

第一周 什么是积极心理学

2020年2月7日 15:03

第一章 导论

一、什么是积极心理学

What is positive psychology?

(一) 积极心理学的宗旨 —— 构建象牙塔和大众的桥梁。(有用的科学)

Bridging Ivory Tower and Main Street

The objective of positive psychology is to unite the rigor of academic research with the accessibility of the self-help movement.

积极心理学的目标是把严谨的科学研究成果和新时代自助运动的通俗性有机地结合起来。

Positive psychology is to bridge the ivory tower and Main Street —— bring the rigor, the substance, the empirical foundation, the science from academia and merge it with accessibility of the self-help or New Age movement.

课堂两部分：学术 (academic) 与应用 (applied)

1、积极主动地做笔记

1、Active note-taking (opposite of passive notes) :

1) 有趣 (interesting)、应用 (apply)、分享 (share with others)

2) 主动参与 (actively engaged) —— better attention、 better understanding

2、学会内省——享受安静

2、Introspect —— time-in (look inward) and time-out (the notion of embracing stillness)

1) David Foster 和 Mathew Wilson (MIT)

“重新可能形成一种学习记忆机制”

replay might constitute a general mechanism of learning and memory

□ 2) Paker Palmer 《教学的勇气》 (The Courage To Teach)

“语言信息的交流并不是教与学的全部”

Words are not the sole medium of exchange in teaching and learning, we educate with silence as well. Silence is treated as a trustworthy matrix for the inner work students must do, a medium of learning of *deepest* sort.

□ 3) Robert M Pirsig 《万里任禅游》 (Zen and Art of Motorcycle Maintenance)

Silence is something that missing from our culture.

(二) 积极心理学的背景

The road of positive psychology

1、Humanistic Psychology (50' s)

由马斯洛 (Abraham Maslow) 于1954创立, 以罗杰斯为代表, 被称为除行为学派和精神分析以外, 人本主义和其它学派最大的不同是特别强调人的正面本质和价值, 而并非集中研究人的问题行为, 并强调人的成长和发展, 称为自我实现。

2、心理学上的「第三势力」

The Third Force

(1) Reaction to behaviorism (First Force)

行为主义：只研究所观察到的并能客观地加以测量的刺激和反应。如约翰华生、斯金纳、巴甫洛夫的条件反射

(2) Reaction to psychoanalysis (Second Force)

精神分析 psychoanalysis：代表弗洛伊德，研究潜意识（主要负面的）。主要讨论病态人的无意识，所述内容主要有人的梦、过失、焦虑、动机冲突、情绪紧张以及人格的病理表现。其创始人弗洛伊德是一名精神病科医生，主要从临床经验探究病人致病的原因，从而深入到病人的无意识心理的动机、情绪和人格等问题。

3、缺少科学严谨的研究方法

Lacked rigorous methodology

Grandparents —— 亚伯拉罕·马斯洛

Abraham Maslow (1908-1970) and Karen Horney (1885-1952)

***Aaron Antonovsky 提出 focusing on health “salutogenesis” (健康本源学)

Parents —— 马丁·塞利格曼 (积极心理学之父)

Martin Seligman (father of the positive psychology)

Ellen Langer (research before 1998)

Philip Stone

(三) 积极心理学的教与学

1、信息与转变

★ Transformation is different interpretation of information.

“The soul grows by subtraction, not addition.” —— Thoreau

“为学日益，为道日损” —— 老子

学 “information” 道 “transformation”

***Can you see the David that inside you?

2、信息是远远不够的

Information is not enough.

“错的不是科学的重大发现，有信息永远比无知强，不管是什么样信息和什么样无知，错在于信息背后的信念，认为信息会改变世界的信念，但它不会。”

“What is wrong is not the great discoveries of science—information is always better than ignorance, no matter what information or what ignorance. What is wrong is the belief behind the information, the belief that information will change the world. It won’ t.” —— Archibald MacCleish

“如果有人上了一门关于心理学学习的课，或者看了一本这方面的书，大部分内容，在我看来，是与重点无关的，也就是，与人性无关，大部分内容把学习展现为获得联想，技能和能力，这些对于人的性格，人的个性，人本身来说只是外在而非本质的。”

“Humanistic philosophy [offers] a new conception of learning, of teaching, and of education. Stated simply, such a concept holds that the function of education, the goal of education—the human goal, the humanistic goal, the goal so far as human beings are concerned—is ultimately the ‘self-actualization’ of a person, the becoming fully human, the development of the fullest height that the human species can stand up to or that the particular individual can come to. In a less technical way, it is helping the person to become the best that he is able to become.” —— Abraham Maslow

★ 教育是对信息和转变的探索，因此必须从一个问题开始。

Education is the quest for information and transformation, and therefore must begin with a question.

“教育的一个真正的目标是让人学会不断地提出新的问题。”

“The one real object of education is to leave a man in the condition of continually asking questions.” —— Bishop Creighton

TheHow can we help ourselves and others—individuals, communities, and society—become happier?

3、积极心理学的问题

The Question of Questions: How can we help ourselves and others—individuals, communities, and society—become *happier*?

John Carter——哈佛大学MBA毕业的学生二十年后最成功、最幸福的人的共性有2点：

- 1) really believe themselves.
- 2) always asking questions. they are life-long learners.

□□ Textbooks (handbook of positive psychology) Shane J. Lopez & Chris Peterson

文化的共性大于差异。—— 达赖喇嘛

4、自我认识的课程

Studying ourselves (as well)

“越是个人的东西越普遍”

“What is most personal is most general.” —— Carl Rogers

“我们必须记住对一个人深层本性的认识，同时也是对普遍人类本性的认识”

“We must remember that knowledge of one’s own deep nature is also simultaneously knowledge of human nature in general.” —— Abraham Maslow

“整个宇宙中有且只有一件，我们知道我们可以从外部观察中学习到的事，那就是我们自己，我们有，可以说是，内在的信息，我们是知道的”

“There is one thing, and only one in the whole universe which we know more about than we could learn from external observation. That one thing is [ourselves]. We have, so to speak, inside information; we are in the know.” —— CS Lewis

“我不会认为与复杂性一致的简单性是微不足道的，但我会把我的一生用来研究与复杂性相对的简单性”

“I would not give a fig for the simplicity on this side of complexity, but I would give my life for the simplicity on the other side of complexity.” —— Oliver Wendell Holmes

A different kind of effort: 与其他课程学习不同的努力——把行为的实际改变带入生活

“On Monday, don’t tell me how great it was; tell me what you’re doing differently.” —— Peter Drucker

教是最好的学。The best way to learn is going to teach.

第二周 为什么要学积极心理学

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二、为什么要学习积极心理学

Why positive psychology?

(一) 心理学概念

Psychological Abstracts (1967-2000)

2000年 David Myers :

1967-2000年心理学概念 (psychological abstract) 研究 —— negative studies: positive studies = 21: 1

消极概念: anger 愤怒、anxiety 焦虑、depression 抑郁

积极概念: joy 高兴、happiness 幸福、life satisfaction 满足感

(二) 消极概念的研究

Focus on the negative:

“心理学这一学科对于消极方面的研究，远比对于积极方面的研究成功。它向我们展示了人类的短处、他的缺点、他的过失，但很少谈到他的潜能、他的长处、他的实际愿望或精神高度，好像心理学自愿固步自封，让自己仅限于研究黑暗低劣的一半。”

“The science of psychology has been far more successful on the negative than on the positive side; it has revealed to us much about man's shortcomings, his illnesses, his sins (罪), but little about his potentialities, his virtues, his achievable aspirations, or his psychological height. It is as if psychology had voluntarily restricted itself to only half its rightful jurisdiction, and that the darker, meaner half.” —— Abraham Maslow

Attenuate the positive:

“The aim of Positive Psychology is to catalyze a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life.” —— Martin Seligman

(三) 心理学革命

Psychology needs help

21/1 ratio is unhealthy...

... but it reflects reality

- depression 10 times higher today than 1960
 - mean age for depression today is 14.5 (compared to 29.5 in 1960)
- 1、抑郁的比例是1960的10倍，抑郁人群的平均年龄比1960年低得多
 - mental health crisis on campuses nationwide (Kadison, 2005)
 - worldwide mental health epidemic
 - 2、心理健康问题已经成为世界范围内的流行病

TOP NEWS

College Faces Mental Health Crisis

By KATHARINE A. KAPLAN

One Eliot House resident couldn't finish his term papers because of depression and severe anxiety. Another missed three final exams because of a personal meltdown. A third stopped submitting work for his tutorial and skipped a final exam because of what Eliot Senior Tutor Oona B. Ceder called, "some kind of failure across the board."



CRIMSON/ SARAH M.J. WELCH

Caitlin E. Stork '04, who has bipolar disorder, is one of 80 percent of Harvard students who have faced mental health problems in the last year.

[See Related Article...](#)

-80% of Harvard students depressed at least once last year

-45% of college students nationwide depressed; 94% overwhelmed (Kadison, 2005)

越来越多大学生经历抑郁 (experienced depression to the point of not functioning)

(四) 为什么要学习积极心理学

1、关注有效方法的重要性

(1) The importance of focusing on what works

“积极心理学的目标是促成一种变化，让心理学从只关注补救生活中最糟糕的事，到同时建立生活中最美好的事。”

“The aim of Positive Psychology is to catalyze a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life.” — Martin Seligman

重新审视研究应该关注的问题：1940年以来，传统心理学大多在研究个人为何失败，但发现成果无助于现实的改变。1980年，人本主义心理学开始研究成功人士的特质。

(2) Reframing Questions: The Case of At-Risk Population

The Power of Positive Psychology: Studying At-Risk Population

Traditional psychology (Post-WWII 第二次世界大战后)

- “Why do these individuals fail?”

Positive psychological approach (1980s)

- “What makes some individuals succeed despite unfavorable circumstances?”

韧性, 适应力

(3) Resilience

- Superkids? "seeds of greatness"
- Ordinary characteristics, extraordinary results 平凡的品质，非凡的成就

- ① Social support 社会支持
- ② Optimism and self-esteem 乐观和自尊 (not narcissism 自我陶醉)
- ③ Faith and a sense of meaning 信仰和意义
- ④ Prosocial behavior 亲社会行为 (社区服务)
- ⑤ Focusing on strengths 关注优点
- ⑥ Set goals 设立目标
- ⑦ A role model 榜样 —— Marva Collins

(4) From Pathogenic Questions to Salutogenic Questions

“那些熟悉科学史的人，都知道重要的进步伴随着新问题的形成而来，问题才是突破点。答案来之不易，但重要的是新问题。有益健康问题，也就是我向你传播的(正在发生)，是一个极为新颖的问题。它推动新范式的形成以帮助我们了解健康和疾病，它对研究人员和医生有着重要意义。生物学家和社会科学家也是如此”

“All those familiar with the history of science are aware that important advances come with the formulation of new questions. The question is the breakthrough; the answer comes with difficulty, but it is the new question that is important. The salutogenic question, I submit to you, is a radically new question, which provides the impetus for formulating a new paradigm to help us understand health and illness. It has serious implications for researcher and clinician, biological and social scientist alike.” —— Aaron Antonovsky

“Appreciate”

- to say thanks for something, not to take it for granted. 感激，不要把优点和成功当作理所当然
- to grow 增值

When we appreciate the good, the good appreciates —— the good grows.

