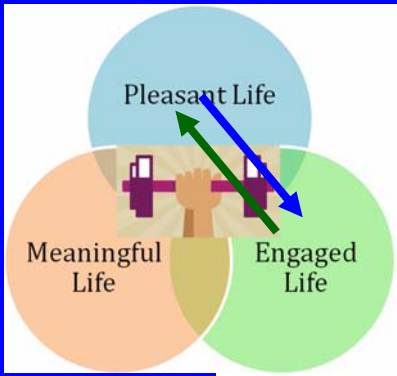


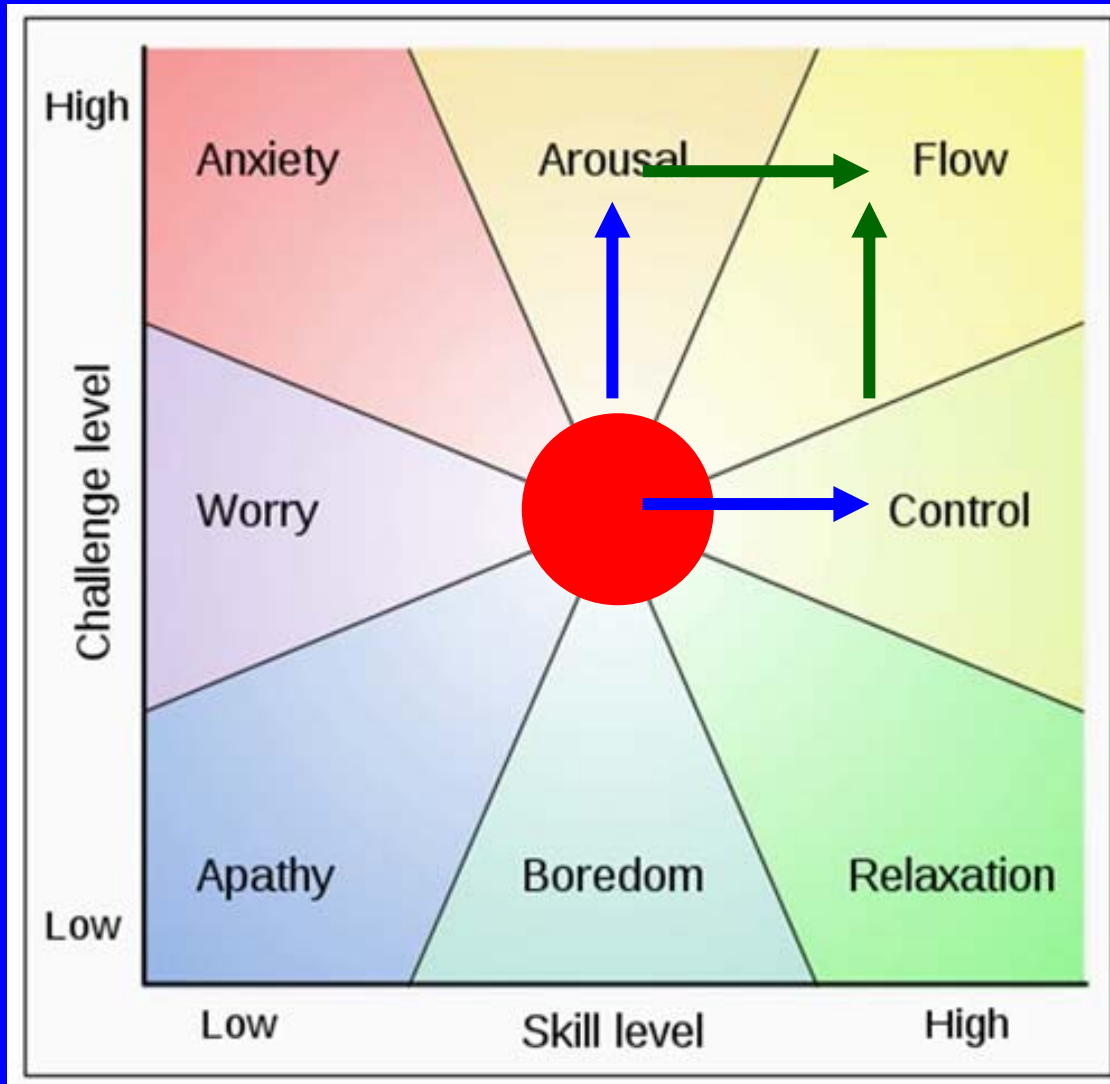
# POSITIVE PSYCHOLOGY

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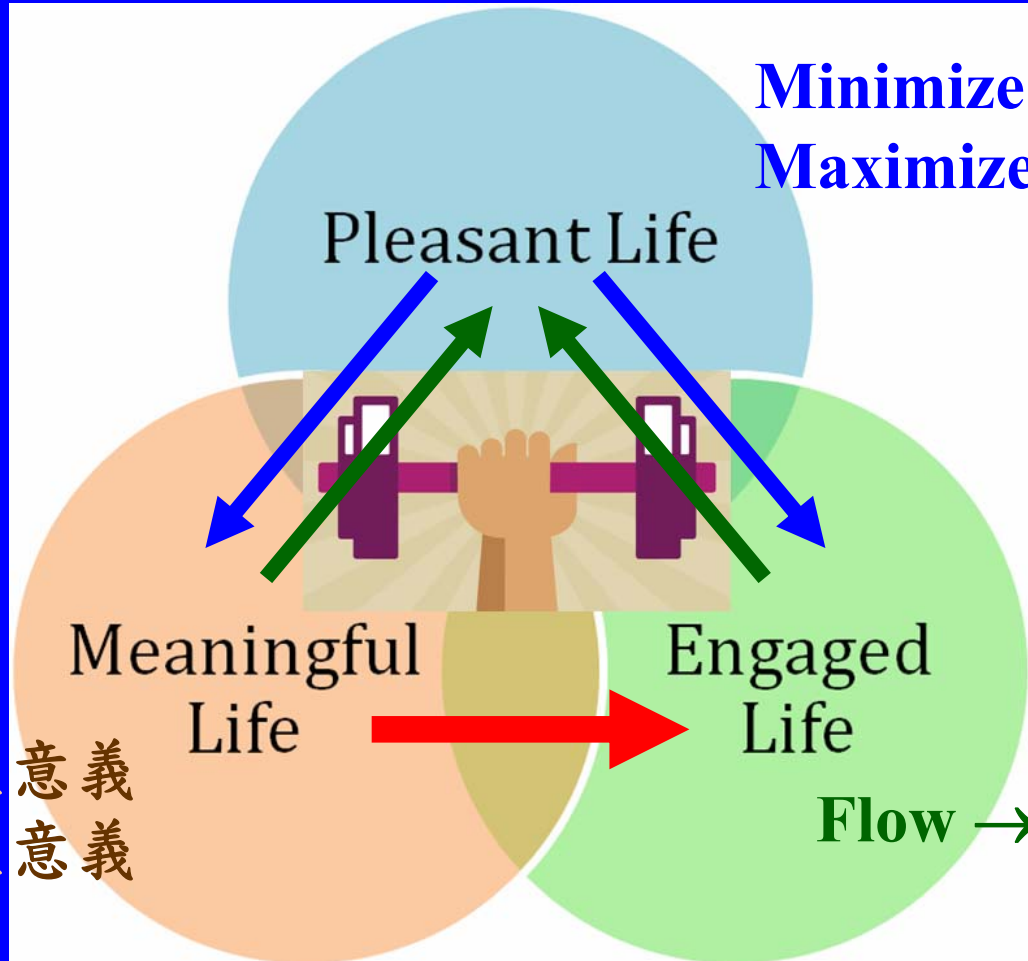
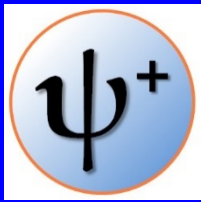
- The Full Life (Seligman, 2002)
  - The Pleasant Life: Pleasure & Positive Emotion
  - The Good Life: Flow & Engagement
  - Meaningful Life: Meaning & Purpose









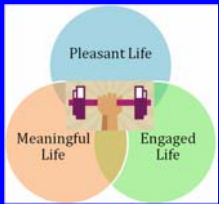


Minimize -ve Emotions  
Maximize +ve Emotions

人生意义  
人生意义

Flow → Engagement

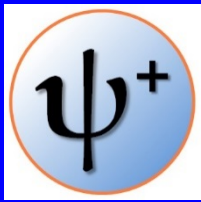




P / 2  
H<sup>2</sup>

Freedom  
+  
Reserve  
+  
Achievement





42種快樂

Acept

Addict

Coping

理想的一天

Creativity

Depression

Exercise

按摩圈

Freedom

Self-Control

成就人生

Keith

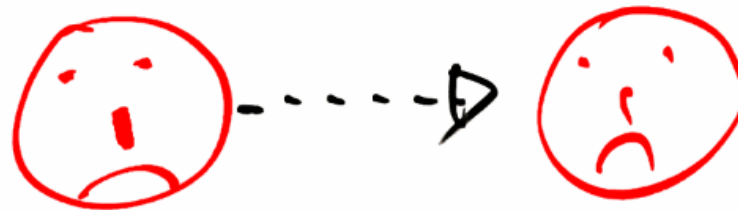
**Finding Friends**

我夢想有一天...

我的四個強項



# 傷害他人 ↔ 傷害自己



- ① Can't you just...?
- ② I know how you feel / think...





