

## WEEK 12: THE FUTURE OF POSITIVE PSYCHOLOGY

### *Future of Positive Psychology*

#### Good

- Of 60 diagnosable disorders, 14 are now treatable and 2 are now curable.
- A science of mental illness was developed. Depression and alcoholism could now be measured and classified.
  - The causality of these mental illnesses could now be understood. Could look across time at genetics with some reliability

#### The science of mental illness

- Taxonomy and reliable diagnosis
- Measuring "fuzzy" concepts
- Discover causes by longitudinal and experimental methods
- Invent treatments (Tx and Rx)

#### Not Good

- Psychologists and psychiatrists became victimologists and pathologisers. View of human nature became if you were in trouble.
- Forgot people made choices and autonomy and that most people had lives and forgot to help people flourish.
- Forgot about helping people flourish, the goal of positive psychology.

### *Planning A Savouring Experience*

#### Planning your savouring experience:

- Ask first for permission to "try something new" (like the miracle question)
  - Psychoeducate on why you think this could be helpful
1. Choose something enjoyable to savour: there are many kinds of positive enjoyable experiences that are worth savouring. It does not have to be something huge or particularly different to what you normally do. It could be visiting a museum, art gallery, sports game, beach, star gazing etc.
  2. Set aside some time for savouring: now work out a time that you could engage in the activity and spend Time savouring after the event (as well as during the event). Why would this particular time be suitable ?
  3. Gather materials needed: is there anything you need to take with you? Would you prefer to take a picnic lunch for example, rather than deal with the noise and expense of a cafe?
  4. Set out on your savouring experience: when you arrive at your destination engage in any practices/ rituals you use to set aside worries or concerns that may interfere with your experience. What do you need to be fully in the moment on your savouring experience?
  5. Saviour: try and identify exactly what it is that you find enjoyable about this activity. What do you see, hear and smell around you? How do you feel? Notice the moments of awe and wonder. Notice any

# Positive Psychology Tutorial

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## **Table of Contents Positive Psychology Tutorial**

1. Understanding the eBook Positive Psychology Tutorial
  - The Rise of Digital Reading Positive Psychology Tutorial
  - Advantages of eBooks Over Traditional Books
2. Identifying Positive Psychology Tutorial
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Positive Psychology Tutorial
  - User-Friendly Interface
4. Exploring eBook Recommendations from Positive Psychology Tutorial
  - Personalized Recommendations
  - Positive Psychology Tutorial User Reviews and Ratings
  - Positive Psychology Tutorial and Bestseller Lists
5. Accessing Positive Psychology Tutorial Free and Paid eBooks
  - Positive Psychology Tutorial Public Domain eBooks

- Positive Psychology Tutorial eBook Subscription Services
- Positive Psychology Tutorial Budget-Friendly Options
- 6. Navigating Positive Psychology Tutorial eBook Formats
  - ePub, PDF, MOBI, and More
  - Positive Psychology Tutorial Compatibility with Devices
  - Positive Psychology Tutorial Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Positive Psychology Tutorial
  - Highlighting and Note-Taking Positive Psychology Tutorial
  - Interactive Elements Positive Psychology Tutorial
- 8. Staying Engaged with Positive Psychology Tutorial
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Positive Psychology Tutorial
- 9. Balancing eBooks and Physical Books Positive Psychology Tutorial
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Positive Psychology Tutorial
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Positive Psychology Tutorial
  - Setting Reading Goals Positive Psychology Tutorial
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Positive Psychology Tutorial
  - Fact-Checking eBook Content of Positive Psychology Tutorial
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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