“我们会看到要寻找的东西，错失不去寻找的东西，虽然它在那里，我们的阅历被我们的关注点深深地影响了。”

“We see what we look for and we miss much of what we are not looking for even though it is there... Our experience of the world is heavily influenced by where we place our attention.” —— Stavros and Torres

问题创造现实。 “Question creates reality.”

Nathaniel Branden 自尊的六根支柱 (six pillars in self-esteem)

- Self-responsibility

No one is coming.

自助者天助。

为自己的生活负责，获得自信，自尊、幸福

第三周 幸福是一种随机现象吗？

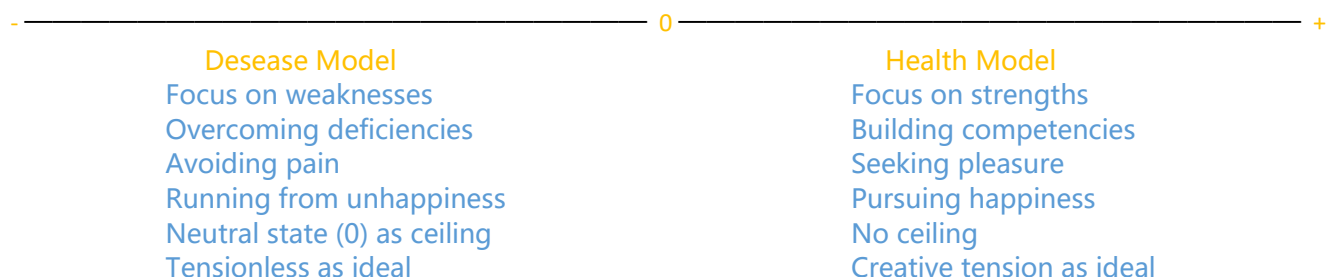
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- Role models
- High Expectations
- From blame to responsibility
- Tough and respectful
- Optimism and faith in future

获得幸福不是为了摆脱不幸

2、Happiness is not the negation of unhappiness

neurosis, anger, anxiety, depression, psychosis well being, satisfaction, joy, excitement, happiness



Health Model - "Illness (疾病) as the absence of health (健康) (vs. health as the absence of illness)"

积极心理学模型 - 生病是因为不够 (not enough) 健康, 不追求 (pursuing) 健康

Desease Model - "sick (不适) because we are ill (疾病) "

传统模型 (conventional model) - 把病治好 (take away the illness) 就会变得健康

- Prevention through cultivating the positive 问题的关键在于 关注幸福和培养幸福
关注什么便会得到什么

"Human systems grow in the direction of what they persistently ask questions about." —— Cooperrider and Whitney

Marva Collins对潜能 "seeds of greatness" 的关注

注重培养能力, 而非改正错误 (focus on systematically building competency, not correcting weakness)

3、Prevention through cultivating capacity

People are comfortable numb 人们在舒适地麻木

- psychological **immune** system (心理免疫系统) (by Nathaniel Branden)
- psychological engine (心理引擎)

"The message of the Positive Psychology movement is to remind our field that it has been deformed. Psychology is not just the study of disease, weakness, and damage; it also is the study of strength and virtue. Treatment is not just fixing what is wrong; it also is building what is right. Psychology is not just about illness or health; it is about work, education, insight, love, growth, and play. And in this quest for what is best, Positive Psychology does not rely on wishful thinking, self-deception or hand-waving; instead it tries to adapt what is best in the scientific method to the unique problems that human behavior presents in all its complexity." —— Martin Seligman

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第二章 幸福的前提 (premises)

一、构建象牙塔和大众的桥梁

Bridge building Vs. Division and separation (bridge the ivory tower and Main Street)

"The careful shielding of a university from the activities of the world around us is the best way to chill (冷冻) interest and to defeat progress. Celibacy (独身主义) does not suit a university. It must mate itself with action." — Alfred North Whitehead

The Need for Practical Idealists —

- The desire to make a difference
- False stereotypes
- Influential positions
- Goodwill and idealism necessary but not sufficient (But how?)

我们能力有限, 或者某些情况下我们带来的伤害多于帮助。(好心干坏事 —— 传统模型的研究)

Karen reivich & Martin Seligman : Some interventions engendered passive victim (消极受害者) mentality, as opposed to the active agent (积极作用) mentality

Pygmalion effect (皮格马利翁效应) : 教师的期望是自我实现的预言 (self-fulfilling prophecies)

Carol Dweck —— Growth Mindset (成长型思维) : how to praise? 简单的表扬不一定能够提高自尊。

Albert Bandura self-efficacy (自我效能感论)

Yoga 瑜伽 —— 降低囚犯的二次犯罪率

Meditation 冥想 —— transform brain making one more susceptible to positive emotions

Physical exercise 运动 —— 30 min each time has the same effect as our most powerful psychiatric drug

Muzafer sherif 在1954年证实了交谈 (just contact hypothesis) 最可能的结果是引起更多冲突。

Superordinate goal —— carry out together 共同的目标可以解决冲突。(right answer?)

正视研究得到的坏结果, 就像设计飞机必须考虑万有引力 (law of gravity) 一样。

二、改变的可能性

Change is possible Vs. Change is illusory (transformation)

Lykken and Tellegen: The Minnesota twin study —— (《happiness is a stochastic phenomena》) "It may be that trying to be happier is as futile as trying to be taller and is therefore counterproductive."

追求幸福就像想变高一样徒劳

Bandura 人们常因遇到一个特别的句子就会改变他们的生活

(一) 改变的可能性

Change is possible

- 1、Counter evidence: People do change (possibilities)
- 2、Error of the average (大众的错误)
- 3、Exception proves the rule (关注什么便会得到什么)
- 4、Detrimental research (不利的结果)
- 5、Studying the best (不止要研究可行的方法 —— 人们因何快乐? 也要研究最快乐的人是怎么做到的。)

(二) 成长尖端统计学

Growing-tip statistics

“What this kind of research design means is a change in our conception of statistics, and especially of sampling theory. What I am frankly espousing here is what I have been calling ‘growing-tip statistics,’ taking my title from the fact that it is at the growing tip of a plant that the greatest genetic action takes place...” —— Abraham Maslow

想要知道人类的潜能和极限, 如想知道人类能够跑得多快, 研究一组优秀运动员的平均成绩是不够的。

1、Elitism (精英主义) ?

- (1) Study the best doesn't exclude studying the average. (因此无所谓研究对象是不是精英和培养精英的问题)
- (2) Everyone benefits. (apply it to others 每个人都能从中受益)

2、剑桥-萨默维尔青年研究 (The Cambridge-Somerville Youth Study) 的失败

- (1) No difference in juvenile offenses (青少年犯罪)
- (2) No difference in adult offenses (成年人犯罪)
- (3) No difference on health, mortality, wellbeing (健康, 道德, 幸福)
- (4) Significant difference on alcoholism and job status (酗酒, 工作地位) —— 干预带来了负面效果: 干预组的酗酒比例与对照组相比明显增加, 对照组在二三十年后升职的概率更加高。

3、马斯洛的“曼哈顿计划”

Is social change possible?

“What I am suggesting is Manhattan-Project-type attacks upon what I consider to be the truly Big Problem of our time, not only for psychology but for all human beings with any sense of historical urgency...” —— Abraham Maslow

曼哈顿计划是美国陆军部于1942年6月开始实施利用核裂变反应来研制原子弹的计划。该工程集中了当时西方国家(除纳粹德国外)最优秀的核科学家, 动员了10万多人参加这一工程, 历时3年, 耗资20亿美元, 于1945年7月16日成功地进行了世界上第一次核爆炸, 并按计划制造出两颗实用的原子弹。整个工程取得圆满成功。在工程执行过程中, 负责人L.R.格罗夫斯和R.奥本海默应用了系统工程的思路和方法, 大大缩短了工程所耗时间。这一工程的成功促进了第二次世界大战后系统工程的发展。

- (1) Exception proves the rule
- (2) Practical idealists unite!

第四周 积极的环境能改变人

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4、一个人的力量

The power of one

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." — Margaret Mead

永远不要怀疑一小群，有思想，坚定的市民可以改变世界。事实上，正是这群人改变着世界。

Human networks as exponential, we underestimate our capacity to effect change because we underestimate the growth of an exponential function

改变以指数级发生，我们与其他人的联系及他们与更多人的联系，形成了一个指数函数。

蝴蝶效应 (The Butterfly Effect)：指在一个动力系统中，初始条件下微小的变化能带动整个系统的长期的巨大的连锁反应。它是一种混沌现象，说明了任何事物发展均存在定数与变数，事物在发展过程中其发展轨迹有规律可循，同时也存在不可测的“变数”，往往还会适得其反，一个微小的变化能影响事物的发展，证实了事物的发展具有复杂性。(Lorenz E. N. Deterministic Nonperiodic Flow[J]. Journal of the Atmospheric Sciences, 1963, 20(2): 130-141.)

六度分隔理论 (Six Degrees of Separation)：“你和任何一个陌生人之间所间隔的人不会超过五个，也就是说，最多通过五个人你就能够认识任何一个陌生人。”

根据这个理论，你和世界上的任何一个人之间只隔着五个人，不管对方在哪个国家，属哪类人种，是哪一种肤色。—— 米尔格伦 (Stanley Milgram)

三、内在因素和外在外因素

Internal factors primarily determine happiness Vs. Happiness is primarily a function of external circumstances

很多人质疑问卷调查结果的真实性，因为它是主观的。Richie Davidson 通过扫描大脑（功能性磁共振，脑电图等更加客观的方法），显示八周的冥想练习使大脑的形状产生改变，Joshua Greene 的研究结果显示大脑里有道德中心。

- Affective forecasting (Dan Gilbert)
- Happiness levels (Ed Diener)

对基础幸福水平很重要的一样东西，它是一个外在因素。那就是民主和压迫 (democracy/oppression matter!)。生活在民主制度下的人通常明显，比生活在独裁制度下的人更快乐。

Our readiness and potential to experience happiness is mostly dependent on our state of mind, not on our status or the state of our bank account.