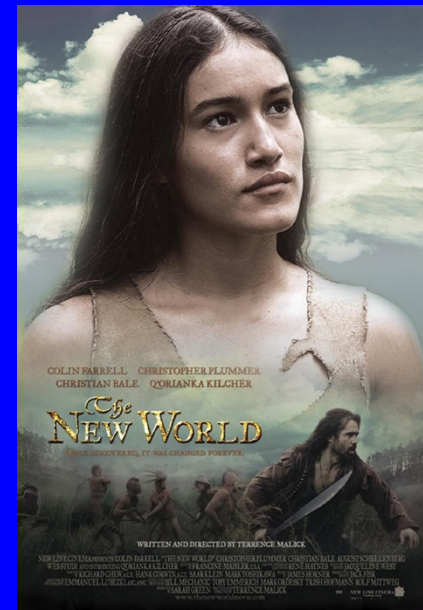
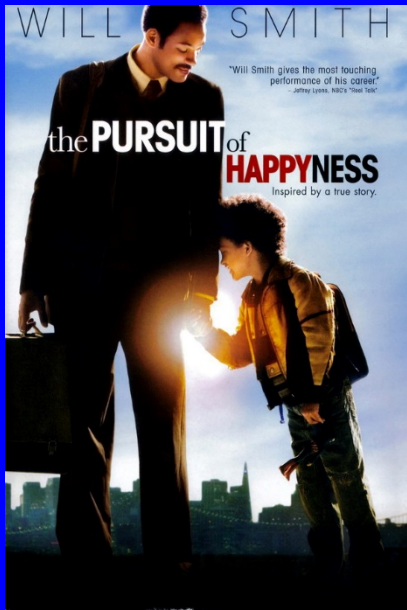
CliftonStrengths®

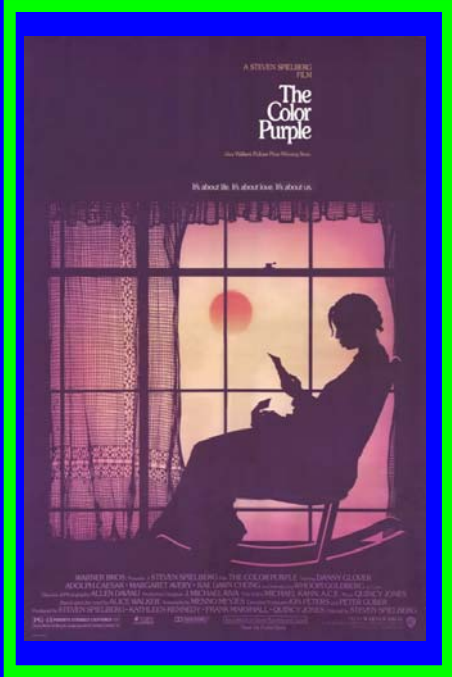




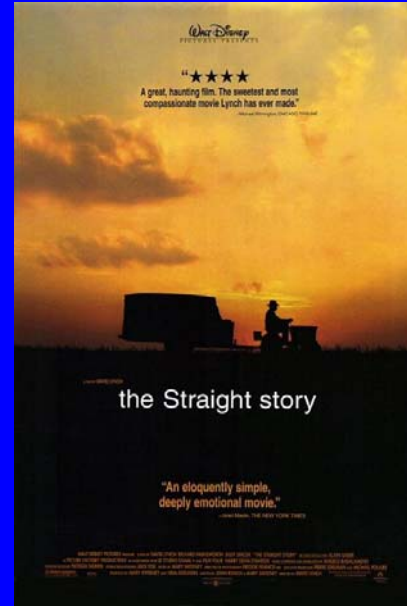
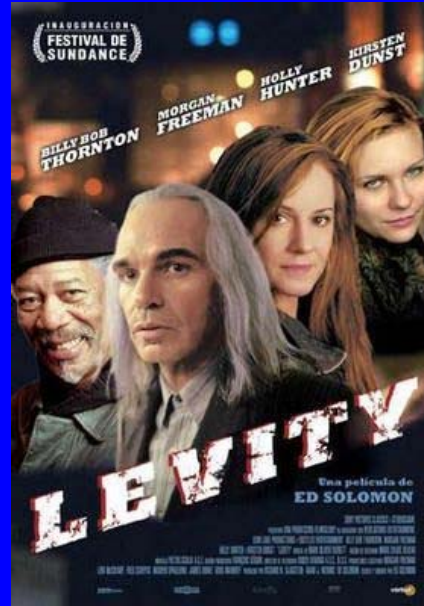


WISDOM	ALERTNESS	CONFIDENCE	CREATIVITY	EMOTIONAL STABILITY	EXTRAVERTED	IMAGINATION
COURAGE	EMOTIONAL STABILITY	EXTROVERTED	IMAGINATION	IMAGINATION	IMAGINATION	IMAGINATION
HUMANITY	IMAGINATION	IMAGINATION	IMAGINATION	IMAGINATION	IMAGINATION	IMAGINATION
JUSTICE	IMAGINATION	IMAGINATION	IMAGINATION	IMAGINATION	IMAGINATION	IMAGINATION
RESPONSIBILITY	IMAGINATION	IMAGINATION	IMAGINATION	IMAGINATION	IMAGINATION	IMAGINATION
TRUSTWORTHINESS	IMAGINATION	IMAGINATION	IMAGINATION	IMAGINATION	IMAGINATION	IMAGINATION