事实上，我们的准备和体验幸福的可能性，主要由我们的心境决定，不是我们的地位或银行账户状况。

四、人类的天性

Human nature must be obeyed Vs. Human nature must be perfected (permission to be human)

Thomas Sowell 解释了人们为什么会选择一个党派反对另一个，为什么会选择一种生活方式摒弃另一种。两个阵营——人的本性是否受约束

| Constrained vision | Unconstrained vision |
|---|--|
| Human nature immutable | Can be improved |
| Flaws inevitable | Perfectible |
| Acceptance | Solutions exist |
| Channel nature | Change nature |
| "Nature to be commanded must be obeyed" —— Francis Bacon | "It is for self-perfectioning that destiny calls us" —— Benjamin Constant |

约束派认为人的本性是永恒不变的，人性的缺陷不可避免，接受缺陷并给予引导。如Adam Smith（亚当斯密）、Fredrick Kayak等。

"Our nature is constrained. it's limited"（“我们的本性是受约束的，是有局限的。”）—— Edmund Burke

“号令自然必须遵守自然。” —— 培根

另一个阵营认为人性的缺陷有解决办法可以改善，如Thomas Jefferson（托马斯杰斐逊《独立宣言》）、Jean-Jacques Rousseau（卢梭）、George Bernard Shaw（萧伯纳）、Ronald M.Dworkin（德沃金）等。

“命运召唤我们进行自我完善。”

（一）Vision of psychology（心理学观点）

- Human nature immutable (constrained)
- Role is to understand nature...

... and make best use of it

只有两类人，能够体会到持续的快乐，不会体会到（don't experience）痛苦的情绪，像愤怒、嫉妒、失望、悲伤、不快乐、抑郁或偶尔的焦虑。一类是精神病人，因此不会感受到痛苦的情绪。第二类，没有痛苦情绪体会的，是死人。

Pink elephant —— 当我们企图压抑一种自然现象时，比如提起一个词时浮现出相应形象。只会加强它，压抑自然的痛苦情绪也有此效果。企图压制它们时，它们会加强。

（二）无条件的接受

Unconditional acceptance

- Rejecting our nature leads to unhappiness
- Paradox: "Ironic Processing" (Wegner, 1994)
- The Great Deception
- Not resignation
- Active acceptance
- True to reality

"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can change, and the wisdom to know the difference." —— Reinhold Niebuhr “主啊，请赐我安详，接纳我不能改变的事物。请赐我勇气，去改变我可以改变的东西。并赐我智慧去认识这两者的差别。”

第五周 环境的力量

2020年3月12日 14:01

五、快乐是最高追求吗

Happiness is and ought to be the ultimate end Vs. Happiness should be a secondary pursuit

(一) 快乐是最高追求

Happiness is the highest end

"Happiness is the meaning and purpose of life, the whole aim and end of human existence." ——Aristotle

"快乐是人生的意义和目的，人类存在的最终目标" —— 亚里士多德

威廉詹姆斯：人类的终极关怀

William James, 1890年在 "宗教经验之种种" (The variety of religious experience) 中写道 "If we were to ask the question: 'What is human life's chief concern?' one of the answers we should receive would be: 'It is happiness.' How to gain, how to keep, how to recover happiness, is in fact for most men at all times the secret motive of all they do, and of all they are willing to endure."

达赖喇嘛：快乐与宗教（泛概念）无关

"Whether one believes in religion or not, whether one believes in this religion or that religion, the very purpose of our life is happiness, the very motion of our life is towards happiness." —— Dalai Lama

(二) 积极情绪有什么好处？

What is good about positive emotion?

1、It feels good to feel good —— Aristotle: Law of Identity (同一律)

2、Barbara Fredrickson: Broaden and build —— 积极情绪有一个进化理由

(evolutionary reason) , 它们的目的不仅仅是让人感觉好。比如它们有助我们超越, 现在的思考范畴, 拓展我们的思想, 有助我们建立人际关系, 帮助我们建立能力。

"We should work to cultivate positive emotions in ourselves and in those around us not just as end states in themselves, but also as a means to achieving psychological growth and improved psychological and physical health over time... I call this the broaden-and-build theory of positive emotions (积极情绪的扩建理论) because positive emotions appear to broaden people' s momentary thought-action repertoires and build their enduring personal resources... Through experiences of positive emotions people transform themselves, becoming more creative, knowledgeable, resilient, socially integrated, and healthy individuals."

Fight or flight

消极的循环: Narrow & Constrain ----sad---- N&C---sad....on and on till depression

积极的循环: Broad & Build---positive emotion----B&B----PE...on and on till stronger

psychology system.

- 3、Overcoming negative emotions
- 4、increased creativity
- 5、Increased motivation and energy
- 6、Success
- 7、Physical health

“Approach rather than avoidance goals”（靠近而非逃避目标）

（三）追求快乐的道德问题：追求自身的快乐是自私的吗？自私=不道德？

But what about others?

- 1、Happiness is a positive sum game（正和游戏：双赢）

it's not that my happiness takes away from other's happiness which will be a negative sum game.（快乐不是从别人那里夺来的）

“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.” —— Buddha
Experience the vicissitude of life —— the ups and downs（体验生活的变迁，起起落落）

- 2、Better relationships
- 3、Helping Ourselves & Helping Others (Isen, 2002)
- 4、Helping Others & Helping Ourselves (Lyubomirsky 2006)

I know of no more selfish act and a benevolent act.（最自私的所为就是善举）
—— interconnected（内在联系）：帮助别人与帮助自己是一个自我实施的循环（self-enforcing loop）

To appreciate（感谢；升值）the good in our nature. 颂扬人性的美妙之处
人性的最值得颂扬的是我们的快乐与他人的相关连，我们通过同情网络（web of empathy）和他人相关联。如果不颂扬，如果我们不欣赏人性的那一部分，人性的那一部分将贬值。

“Be the change you want to see in the world.” —— Gandhi（甘地）《我的对于真理的实践经历》

Take that rabbit and put it on your cheek. —— People mostly do what you do rather than what you say.（多数人都是照你做的做而不是照你说的做）

以身作则，传播幸福

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第三章 信念是自我实现的预言

Beliefs as Self-Fulfilling Prophecies

1954年以前，医生、科学家和顶级的运动员都证明了人类的极限无法在四分钟内跑完一英里的路程。**Roger Bannister** (牛津大学，医学博士) 在1954年，用3分59秒跑完了一英里。六周后，澳大利亚跑手John Landy，一英里跑了三分57.9秒。第二年，1955年，37名跑手在四分钟内跑完一英里。1956年，超过三百名跑手突破四分钟界限。

一、信念成就现实

Beliefs shape reality

- 1、《Think and grow rich》思考致富
- 2、“We are what we think. All that we are arises with our thoughts. With our thoughts, we make our world.” —— The Buddha (相由心生，境由心转)

二、信念的作用

How it works

1、In the class

Pygmalion effect (皮格马利翁效应亦称“罗森塔尔效应”)：一种期望效应。1968年由美国罗森塔尔 (Robert Rosenthal, 1933-) 等在《课堂中的皮格马利翁》一书中提出。认为教师对学生的期望，会在学生的学习成绩等方面产生效应。如教师寄予很大期望的学生，经过一段时间后测试，他的学习成绩比其他学生有明显提高。因此效应与希腊神话中皮格马利翁的故事相似，故名。

2、In the workplace (Jamieson (1987))

“Treat a man as a he is and he will remain as he is. Treat a man as he can and should be and he shall become as he can and should be.” —— Johann Wolfgang von Goethe

“人是怎样便怎样待他，他便还是那样的人。一个人能够或应该怎样便怎样待他，他便会成为能够怎样或是应当怎样的人” —— 歌德

3、环境的力量

The power of situation

(1) Asch conformity experiment (阿希从众心理实验) 三垂线实验：实验旨在研究从众现象的具体表现、产生及其原因。该实验以大学生为被试，每组7人，坐成一排，其中6人为事先安排好的实验合作者，只有一人为真被试。实验者每次向大家出示两张卡片，其中一张画有标

准线X，另一张画有三条直线A、B、C。X的长度明显地与A、B、C三条直线中的一条等长。实验者要求被试判断X线与A、B、C三条线中哪一条线等长。实验者指明的顺序总是把真实被试者安排在最后。第一二次测试大家没有区别，第三至第十二次前六名被试按事先要求故意说错，借此观察被试的反应是否发生从众行为。

(2) Milgram's Obedience to Authority (权力服从)：米尔格伦实验 (Milgram experiment)，又称 (权力服从研究, Obedience to Authority Study) 是一个非常知名的针对社会心理学的科学实验。实验的概念最先开始于1963年由耶鲁大学心理学家史坦利·米尔格伦 (Stanley Milgram) 在《变态心理学杂志》 (Journal of Abnormal and Social Psychology) 里所发表的Behavioral Study of Obedience一文，稍后也在他于1974年出版的Obedience to Authority: An Experimental View里所讨论。

(3) Zimbardo's Prison Experiment (监狱实验)：斯坦福监狱实验是菲利普·津巴多教授做的实验。环境可以逐渐改变一个人的性格，而情境可以立刻改变一个人的行为。一个温文尔雅的绅士，在某些情境下会变成嗜血的狂魔。

(4*) **The Positive Power of the Situation**

Ellen Langer

① 1979——回到1959，“年轻20岁的实验”

- men above 75
- week in “1959” resort
- mental and biological age decreases

② 1989 —— 《Mindfulness》 (飞行员服装使人视力提升)

- testing eyesight
- Improves with role

Bargh: 影射 (priming) 分为潜意识 (subconscious) 和有意识 (conscious) 影射。(使用影射使人变“老”的实验)

第六周 乐观主义

2020年3月13日 15:13

4、积极的暗示

Positive Priming

“There was something planted from the environment in their minds”

心理的暗示来源于环境

(1) 荷兰科学家 Dijksterhuis & Van Knippenberg (1998): the typical day or characteristic of archetype

★ (2) Creating a positive environment

- pictures (people, places, etc)
- pleasant objects (memorabilia, flowers, etc)
- quotes

“Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.” —— John Quincy Adams

“耐心和坚持总能奇迹般地，扫除困难和障碍”

“The important work of moving the world forward does not wait to be done by perfect men.” —— Mary Anne Evens

“推动人类进步的重任，不能等待完人来完成”

“In the depth of winter, I finally learned that there was within me an invincible summer.” —— Camus

“在深冬里，我终于发现在，心里有个不败的夏天”

“If one advance confidently in the direction of his dream, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours.” —— Henry David Thoreau

“如果一个人能昂首挺胸地朝着梦想前进，努力实现他想象的生活，他会与成功不期而遇”

- books, films, music (not just as background music 不要把音乐当背景)
- positive research

5、自助运动

The Self-Help Movement (books came out back in 1930s)

(1) 《思考致富》 (《Think & Grow Rich》, Napoleon Hill)

“Whatever your mind can conceive and believe it can achieve” —— Napoleon Hill

“只要你想得到，只要你相信，你就能够做到”

“Whether you think you can or can't—you are right” —— Henry Ford

“不论你认为自己行还是不行，你都是对的” —— 亨利·福特 (美国汽车工程师与企业家，福特汽车公司的建立者，世界上第一位使用流水线大批量生产汽车的人。)

(2) 《正念的力量》 (《The Power of Positive Thinking》, Norman Vincent Peale)

“Have great hopes and dare to go all out for them. Have great dreams and dare to live them. Have tremendous expectations and believe in them.” —— Norman Vincent Peale

“要有美好的希望，并全力以赴去追求，要有远大的梦想，并全力以赴去实现，要有宏伟的期望，并深信不疑”

(3) 《秘密》 (《The Secret》, 朗达·拜恩)

The law of attraction (吸引定律又称“吸引力法则”) : 指思想集中在某一领域的时候，跟这个领域相关的

人、事、物就会被它吸引而来。有一种我们看不见的能量，一直引导着整个宇宙规律性的运转，正是因为它的作用地球才能够在46亿年的时间里保持着运转的状态。

6、自我效能的研究 (斯坦福大学)

Albert Bandura on Self Efficacy

"Beliefs in personal efficacy affect life choices, level of motivation, quality of functioning, resilience to adversity and vulnerability to stress and depression."

"自我效能感影响人们生活选择，动机水平，机能的质量，对逆境的适应力，对压力和沮丧的抵抗力，相信自己的人，充满信心，在生活的不同领域都表现出色。"

"People who regard themselves as highly efficacious act, think, and feel differently from those who perceive themselves as inefficacious. They produce their own future, rather than simply foretell it."

"对生活充满信心的人，他们创造自己的人生，与那些，由他人摆布的人不同，他们适应力更强，对困难与挫折的应对力更强"

- Curry (1997) on college athletes: 运动员的成功有56%由其期望度 (the level of hope) 决定的

7、自尊

Nathaniel Branden on Self-Esteem

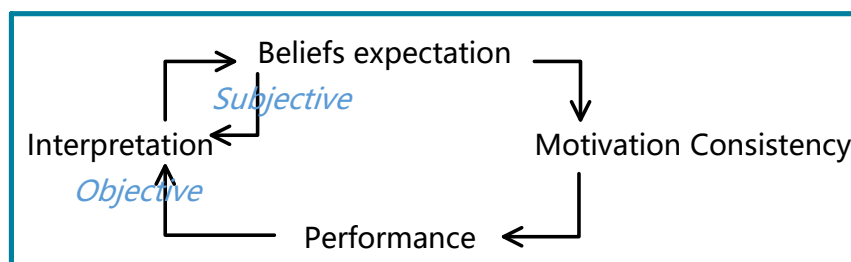
"The level of our self-esteem has profound consequences for every aspect of our existence: how we operate in the workplace, how we deal with people, how high we are likely to rise, how much we are likely to achieve—and, in the personal realm, with whom we are likely to fall in love, how we interact with our spouse, children, and friends, what level of personal happiness we attain."

"我们每个人自尊的水平，也就是自信的程度，对我们的方方面面有着深远的影响。比如我们的待人接物，能取得的地位，能取得多少成就，还比如在个人领域，我们会与谁坠入爱河，我们与配偶，孩子及朋友的关系，个人幸福的水平"

物质富足与幸福感，或生活地点与幸福感，属于低度线性相关，而自尊与幸福感属于高度线性相关。

8、The Placebo Effect: 安慰剂效应于1955年由毕渊博士 (Henry K. Beecher) 提出，亦理解为“非特定效应” (non-specific effects) 或受试者期望效应，指心理咨询者在咨询中向来访者提供“安慰剂”，使来访者由于期望而促进心理障碍减轻或病情好转的心理现象。

9、"Self concept is destiny." 自我概念，即命运。



《永恒的治疗》 (《TIMELESS HEALING》, Herbert Benson, 哈佛医学院)

"with belief alone, they cured themselves"

★ Schema (图式): 存在于记忆中的认知结构或知识结构

- Update internal Schema 比如改变对一个人的看法
- Ignore/discard externals 比如远离或视而不见
- Actively seek confirmation 积极寻找原因去平衡
- Create new reality 改变和创造

Eg.

“I failed my way to success” —— Thomas Edison

Dean Simonton: Statistic shows that the most creative and successful scientists and artists are the ones who had failed the most times.

10、积极与消极

Optimism and Pessimism

(1) Interpretation style

- Permanent/temporary
- Pervasive/specific

《适应力因素》 (《The Resilience Factor》, Karen Reivich)

(2) Success

(3) Mental/physical health

- Immune system
- Resilience
- Happiness
- Longevity

三、乐观的优化

Optimizing optimism

1、信仰的局限性

What about unrealistic beliefs?

(1) The Stockdale Paradox (斯托克法尔悖论): 对前途充满信心, 但又直面残酷的现实。

(2) Positive thinking is not enough (积极的思考只是一部分)

“you must never confuse faith that you would prevail in the end which you can never afford the lose with the discipline to confront the most brutal facts of your current reality whatever they might be.” —— James Stockdale (越南战争种被俘的海军上将)

“你不能把坚信自己最终会在输不起的情形下取得胜利的信念, 同直面现有残酷现实的行为相混淆, 无论是何种残酷现实。”

“False optimism sooner or later means disillusionment (幻灭), anger and hopelessness.” —— Abraham Maslow

★ 2、成功的秘诀

The “Secret” of Success

—— Optimism, passion, hard work.

“I am a great believer in luck, and I find that the harder I work, the luckier I get.” —— Thomas Jefferson (《Luck Factor》, 《幸运要素》)

3、自尊与幸福

What About Happiness and Self-Esteem?

(1) Do high expectations lead to disappointment?

Self-esteem=success/pretensions (William James)

(2) Coping versus Avoidance (面对vs逃避)

- Self perception theory (Bem, 1967): 我们通过观察他人的行为给他人下结论, 同时我们也通过观察自己的行为给自己下结论
- realizing the pain of actual failure: 失败没有想象中可怕

- more success

第七周 逆境还是机遇

2020年3月21日 15:25

Dan Gilbert (丹·吉尔伯特) 《Stumbling on Happiness》的作者——中了彩票的人和突然患上截瘫的人虽然有两种天壤之别的体验，但事情过去一年后，这两种人的快乐的程度实际没什么差别。这是因为前额叶外皮所构建的“心理免疫系统 (psychological immune system)”用这种开脑洞的能力让我们接受自己的优点与不足，潜移默化地为我们“人工合成”了快乐。

1978年，西北大学的Philip Brickman和Dan Coates以及曼切斯特大学的Ronnie Janoff-Bulman在《个性与社会心理学杂志》上发表文章说，中彩票的人在刚开始会幸福很多，但是随着时间推移，幸福感的差异越来越小。同样的道理，患者的幸福度在刚开始的时候很低，但是长期来说，他们会恢复到常态——甚至有些人比中彩票的人更幸福。

四、如何变得更加乐观

Raising our belief

1、On Becoming An Optimist

(1) Just do it! (action)

Albert Bandura (反对“自尊运动”)和Carol Dweck (《Mindset》): 行动而不是空谈

(2) Imagine that... (visualization)

- ★ “prepare, prepare, prepare, and then be spontaneous.” —— Richard Hackman
- Steven Kosslyn: 当我们看某样东西时，大脑的神经元被激活。即大脑无法区别真实的事物和想象的事物

“To dare is to lose one's footing momentarily. Not to dare is to lose oneself.”

The mind as simulator (Steven Kosslyn, 1994) —— 大脑是一个模拟器

Focus on journey and destination (Shelley Taylor, 2005, UCB) —— 不要只关注结果

Involve different senses & Evoke emotions

(3) Cognitive therapy (rational thinking): 人的情绪来自人对所遭遇的事情的信念、评价、解释或哲学观点，而非来自事情本身。

“适应不良的行为与情绪，都源于适应不良的认知”。—— Aaron Beck (艾伦贝克)

- Basic premise: Thoughts drive emotion
- Restoring rationality/realism 恢复理性
- Highly effective 高效能
- An acquired skill 后天学习的技能

★ 2、*Avoiding the 3 M's... (非理性想法的三个陷阱)

- Magnifying (exaggerating)

Permanent and Pervasive (over-generalizing) 过度归纳: 归纳是一种本能

All-or-nothing thinking 完美主义: 全或无

- Minimizing (underplaying)

Tunnel vision 隧道视野 (Karen Reivich)

Dismissal of positive or negative

- Making up (fabricating)

Personalization or blame 个人化/归咎他人

Emotional reasoning

Emotional reasoning

3、Extremely Happy People

(Ed Diener (国际积极心理学协会的第一任会长) and Martin Seligman, 2002)

(1) Everyone experiences negative emotions

(2) Different cognitive interpretations (pessimists vs. optimists) 不同的诠释

(3) Self-fulfilling prophecies 自我实现语言

(4) Spiraling down or up

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第四章 专注

A Question of Focus

"It appears that the way people perceive the world is much more important to happiness than objective circumstances." —— Ed Diener

"对幸福而言 人们感知世界的方式，比客观环境更重要。"

- Emotions determined by external (处境) and internal (诠释)

- Choice of focus (关注)

"To the different minds, the same world is a hell, and a heaven." —— Ralph Waldo Emerson (艾默生)

"Nothing is good or bad but thinking makes it so." —— William Shakespeare (莎士比亚)

一、关注创造现实

Focus creating reality

—— children on the bus



二、两种类型

Two Archetypes

(一) The Fault-Finder

“The fault-finder will find faults even in paradise” —— Henry David Thoreau 卢梭

- Could lead to resignation (放弃)

(二) The Benefit-Finder (Julian Baue, 2007, UCLA)

“The invariable mark of wisdom is to see the miraculous (不可思议的) in the common.” —— Ralph Waldo Emerson

- Could lead to detachment (分离地看待事物?)
- The need to respect reality 尊重现实 —— Nathaniel Branden

三、现实是我们共同创造的

We Co-create Our Reality

“Now however fixed these elements of reality may be, we still have a certain freedom in our dealings with them. Take our sensations. That they are is undoubtedly beyond our control; but which we attend to, note, and make emphatic in our conclusions depends on our own interests; and, according as we lay the emphasis here or there, quite different formulations of truth result. We read the same facts differently. ‘Waterloo,’ with the same fixed details, spells a ‘victory’ for an englishman; for a frenchman it spells a ‘defeat.’ So, for an optimist philosopher the universe spells victory, for a pessimist, defeat. What we say about reality thus depends on the perspective into which we throw it.” —— William James, 1890

“但这些实在的因素，虽然都非常固定，而我们对付它们，还是有一定自由的。拿感觉来说，感觉的存在，我们虽不能控制，但是在我们的结论里，我们注意哪个？着重哪个？毕竟得凭我

们个人的利益来决定。着重之点不同，结果构成的真理可完全不同；事实全同，我们的看法可各异。同样，宇宙也如此，乐观主义者看作是胜利，悲观主义者看作是失败。我们对实在的怎样说法，全看我们怎么给他配景”

Isn't it strange how princes and kings,
and clowns that caper in sawdust rings,
and common people, like you and me,
are builders for eternity?
Each is given a list of rules;
a shapeless mass; a bag of tools.
And each must fashion, ere life is flown,
A stumbling block, or a Stepping-Stone.
——R. L. Sharp

四、关于诠释

A matter of interpretation

Cognitive reconstruction is about learning to interpret things optimistically.