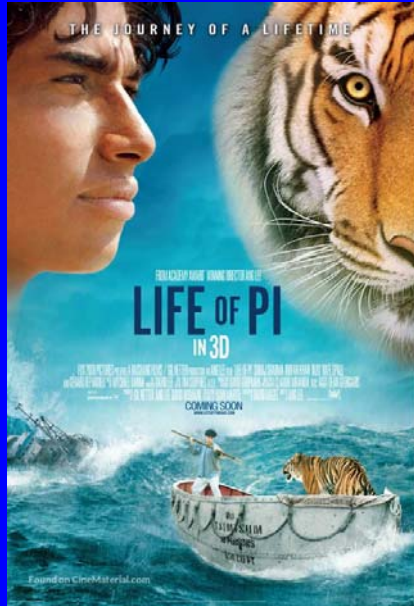
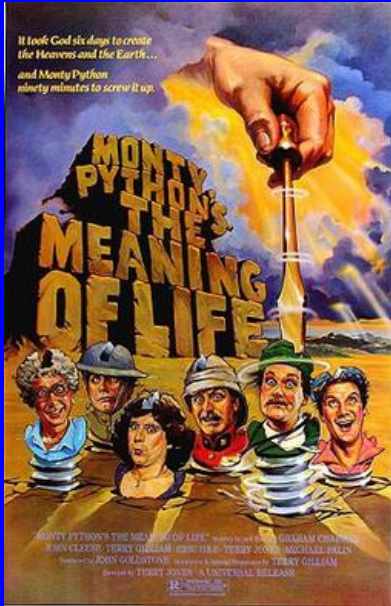




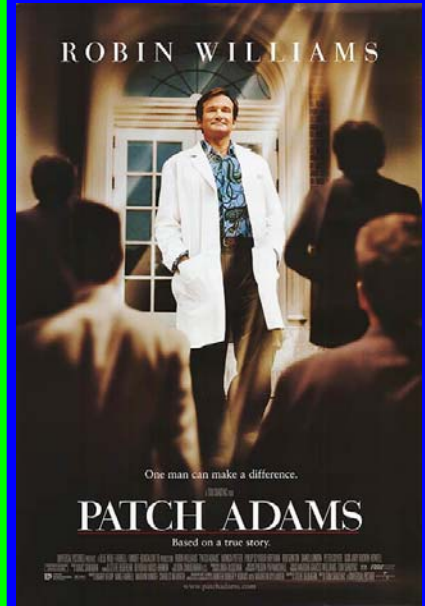
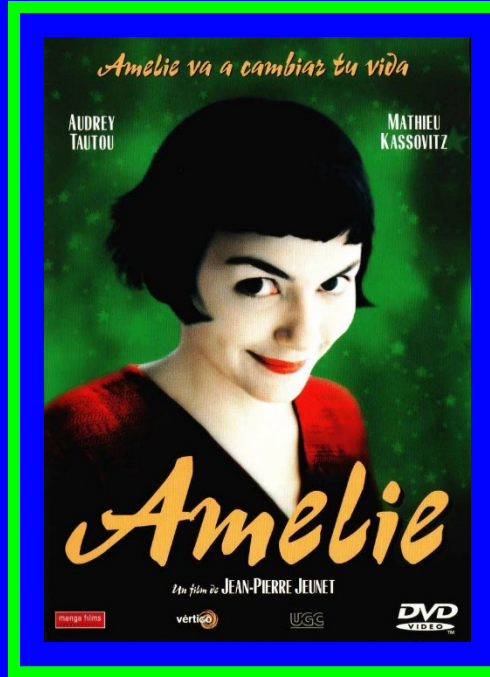
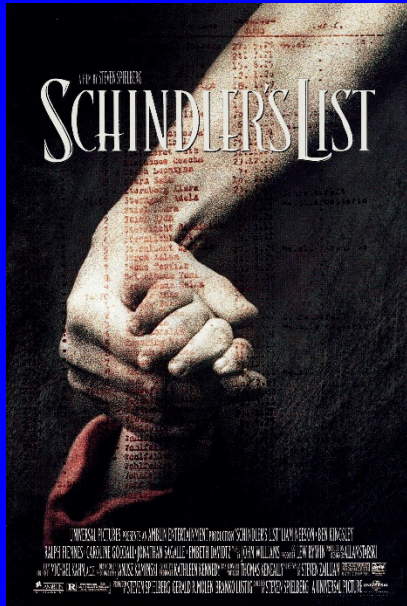