认知重建，是要学习乐观地诠释事情

“Never let a good crisis go to waste.” —— Anne Harbison

Warren Bennis, USC, 《Geeks & geezers》（《极客与怪杰》）：两代人有无数不同点，但有一个相似点，所有的伟大的领袖都经历过艰难的困境

“Things don't necessarily happen for the best, but some people are able to make the best of things that happen.”

事出未必有因，但有些人能够因事制宜。我们能够选择无动于衷或者从中受益

**曼德拉27年的监狱生活

“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.” —— Winston Churchill（丘吉尔）

第八周 感激

2020年3月23日 16:15

五、乐观面对生活的好处

The Benefits of Being a Benefit Finder

(一) 幸福

Well-being (Suzanne Thompson, 1985)

(二) 健康

Health

- 1、Glenn Affleck et al. (1987) —— 心脏病是一个警钟
- 2、Julienne Bower (1998) —— 乐观的艾滋病存活几率更高
- 3、Laura King & Miner (2000) —— 乐观是可以后天培养的

(三) 长寿

Longevity —— Mayo诊所、修女的传记 (The Nun Study (Danner et al., 2001))

“God started my life off well by bestowing upon me grace of inestimable value... The past year which I spent as a candidate studying at Notre Dame has been a very happy one. Now I look forward with eager joy to receiving the Holy Habit of Our Lady and to a life of union with Love Divine.” —— Celia O' Payne

“The joyfulness of a man prolongeth his days.” —— Ecclesiastes

Only positive feelings predicted longevity

只有积极乐观的心态与长寿相关

六、乐观与现实

Get real —— WHY not benefit-finder?

(一) 公民社会依赖媒体

The world according to the media

(二) Media bias —— 媒体更多地关注负面新闻

- magnifying glass rather than looking glass —— 并不是就事论事，而是单独强调事件中的某几个方面
- accentuating the negative (magnifying)
- under-representing the positive (minimizing)

媒体的职能之一是把应该纠正的错误行为公诸于世，鼓励人们，去行动，去改变，让世界变得更美好。

(三) Who is really detached (脱离实际) ? Fault-finder are missing the point

- 1、Focusing on the 90% full part of the glass 世界上好事 (90%) 多于坏事
 - 2、Focus creates reality 批判使我们专注于消极的一面，而并没有改变现实
- “美国对世界的重大贡献之一：言论自由”

——HOW to become a benefit-finder? Correcting the False Schema

七、心怀感激

Appreciating appreciation

Ap-pre'ci-ate v.,

1. Valuing; the act of *recognizing the best* in people or the world around us, affirming past and present *strengths and potentials*, to *perceive those things that give life* (*health, vitality, excellence*) to living systems. 感激

2. To *increase in value*, e.g., the economy has appreciated in value. 增值

(一) Creating a growth spiral

(二) Genuine appreciation! 真诚的感激

(三) There is always something to appreciate 值得感激的事情一直存在, don't take it for granted

"What you focus on expands, and when you focus on the goodness in your life, you create more of it. Opportunities, relationships, even money flowed my way when I learned to be grateful no matter what happened in my life." — Oprah Winfrey

八、适应变化

Adaption

(一) We are change detectors 我们是变化的探测器

(二) Change detection helpful in case of danger 适应性变化使我们脱离危险 (达尔文主义)

(三) Adaptation helps to overcome difficulties (适应帮助我们战胜困难)

(四) Taking things for granted (习以为常的事情并不是理所当然的——心怀感激)

"You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing, and grace before I dip the pen in the ink."

"Gratitude produced the most purely joyful moments that have been known to man." — G. K. Chesterton

Brother David Steindl-Rast, 《About gratitude》 (《论感激》)

"Why not start by surveying a typical day? What is it you tend to tackle with spontaneous mindfulness, so that without an effort your whole heart is in it? Maybe it's that first cup of coffee in the morning, the way it warms you and wakes you up, or taking your dog for a walk, or giving a little child a piggyback ride.... [It is] a matter of practice, of doing it over and over again, till it becomes second nature."

"Gratefulness is the measure of our aliveness. Are we not dead to whatever we take for granted? Surely to be numb is to be dead."

1、关于感激的研究

Research on Gratitude

(1) Robert Emmon & Michael McCullough (2002)

- Four groups: gratitude, hassles, superior, control
- Psychological and health benefits

(2) Physiological benefits (McCarty & Childre 2004)

(3) Benefits of trait gratefulness

(4) Maintaining freshness

- Weekly? (Lyubomirsky, 2008)
- Variety
- Mindfulness (Langer, 1989)
- Visualize (Kosslyn, 2005)

第九周 积极情绪

2020年3月24日 15:15

"If the stars would shine once in a thousand years, we would all look up and praise the glory of this world. But because they shine every day, we take them for granted."

"如果星星每千年闪烁一次，我们都会仰视赞美这个世界的美丽，但是因为它们每天都在闪烁，我们将之视为理所当然。" —— 爱默生

(2) 主动尝试

- Becoming a benefit-finder
- 21 days or your money back (1890, William James)
- Chipping away negativity 凿去多余的石头——《大卫》
- Thanks for reminding me... 心怀感激
- Co-creating reality with questions 关注现实

(3) 感恩他人

Gratitude to Others (Seligman, 2005)

- Take time to reflect 时间
- Letter, phone, or in-person 感激的形式
- Largest boost in wellbeing 提升幸福水平
- Regularly (weekly, bi-weekly or monthly) 表达感激不用等到感恩节
- Writing helps even if letter not sent 写作的帮助 (Sonja Lyubomirsky, 2006)

| | Worst | Happiest |
|----------|------------------|------------------|
| Writing | Positive Outcome | Negative Outcome |
| Talking | Positive Outcome | Negative Outcome |
| Thinking | Negative Outcome | Positive Outcome |

★ 分析和重现之间是有区别的。消极的情绪需要分析，因此心理治疗能够发挥作用。重现对消极情绪并没有帮助。相反的，幸福可以通过重现（感恩）的形式来得到正反馈。

例：越南战争与大屠杀

*The Morality of Gratitude

我们生活在一个“赠予”的世界，是感激之情给我们带来满足，心灵对此给与人生的简单回应就是圆满

"We live in a 'given' world... What brings fulfillment is gratefulness, the simple response of our heart to this given life in all its fullness." —— Brother David Steindl-Rast

感激地活着和死去，若无其他美德

"To live and die in gratefulness, if in no other virtue." —— Galway Kinnel
感激不仅是最大的美德，也是其他美德的父母

“Gratitude is not only the greatest of virtues, but the parent of all others.” —— Cicero

“I wondered how it was possible to walk for an hour through the woods and see nothing of note. I who cannot see find hundreds of things: the delicate symmetry of a leaf, the smooth skin of a silver birch, the rough, shaggy bark of a pine. I who am blind can give one hint to those who see: use your eyes as if tomorrow you will have been stricken blind. Hear the music of voices, the songs of a bird, the mighty strains of an orchestra as if you would be stricken deaf tomorrow. Touch each object as if tomorrow your tactile sense would fail. Smell the perfume of flowers, taste with relish each morsel, as if tomorrow you could never taste or smell again. Make the most of every sense. Glory in all the facets and pleasures and beauty which the world reveals to you.” —— Hellen Keller

(五) Eating the cake and leaving it whole?

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第五章 改变 Change

一、改变的本质

The Nature of Change

1、Change is hard

- Twin research (Lykken & Tellegan, 1996) 幸福由基因水平决定？
- Affective forecasting (Gilbert, 1998) 幸福水平的模型（回到原来的水平）
- Cambridge-Somerville study 干预并没有带来预期的结果

2、Change is possible

- Error of the average 大众的错误
- The exception proves the rule 信仰是自我实现的预言

二、神经的可塑性

The Anatomy of Change

1、Neuroplasticity (Davidson, 2000)

2、Neural pathways (channels)

3、Self-reinforcing

4、Habits as fortified pathways

1998年以前，神经科学家认为大脑在3岁之后是不变的。直到1998年，科学家开始发现并得出神经可塑性的概念。神经元是发展的，并通过神经通路相互联系。神经通路被激活时，会得到自我强化，反之则会萎缩。因而加固了我们的思维模式。

5、Healthy and Unhealthy pathway

- Same trigger, different response 相同的刺激，不同的反应
- Trans-forming the brain 塑造积极的神经通路

经常使用左侧前额皮质的人，和经常使用右侧前额皮质的人相比，要更快乐、更易受积极情绪的影响，对痛苦情绪的适应性更强。

三、两种改变的类型

Two Types of Change

- 1、Gradual approach 渐进的改变
- 2、Acute approach 剧烈的改变

★ ***Neither is quick-fix

“相信有捷径通向满足，绕过个人力量 and 美德的训练，是很蠢的。它导致很多人，在坐拥巨大财富时感到抑郁，精神饥渴而死”

“The belief that we can rely on shortcuts to gratification and bypass the exercise of personal strengths and virtues is folly. It leads... to legions of humanity who are depressed in the middle of great wealth and are starving to death spiritually.” —— Martin Seligman

第十周 如何改变

2020年3月24日 16:32

1、Gradual approach 渐进的改变

2、Acute approach 剧烈的改变

***Neither is quick-fix, lasting change is what we are about

“我们不想把婴儿和洗澡水一起倒掉。前提是我们能搞清楚我们到底想改变什么。”

“通往幸福路上最大的障碍，就是人们把幸福和偷懒联系在一起”

“要理解我想要摆脱对失败的恐惧感，不是一般的恐惧，而是消磨人意志的恐惧，因为每个人都在某种程度上害怕失败。但是要摆脱这种消磨人意志的恐惧，同时保存我的动力和雄心，就必须理解两者是密不可分的。”

四、心理学ABC理论：Affect情感、Behavior行为、Cognition认知

Happiness= Genetic set range (遗传天性50%) + External circumstances (环境10%) + *Intentional activities* (诠释40%)

(一) Affect——情感、情绪，是一种连接，更多的是从逻辑上，语言上将情感、动力、动作连接起来。

1、Gradual Change: Mindfulness Meditation

冥想的力量：螺旋上升的曲线

“对专注力的培养可以引领我们发现身心纾缓，自身宁静和洞察力的最高深的境界，而通向这个境界的路径恰恰就在于你自身。这就是专注力的奇妙之处。”

“Cultivating mindfulness can lead to the discovery of deep realms of relaxation, calmness, and insight within yourself... The path to it in any moment lies no farther than your own body and mind and your own breathing.” —— Jon Kabatt-Zin

“所有人都有专注的能力，关键在于开发我们在此时此刻全神贯注的能力。”

“All of us have the capacity to be mindful. All it involves is cultivating our ability to pay attention in the present moment.” —— Jon Kabatt-Zin

“专注力意味着看到事物的本来面目，而不是试图去改变它们；关键是要消解我们，这就是所谓做人的权利。” —— 《情感炼金术》

“Mindfulness means seeing things as they are, without trying to change them. The point is to dissolve our reactions to disturbing emotions, being careful not to reject the emotion itself.” —— Tara Bennett-Goleman, 《Emotional Alchemy》