# THE MEANING OF LIFE

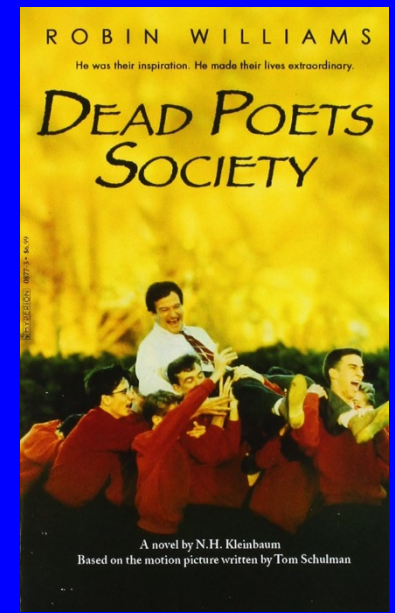
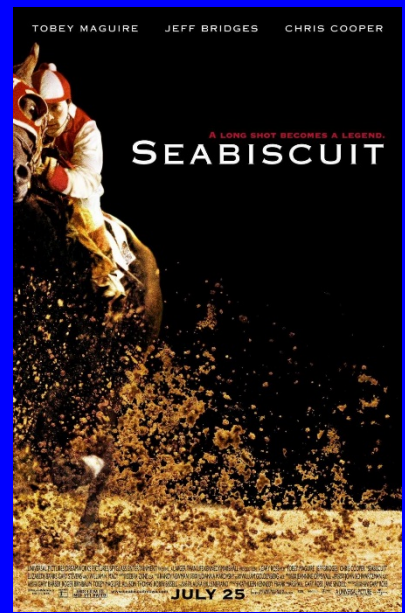
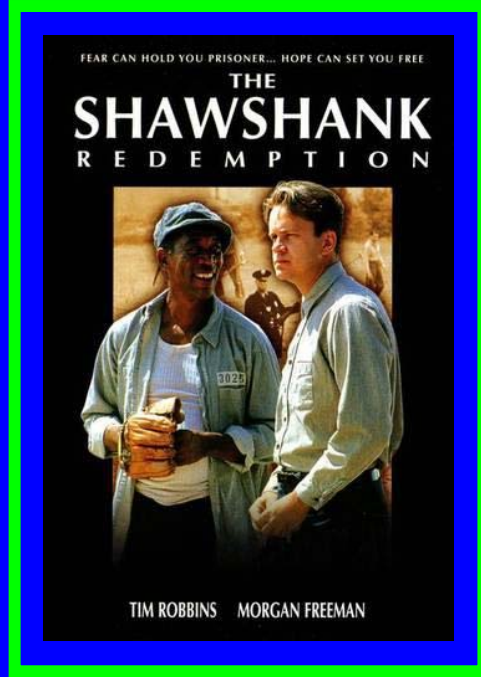
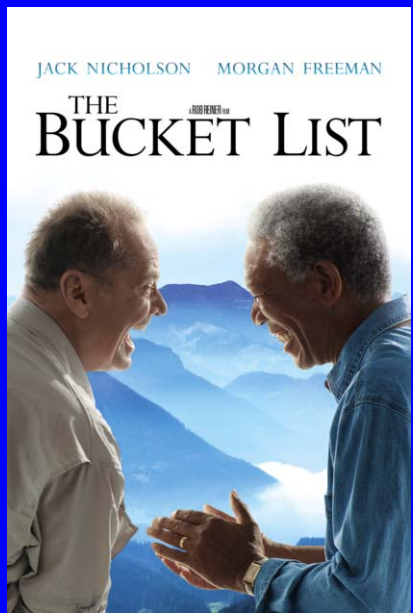






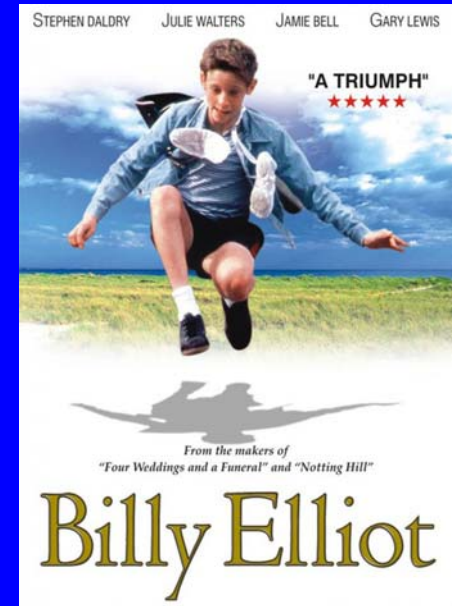
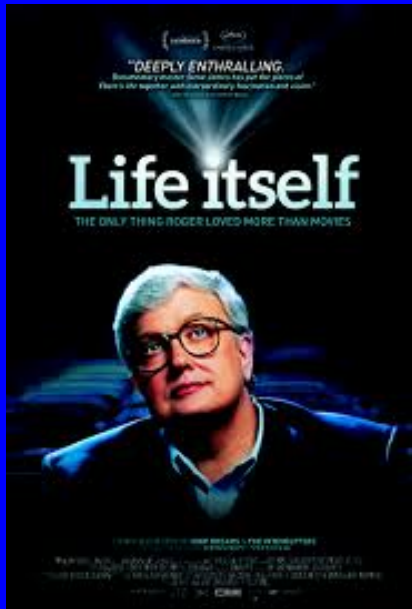


Hope  
Wish

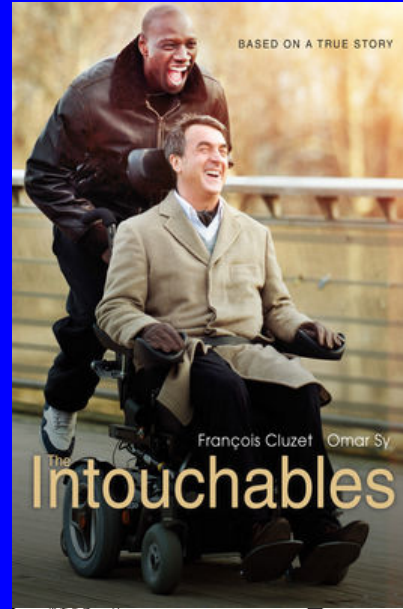




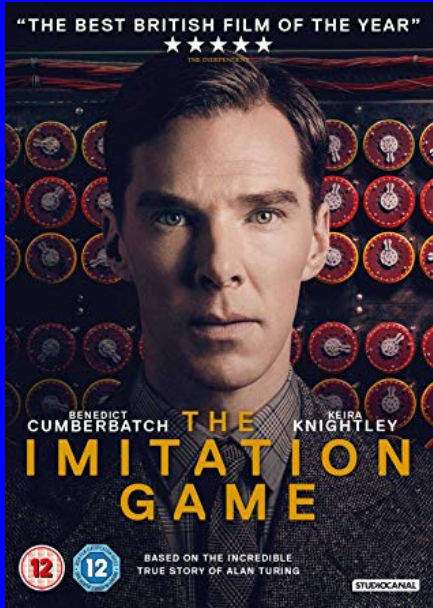








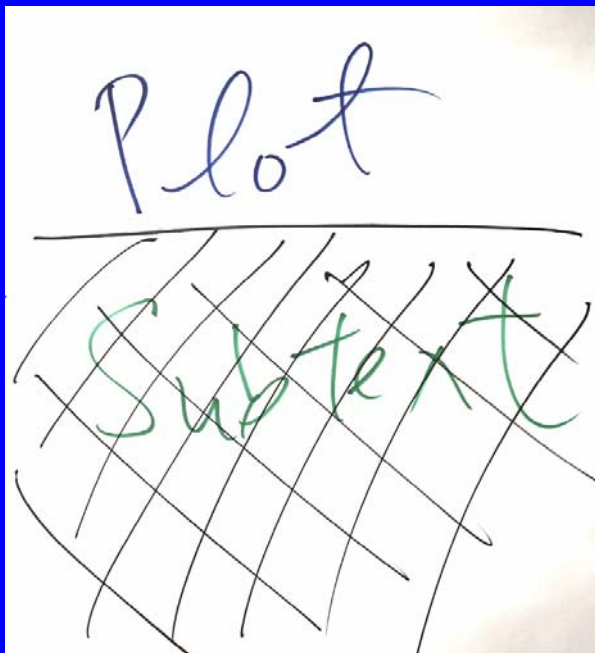






# Keith's Choices

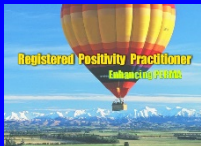
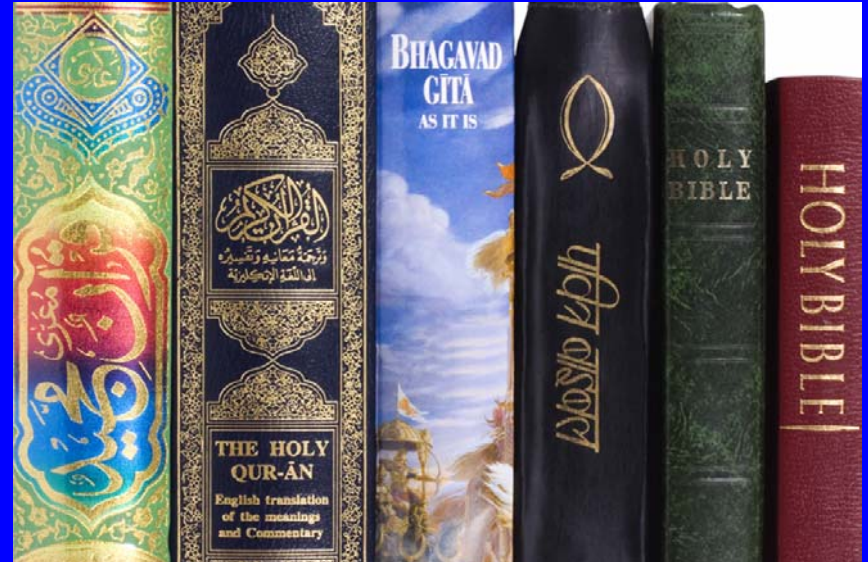
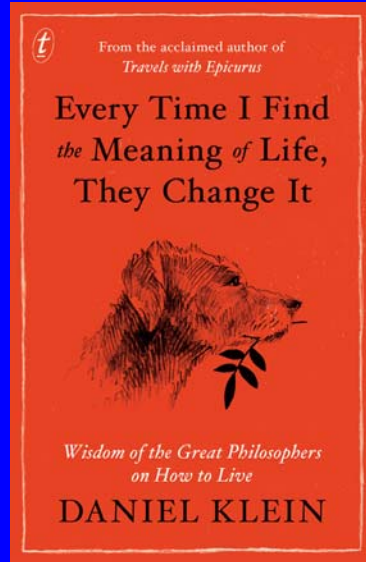
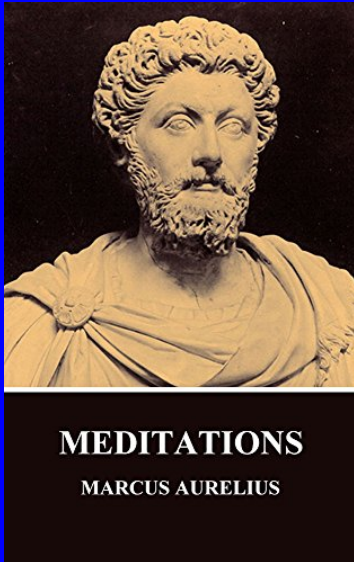