2、Acute Change

(1) Post Traumatic Stress Disorder (PTSD) 创伤后应激障碍

(2) Widespread (Society for Neuroscience) 神经科学的社会

(3) Creating new pathways (shock treatment) 休克疗法 带来超越体验本身的效果

(4) Post traumatic growth (Tedeschi & Calhoun) 创伤后成长

★ * (5) 高峰体验理论 (Peak Experience)：最幸福的时刻，最令人心醉神迷欣喜若狂极乐体验的高度浓缩。我发现这种体验一般来自于深度美学体验，包括创作时的喜悦、爱情、完美的性体验、为人父母、自然分娩以及其他的人生体验。

“The term peak experiences is a generalization for the best moments of the human being, for the happiest moments of life, for experiences of ecstasy, rapture, bliss, of the greatest joy. I found that such experiences came from profound aesthetic experiences such as creative ecstasies, moments of mature love, perfect sexual experiences, parental love, experiences of natural childbirth, and many others.” —— Abraham Maslow

Post Peak Experience Order (PPEO)

“高峰体验具有等同于心理疗法的效果，前提是体验者目标明确，有自知之明，并且清楚自己的方向。一方面，我

们当然可以只讨论怎么分解症状，怎么老调重弹，分解焦虑或其它问题；另一方面，我们还可以去探讨怎么培养自主性和勇气，怎么培养奥运选手，幽默感诸如此类，感知认识，身体感知和其它。”

“Peak experiences often have consequences... They can do the same there as psychotherapy, if one keeps his goals right, and if one knows just what he is about, and if one is conscious of what he is going toward. We can certainly talk, on the one hand, of the breaking up of symptoms, like the breaking up of cliches, of anxieties, or the like; or on the other hand, we can talk about the development of spontaneity, and of courage, and of Olympian or Godlike humor and suchness, sensory awareness, body awareness, and the like.” — Abraham Maslow

① Enhancing the likelihood of PE

- acceptance

如果我们不能接受痛苦的情绪，如果我们不能让自己全然为人，我们就阻断了自己的情绪通路，而所有积极和痛苦的情绪都流动于同一条情绪通路

- mindfulness 专注力
- music and dance 音乐和舞蹈 (天性)
- meaningful goal 人生的意义
- taking time 时间 (赶时间)

② Enhancing the likelihood of PPEO (Post Peak Experience Order)

- replaying and imagining 重现 (回忆, 想象)
- journaling (describing) 描述 (写日记)
- taking time 时间
- taking action 行动

(二) Behavior——行为上的改变，态度 (Attitude) 影响行为，行为同样也能影响态度

★ 如果没有行为的改变，态度的改变将会恢复原状。

(1) POWs in Korea (Schein, 1956, MIT): 要求被关押的美国战俘写下共产主义的优越性，最终改变了战俘对于共产主义的态度

(2) Cognitive Dissonance (Festinger, 1959) 认知失调理论：当个体面对新情境，必须表示自身的态度时，个体在心理上将出现新认知（新的理解）与旧认知（旧的信念）相互冲突的状况，为了消除此种因为不一致而带来紧张的不适感，个体在心理上倾向于采用两种方式进行自我调适，其一为对于新认知予以否认；另一为寻求更多新认知的讯息，提升新认知的可信度，藉以彻底取代旧认知，从而获致心理平衡。此理论于性质上为解释个体内在动机之主要理论，故而被广泛用以解释个体态度改变之重要依据。

(3) Self-perception theory (Bem, 1967) 自我认知理论：当问一个人关于某事物的态度时，个体首先回忆他们与这种事物有关的行为，然后根据过去的行为推断出对该事物的态度。态度是在事实发生之后，用来使已经发生的事情产生意义的工具，而不是在活动之前指导行动的工具。

(4) Facial feedback hypothesis (Ekman, 1983) 面部反馈假说：人为地表现某种面部表情，能导致与其相应的情绪体验的产生或增强

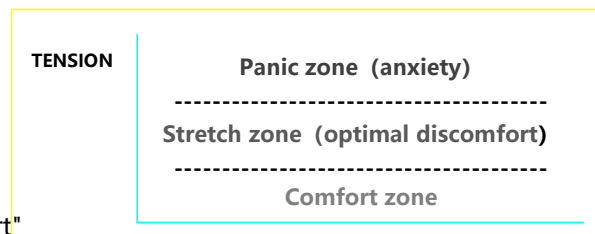
(5) Body feedback hypothesis —— 用力地握手

1、面对

Coping (Bednar and Peterson, 1995)

- Exiting comfort zone
- Attaining "optimum(最适的) levels of discomfort"

离开舒适区，进入学习区



“穿上你的粉色衬衫”

第十一周 养成良好习惯

2020年3月25日 14:38

(6) Overcoming shyness (Haemmerlie & Montgomery, 1987) 144分钟的干预,
“那些行为超越其智慧的人, 他们的智慧将恒久, 但那些智慧超越其行为的人, 他们的智慧无法恒久。”
(犹太教)

“Those whose deeds exceed their wisdom, their wisdom shall endure; but those whose wisdom exceeds their deeds, their wisdom shall not endure.” — Chapters of the Fathers

★- 让行动跟上灵光一现的智慧

(7) Fake it till you make it

- We make up our habits, then our habits make up us. 我们首先塑造习惯, 然后习惯再反过来塑造我们

Dan Millman' s Advice on Change:

"To change the course of your life, choose one of two basic methods:

① You can direct your energy and attention toward trying to fix your mind, find your focus, affirm your power, free your emotions and visualize positive outcomes so that you can finally develop the confidence to display the courage to discover the determination to make the commitment to feel sufficiently motivated to do what it is you need to do.

② Or you can just do it.

——《深夜加油站遇见苏格拉底》(《The way of peaceful warrior》)

1、面对

Coping (Bednar and Peterson, 1995)

- Exiting comfort zone
- Attaining "optimum(最适的) levels of discomfort"
有的时候, 我们必须进入 panic zone
健康的改变应该在 stretch zone 中进行

2、行为偏向

Bias for action

- Increase confidence by taking risks 自信与冒险
- Reduce stress by simplifying 通过简化来减压
- Become more positive by practicing gratefulness 感激
- Imagination (exposure through visualization) 大脑是一个模拟器

3、从自律到习惯

From Self Discipline to Rituals

“建立例行公事需要定义精确的行为, 并在特定的时间执行它们。” (《精力管理》)

“Building rituals requires defining very precise behaviors and performing them at *very specific times*—motivated by deeply held values.” — Loher & Schwartz, 《the power of full

engagement》

★ 我们的自律是有限的

- Increases productivity and creativity 生产力与创造力
- 30 days to a new ritual 以30天为一个周期
- Introduce one or two rituals at a time 每次只培养两个新的习惯

“逐步的改变好过雄心勃勃的失败”

“Incremental change is better than ambitious failure.... Success feeds on itself.” —— Loehr and Schwartz

“唯有长期坚持和熟悉，方能使事情变得容易。通过训练我们可以改变，可以重塑自我。”

“There isn't anything that isn't made easier through constant familiarity and training. Through training we can change; we can transform ourselves.” —— Dalai Lama

(三) Cognition: Thoughts Create Worlds

1、认知重建

Cognitive Reconstruction Revisited

- Interpretation as neural pathway 神经通路
- The world according to the fault-finder 消极的人生
- The (same) world according to the merit-finder 积极的人生
- The identical twins (revisited) 一模一样的双胞胎，不同的诠释（主动地创造）
- Changing our interpretation style takes time 改变诠释的方式需要时间

Eg.

- Challenge or threat (Tomaka et al., 1997)
- Arousal as euphoria or anger (Schachter & Singer, 1962)

生理变化的诠释决定了我们的感觉

- Cooperation or competition (Ross & Samuels, 1993)
- Volunteering as privilege or duty (Lareau, 2004)

志愿活动是荣幸还是义务

- Relationships about *being known or being validated* (Schnarch, 1997)

被了解还是被认可

- Failure as opportunity or disaster
- Work as exercise or chore (Crum & Langer, 2007)

让酒店的清洁工把工作当作锻炼

2、灵光一现的体验

Acute Change: The Eureka Experience

(1) The Creative Process

- preparation—immersion 准备（厚积薄发）
- incubation—idle time 孵化（把空闲的时间留给“思想”工作）

“我可以用九个月内完成一年的工作，但不能用十二个月。” —— 摩根

“I can do a year's work in nine months, but not in twelve.” —— JP Morgan

“你必须有个私人空间，或者一天特定的时间段。此时你不知道今早报纸上讲什么，不知道你的朋友是

谁，不知道欠了别人什么，不知道别人欠你什么，这才是你能够静下心来体会，感觉到你是谁以及可能是谁的时候，这才是创造力孵化的时候。一开始，你可能发现什么都没有发生，但如果你有一个这样神圣的时刻，并且好好利用它，就在这孵化的时间里。在这些休息时间里，在这你有机会反思自己的时间里，不管是写论文，还是出去玩，听音乐，灵光乍现的时刻通常都出现在此时。顿悟的体会，再一次的“我听到了交响乐”

“You must have a room, or a certain hour or so a day, when you don’ t know what was in the newspapers that morning, you don’ t know who your friends are, you don’ t know what you owe anybody, you don’ t know what anybody owes to you. This is a place where you can simply experience and bring forth what you are and what you might be. This is the place of creative incubation. At first, you may find that nothing happens there. But if you have [such] a sacred place and use it, something eventually will happen.” —— Joseph Campbell

- eureka—insight
- evaluation—reality test
- elaboration—coherence

第十二周 写日记

2020年3月25日 15:44

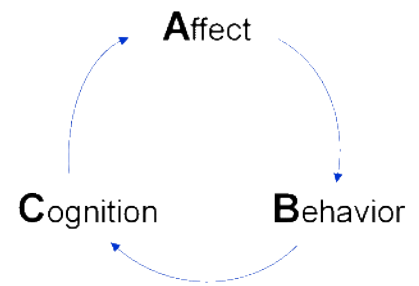
五、ABC的结合：写日记

Combining ABC's: Journaling

"Write continuously about the most upsetting or traumatic (创伤) experience of your entire life. *Don't worry about grammar, spelling, or sentence structure.* In your writing, I want you to discuss your deepest thoughts and feelings about the experience. You can write about anything you want. But whatever you choose, it should be something that has affected you very deeply. Ideally, it should be about something you have not talked about with others in detail. It is critical, however, that you let yourself go and touch those deepest emotions and thoughts that you have. In other words, write about **what happened (B)** and **how you felt (A) about it**, and **how you feel (C) about it now**. Finally, you can write on different traumas during each session or the same one over the entire study. Your choice of trauma for each session is entirely up to you."