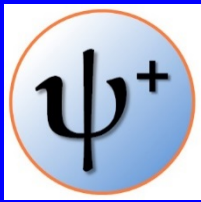


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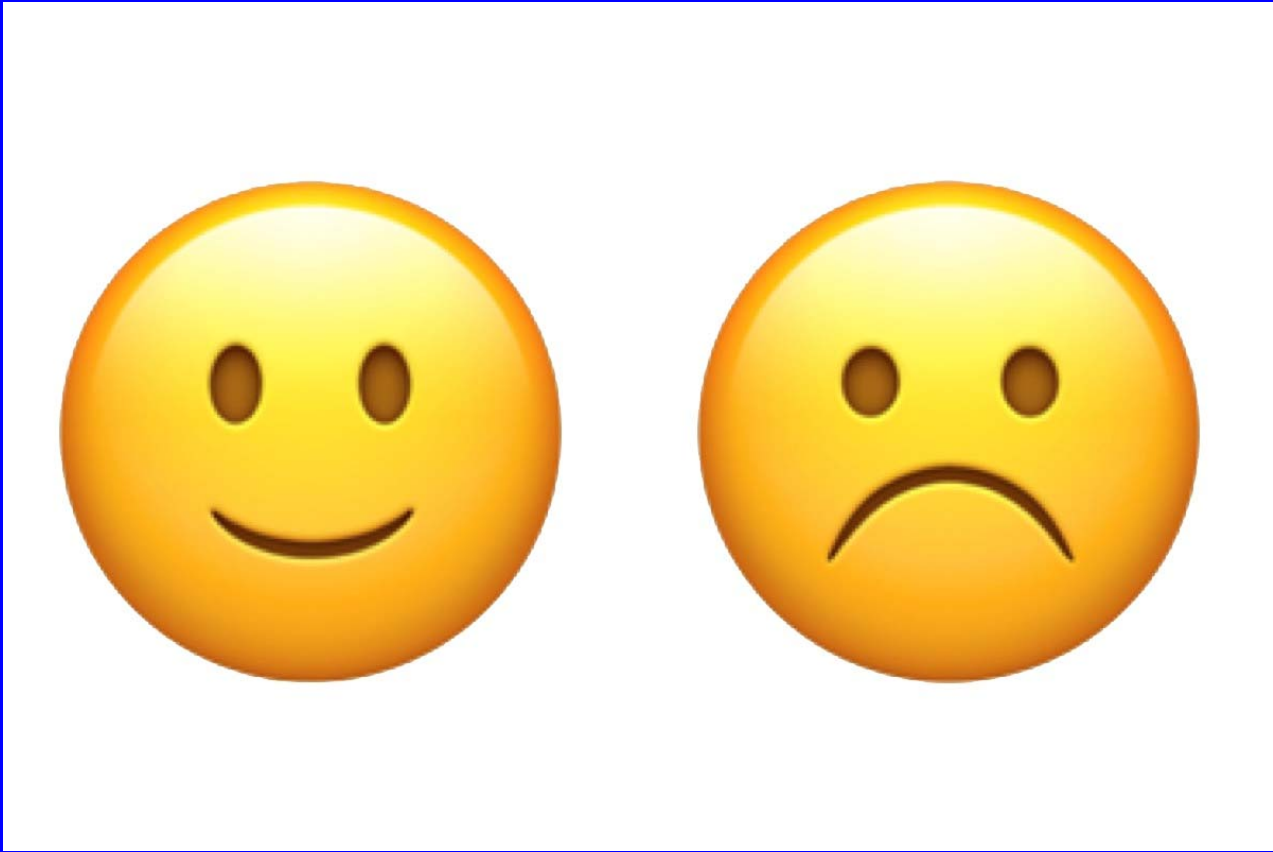