1、Coping through writing (Jamie Pennebaker, 1997)

- reduced anxiety 减少焦虑
- 50% drop in visits to doctor
- immune system and overall health improved 免疫系统增强
- general emotional well-being increased 心情变好
- became more social 更加社会化
- found gender differences
- replicated across cultures



★ 2、Writing about intense positive experiences (Burton & Laura King, 2004) 重现而非分析

- fewer health center visits
- enhanced positive mood

3、Mechanism:

- tension release

"我们模糊且无可预知的世界的产物之一，就是对不能圆满成功而产生的焦虑，和无法理解对一些造成痛苦困扰的缘由的简单解释"

"An artifact of our ambiguous and unpredictable world is the anxiety of not attaining completion and not understanding a simple cause-and-effect explanation for traumatic disturbances. Alas, we naturally search for meaning and the completion of events; it gives us a sense of control and predictability over our lives." — Jamie Pennebaker

六、Coherence (Aaron Antonovsky, salutogenesis)

Sense of comprehensibility 理解能力

Sense of manageability 管理能力

Sense of meaningfulness 意义性

"我没有看到过，更使人振奋的事实了，人类无疑是有能力来有意识地提高他自己的生命的"

"I know of no more encouraging fact than the unquestionable ability of man to elevate his life by a

conscious endeavor. It is something to be able to paint a particular picture, or to carve a statue, and so to make a few objects beautiful; but it is far more glorious to carve and paint the very atmosphere and medium through which we look, which morally we can do. To affect the quality of the day, that is the highest of arts." —— Henry David Thoreau

第六章 目标

Goal Setting

一、设立目标的理论与实践

Goal setting theory and practice

(一) 目标与偏好

Goals and Performance

1、Focus 目标使人专注

"Being focused on a task produces organization for efficiency both within the organism and in the environment." —— Abraham Maslow

2、Resilience 韧性, 适应力

3、Beliefs as self-fulfilling prophecies (knapsack) 信仰是自我实现的预言

4、Words create worlds 语言创造世界 (上帝说要有光, 便有了光。)

5、Concepts conceive 概念设想

"在所有创造的过程中, 都有一个基本真理, 对它的忽视使得无数优秀创意和计划夭折: 当一个人一旦全身心投入, 就会触动冥冥中的天意"。

Concerning all acts of creation there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: That the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would not have otherwise occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance which no man would have dreamed would come his way. I have learned a deep respect for one of Goethe's couplets: "Whatever you can do, or dream you can, begin it! Boldness has genius, magic, and power in it. —— W.H. Murray

(二) 目标与幸福

Goals and Wellbeing

1、Liberating

2、Resolving internal conflicts

3、Future goals as means; present experiences as ends

4、The case of unhappy achievers

"幸福并不是登上山峰, 也不是在山的四周没有方向地乱爬, 幸福是向山峰攀登的过程"

"Happiness is not about making it to the peak of the mountain, nor is it about climbing aimlessly around the mountain; happiness is the experience of climbing toward the peak." —— Tal Ben-Shahar

"当代研究学者强调, 比起目标的实现, 追寻目标的过程才是实现幸福的关键"

"Contemporary researchers emphasize that it is the process of striving after goals—rather than goal attainment per se—that is crucial for happiness and positive affectivity." —— David Watson

"幸福感在理想情况下的消极体验中的增长, 比在有价值的活动, 以及实现目标的过程中的增长要少"

"Happiness grows less from the passive experience of desirable circumstances than from

involvement in valued activities and progress toward one' s goals.” —— Myers & Diener

“Live not for battles won.

Live not for the-end-of-the-song.

Live for the along. ”

——Gwendolyn Brooks

(三) 自我和谐

Self-concordant Goals

★ 找出你能做的事，然后再从中找出你想做的事

- 1、 Aligned with personal interests and values
- 2、 Freely chosen goals
- 3、 ‘Want to’ vs. ‘Have to’
- 4、 “What do you really, really want to do?”

Carpe diem (Seize the day) —— <Dead Poets Society>

第十三周 面对压力

2020年3月26日 15:32

(四) 自我和谐的好处

The Benefits of Self-Concordance

- 1、Increase in wellbeing 幸福
- 2、Increased likelihood of success 成功
- 3、Entering a positive upward spiral 积极的螺旋上升
- 4、Trickle effect (Sheldon & Eliot, 1999) 一支蜡烛照亮整个房间
- 5、Health (Langer, 1989) 当我们能够选择时，当我们做自己想做的事时，有益于我们的幸福、成功和健康
- 6、Freedom vs. oppression 民主与独裁：选择的权利

*Values in actions (VIA) 行为价值观

- PP's Alternative to DSM (Peterson & Seligman)

PP (*Positive psychology*) DSM (*Diagnostic and Statistical Manual of Mental Disorder* 《精神疾病诊断与统计手册》)

- Identifying character strengths 鉴别优势特征
- Universally admired (human nature) 文化的共性与人类的天性
- Morally valued (beyond talents/abilities) 人格力量 (天赋/能力之上)：如幽默
- A self concordant journey 自我和谐的过程：享受过程
- Success and happiness 成功与幸福

“我时常觉得定义一个人性格的最好办法就是寻找特定的心理或道德态度，它们出现时，他觉得自己最为积极和活跃，在此时此刻，他内心有一个声音说‘这就是真的我’”

I have often thought that the best way to define a man's character would be to seek out the particular mental or moral attitude in which, when it came upon him, he felt himself most deeply and intensively active and alive. At such moments, there is a voice inside which speaks and says, 'This is the real me.' —— William James

*24种人格力量，6个类别

Wisdom

- Creativity 创造力
- Curiosity 好奇心
- Judgment 判断力
- Love of Learning 好学
- Perspective 洞察力

Courage

- Bravery 勇敢
- Industry 坚毅，事业心
- Authenticity 坦率，诚实，可靠
- Zest 热情

Justice

- Citizenship 团队精神
- Fairness 公平
- Leadership 领导力

Love

- Intimacy 亲密关系，深度交往
- Kindness 善良，友善
- Social Intelligence 社交智慧

Temperance

- Forgiveness 宽容，仁慈

- Humility 谦逊
- Prudence 审慎, 谨慎
- Self-Control 自制力

Transcendence

- Awe 追求美好
- Gratitude 感恩
- Hope 乐观, 充满希望
- Humor 幽默
- Spirituality 灵性, 对崇高的人生目标和宇宙的意义有着强烈和贯彻的信念

(1) Applying the VIA: Building Capacity 行为价值观的应用: 培养能力 (人格力量)

- Identify your character strengths
- ① Take the online test (www.viastrengths.org)
- ② From the top 10, choose the 5 that best fulfill the "Strengths Criteria" 十选五
 - Choose one character strengths and for the following week use the strength in a new way every day
 - Each night, briefly describe how you used your strength in a new way today and how you intend to use the strength in a new way tomorrow

将人格力量转化为习惯

| | | | | | | |
|------------------|---------------------|-----------|--------------|-------------|--------------|----------|
| Love of Learning | Judgment | Kindness | Authenticity | Forgiveness | | |
| ★ Awe | Creativity | Gratitude | Prudence | Bravery | | |
| Citizenship | Self-Control | Curiosity | Fairness | Perspective | Hope | Humility |
| Leadership | Social Intelligence | Humor | Intimacy | Industry | Spirituality | Zest |

(2) Applying the VIA: Solving problem (解决问题)

- Identify your character strengths
- Identify a problem with which you are dealing
- How can you apply your character strengths to solving the problem?

(五) 工作取向

Work Orientation (Wrzesniewski, 1997)

人们对于工作的理解可以分为三个: work 工作、career 职业、calling 使命

回避天职与逃脱本性

"It is certainly true that many of us evade our constitutionally suggested vocations (call, destiny, task in life, mission). So often we run away from the responsibilities dictated (or rather suggested) by nature, by fate, even sometimes by accident, just as Jonah tried—in vain—to run away from his fate." — Abraham Maslow

"我们不因该专注于生命中可以拥有的, 而应想到那些我们生命中不可或缺的" —— 《商业中的女性》

"Instead of focusing on what we can 'live with,' we should be thinking about what we can't live without." — Ebony Carter '07

(六) 目标的设立

- Writing down
- Set lifelines (时间线) instead of deadline (最后期限)
- Break down a long term goal

People can imagine themselves taking steps, while great heights seem entirely forbidden. " — Ellen Langer

"人们能想象到自己的每一步, 但却觉得高峰是难以攀登的" —— 成为大牛的可能性

二、处理压力

Dealing with stress

"In a recent national survey of 13,500 college students, nearly 45 percent reported being so depressed that they had

difficulty functioning, and 94 percent reported feeling overwhelmed by everything they had to do.” —— Richard Kadison

(一) 压力的代价

The Cost of Stress

- Psychological health
- Physical health
- Reduced productivity and creativity

(二) 认知的重建

Reframing Questions: stress

- Traditional: Why are many people stressed?
- Positive psychology: What do those who are successful and able to lead a healthy and happy life do?

(三) 日常惯例与休息

Ritualizing work and Recovery

- Stress is not the problem
- Lack of recovery is the problem

压力实际上培养了我们的忍耐性力量，并且从长远来讲让我们更快乐。没有休息的健身会给肌肉带来伤害，问题在于我们缺少心理层面的复原。

- From marathon to sprint intervals
- Creating a ritual:
 - 60-120 minutes of work
 - 15+ minutes of recovery
- Maintaining flexibility

“In the living laboratory of sports, we learned that the real enemy of high performance is not stress, which, paradoxical as it may seem, is actually the stimulus for growth. Rather, the problem is the absence of disciplined, intermittent recovery. Chronic stress without recovery depletes energy reserves, leads to burnout and breakdown, and ultimately undermines performance.” —— Loher & Schwartz

第十四周 过犹不及

2020年3月28日 17:16

(四) 专注

Focus

1、Recovery: Quantities affects quality.

多则劣，少则精

“性与压力成反比，如果我们能帮助人们简化生活，降低压力水平，那他们关系的将会大大改善，更重要的是，他们生活中的积极方面，也会相应得到提升”

“Love and sex are affected negatively by stress... If we can help people to simplify their lives, thus reducing their stress levels, it is very likely that people's relationships would be enriched greatly. Moreover, the positive aspects of their lives would be enriched accordingly.” —— Susan & Clyde Hendrick (2002)

2、Work: Reducing multi-tasking.