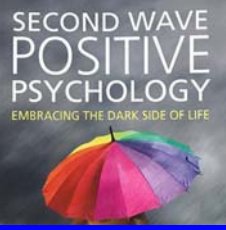




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Appraisal 不能硬分

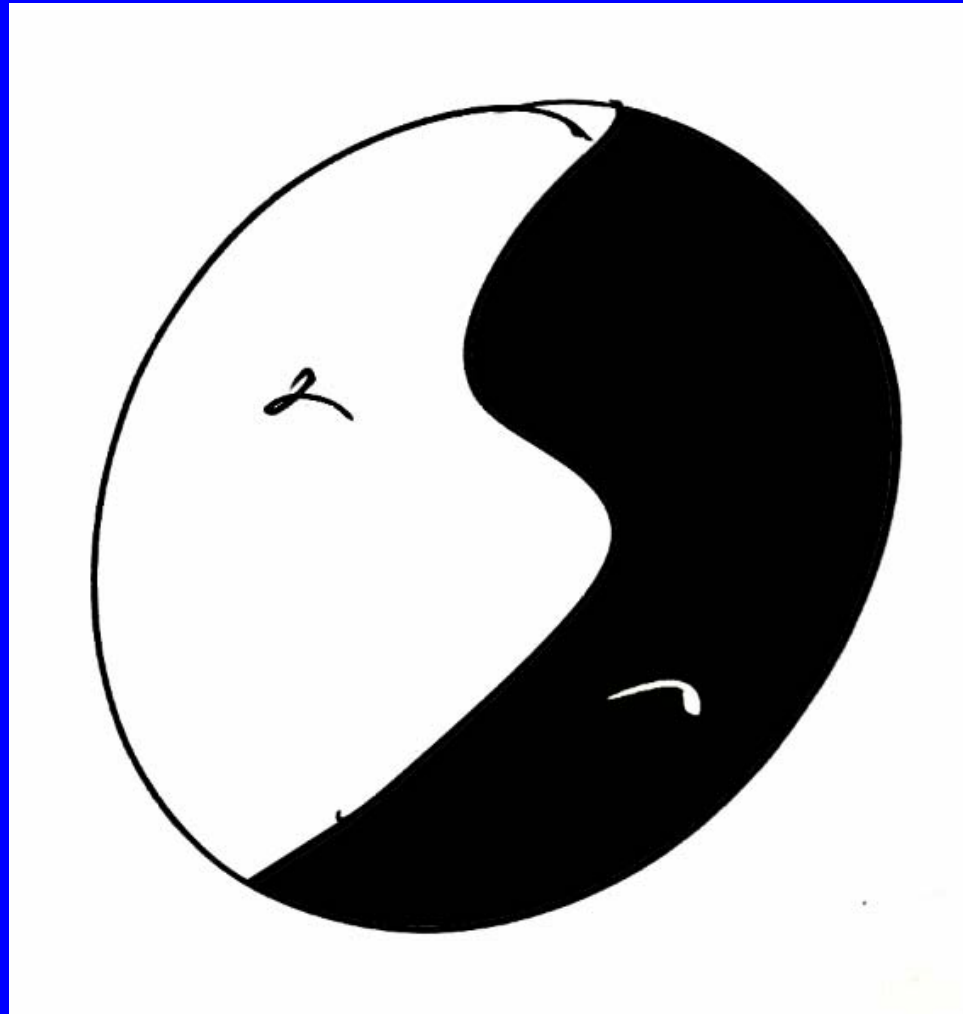
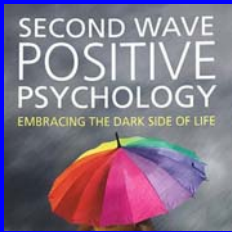
Covalence: 同有正負 共負

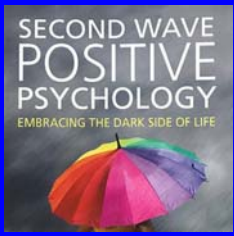
Complementarity 正負互動

Evolution: 察覺提昇 波心



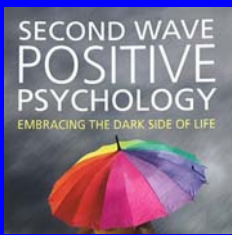






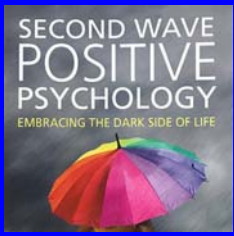
哲學  
文藝學  
美學

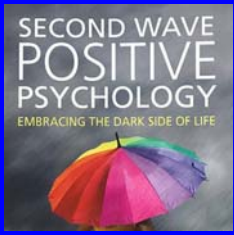




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