—— 当两首喜欢的歌曲同时播放，便成了噪音

“上班时发短信的人，智商会降低10，与整晚通宵的人一样，抽大麻才4.4，比这2倍还多”

“The IQ of those who tried to juggle messages and work fell by 10 points -- the equivalent to missing a whole night's sleep and more than double the 4-point fall seen after smoking marijuana.” —— Findings by Dr. Glen Wilson

(五) 宁缺毋滥

Simplify

1、Do less, not more 保持专注，过犹不及

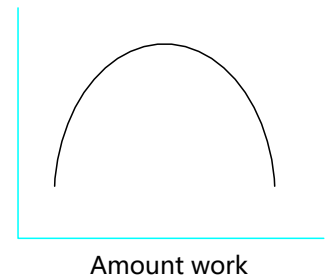
2、Time Affluence (versus Material Affluence) 时间自由使人享受正在做的事情

3、Functionality versus Fun

4、Say “yes” by saying “no”

5、Optimum levels of simplicity 最适的水平

PR/CR/HP



像气体能够充满整个空间一样，工作会占用直到完成时所有的的时间，使我们效率变得低下

“Work expands to fill the time available for its completion.” ——Cyril Northcote Parkinson

“Simplicity, simplicity, simplicity! I say let your affairs be as two or three, and not a hundred or a thousand; instead of a million count half a dozen... In the midst of this chopping sea of civilized life, such are the clouds and storms and quicksands and the thousand-and-one items to be allowed for... and he must be a great calculator indeed who succeeds. Simplify. Simplify.” —— Henry David Thoreau, 1840s

Sustainable Growth 可持续增长：对环境的损耗要控制在可以人工帮助下自然恢复的范围内

(六) 克服拖延

Overcoming Procrastination

1、The 5-minute take off 五分钟起步：最开始行动之前不依赖于激励

★ 2、Reward yourself 奖励自己

3、Go public 公开目标，破釜沉舟

4、The team approach 团队或陪伴

5、Goals, plans, lists 目标，计划，清单

6、Permission to re-create 允许放松

三、物质与幸福

From material to happiness perception

(一) Material perception

“能够计数的东西才是有价值的”

“Society tells us the only thing that matters is matter—the only things that count are the things that can be counted.” ——Laurence G. Boldt

1、Counting activities

2、 Counting publications

3、 Counting money

- **The Consequences**

(1) Money can't buy you happiness (Diener, 1999)

(2) "The Dark Side of the American Dream" (Kasser & Ryan, 1993)

lower likelihood of self-actualization

higher levels of distress, depression, anxiety 物质的社会带来更多压力, 导致焦虑和抑郁

lower levels of happiness

poorer physical health

(3) Replicated in Singaporean business-school (Kasser & Ahuvia, 2002)

(4) A caveat

(二) Happiness perception

1、 Happiness as the highest end

2、 The ultimate currency

3、 Asking the right questions

4、 Framing makes all the difference

5、 Inside out (Vs. outside in)

6、 Positive-sum game

7、 Peaceful revolution

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第七章 完美主义

Perfectionism

一、什么是完美主义

What is Perfectionism?

1、 Learn to fail or fail to learn

"一个人犯的最大的错误, 就是害怕犯错"

★ "*The greatest mistake a man can make is to be afraid of making one.*" — Elbert Hubbard

"不涵盖自由犯错的自由, 是不值得拥有的"

"Freedom is not worth having if it does not connote freedom to err." — Mohandas Gandhi

"推动世界前进的重任, 并不是由完美的人来进行的"

"The important work of moving the world forward does not wait to be done by perfect men." — George Eliot

- Amy Edmondson (1999)

"Psychological Safety" (心理安全) : Psychological safety refers to a climate in which people are comfortable being (and expressing) themselves

"如果你想提高成功率, 就要将失败率翻倍"

"If you want to increase your success rate, double your failure rate." — Thomas Watson Sr. (IBM)

- "Origins of Genius" (Simonton, 1999)

- Fail your way to success (Klem, 1997)

第十五周 完美主义

2020年3月29日 15:12

2、完美主义是一种充斥在我们生活中的对失败的失能性恐惧，尤其是我们最在意的方面

Perfectionism is an incapacitating fear of failure that permeates our lives, especially those areas that we care about most.

It is an approach, a cognitive and emotional schema, that we hold toward the journey of our lives, toward the process of getting from point A to point B.

二、完美主义的特征与后果 (Characteristics & Consequences)

Perfection Vs. Excellence

| Perfection | Excellence |
|----------------------|--------------------------|
| Defensive | Open to Suggestions |
| Half Empty | Half Full |
| Over Generalize | Realistic |
| NO Self-Acceptance | Unconditional Acceptance |
| Static | Dynamic |
| Fear of failure | Failure as feedback |
| Focus on Destination | Journey and Destination |

| Perfection | Excellence |
|---------------------|-----------------------------|
| Temporary Relief | Lasting Satisfaction |
| Inevitable Failure | Possibility Of Success |
| Wastes time | Appropriate Time Allocation |
| Prone to disorders | Healthy Approach |
| Hurts Self-Esteem | Continuous Improvement |
| Harms Relationships | Allows for Growth |
| Anxiety/Stress | Creative Tension |
| Performance? | Less Pain More Gain |

自尊的第一个基础就是自我接受，完美主义者是不接受自我的。

三、成功与幸福

Success and Happiness

- 1、Sustainable approach to growth 可持续增长
- 2、Procrastination 完美主义是拖延的最主要原因之一
- 3、Higher levels of self-confidence 更高水平的自信
- 4、Learn to fail or fail to learn 不畏惧失败
- 5、‘The Luck Factor’ (Wiseman, 2003) 尝试新事物能够带来好运
- 6、Creativity (Simonton, 1999) 完美主义是创造力的敌人
- 7、80/20 Rule (Pareto’s Principle) 帕累托分布

8、Increase in flow experiences (Csikszentmihalyi, 1991) 心流：最优体验

四、完美主义的根源

Source of perfectionism

1、Conditioning

- Destination = Reward = Acceptance
- Journey = Unrewarded = Means Only

2、Social environment

3、Permission to be human?

完美主义的根源在于社会影响，当我们实现目标获得奖励时，我们建立这种成功体验的图式，并在不断的重复后得到加强，最终我们接受这样的图式。而付出努力的过程并没有得到褒奖，久而久之便失去了意义。

*Harmful Praise? (Dweck, 2005)

“重视努力让孩子拥有一个他自己能掌控的变量，这能让他们认为自己能掌控自己的成功。而强调自然的天赋，让孩子们无法掌控成功，这不会给孩子们提供面对失败的方法。”

“Emphasizing effort gives a child a variable that they can control. They come to see themselves as in control of their success. Emphasizing natural intelligence takes it out of the child's control, and it provides no good recipe for responding to a failure.”

“如果你称赞孩子的智力，当他们失败时，他们会认为自己不再聪明”然后失去对于眼前工作的兴趣，相反，那些被称赞为努力孩子，在困难面前不会气馁，甚至更有动力。”

“When you praise kids' intelligence and then they fail, they think they're not smart anymore, and they lose interest in their work. In contrast, kids praised for effort show no impairment and often are energized in the face of difficulty.”

五、克服完美主义

Overcoming perfectionism

第十六周 享受过程

2020年3月30日 15:10

(一) Overcoming perfectionism

- Awareness 意识
- Focus on, and reward, effort 专注, 奖励, 重视过程
- Active Acceptance 主动地接受恐惧, 完美主义本质是一种对失败的恐惧, 最好的防守就是进攻
- Behavior changes attitude 行为改变态度
- Meditation and visualization 冥想
- Setting a liberating goal or vision 设立目标
- The Platinum Rule —— 人所不欲, 勿施于己
藏语“同情”(“tsewe”), 同情他人也同情自己
- Helping others? 以身作则, 互相分享

(二) 三个“P”

Applying the 3 P' s...

1、Permission 接受现实

- Acceptance
- Respect for reality

2、Positive 认知重建

- Benefit finding
- Failure as opportunity
- Distracting

3、Perspective 转换角度

- Don't sweat the small stuff...
- Psychological maturity

第八章 健康

Heath

Wonder drug

- 一、Exercise 每周4次, 每次30min
- 二、Mindfulness 冥想(专注力训练)/深呼吸3次
- 三、Sleep 每23小时, 8小时的睡眠
- 四、Touch 拥抱

一、运动

Exercise

“也许行为治疗最基础的进展就是认识到我们不能再认为健康, 仅仅是身体或者精神的一个独立属性。因为精神和肉体是内在联系的。”

“Perhaps the most fundamental development in behavioral medicine is the recognition that we can

no longer think about health as being solely a characteristic of the body or the mind because body and mind are interconnected." — Jon Kabat-Zinn

(一) 运动与现代生活

Exercise and Modernity

- 1、Reduction of physical work 缺少运动
- 2、Rising levels of mental illness 提升心理疾病的水平
- 3、The need for exercise 锻炼的必要 —— 生理和心理上的代价

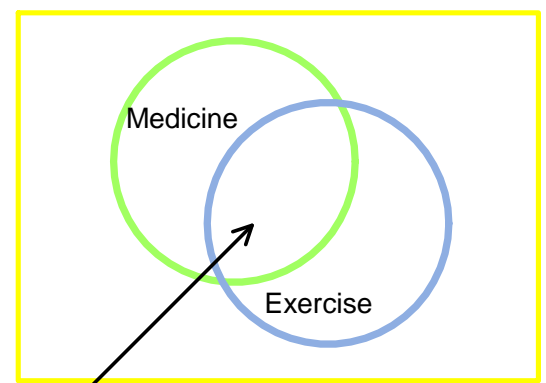
“我们的祖先和我们过着一样的生活，他们靠自己的双手，来获得食物，驻扎在大地上，还未受到过黄金与宝石的诱惑。” —— 塞内加

“Our forefathers lived every jot as well as we, when they provided and dressed their own meat with their own hands; lodged upon the ground, and were not as yet come to the vanity of gold and gems.” —— Seneca

(二) 运动与抑郁症

Overcoming Depression (Babyak et al. 2000)

- 1、156 patients with Major Depressive Disorder
- 2、Three groups (exercise, medicine, exercise*medicine)
- 3、Anti-depressant: Sertraline (Zoloft)
- 4、Exercise: 30 minutes 3 times/week
- 5、Results (16 weeks):
 - All three groups improved (>60%)
 - No significant differences among groups
- 6、10 months follow-up 复发率
 - Relapse medication: 38%
 - Relapse medication*exercise: 31%
 - Relapse exercise: 9%
- 7、For dysthymia (McCann & Holmes, 1984)
- 8、Not exercising is like taking depressants



质疑：药物作用还是运动作用？

(三) 运动的好处

Benefit of exercise

- 1、Psychological
 - Enhanced self-esteem 自尊
 - Lower anxiety and stress 减少压力
 - Adjunctive treatment for clinical disorder
 - Improved cognitive functioning
- 2、Physical
 - Weight loss/control 减重
 - Reducing chronic diseases 减少慢性疾病发生概率
 - Stronger immune system 增强免疫系统
 - Better Sex

(四) 运动与休息

Micro and macro recovery

“重复的过于密集的训练以至于没法及时恢复，可能会导致运动员感觉到‘泄气’，典型的症状为更高的焦虑水平，更高的神经紧张度，更高的儿茶酚胺和皮质激素水平”。

“Repeated workouts that are too intense to allow complete recovery may cause endurance athletes to experience ‘staleness,’ a syndrome that is characterized by increased psychological symptoms of anxiety with increased sympathetic nervous system, catecholamine, and cortisol base rates.” —— Dienstbier & Zillig (2002)

- 1-4 days of rest a week
- Listen to your body! 心跳通常在最大心率是220减去你的年龄，运动应控制最大心率的70% (≈ 137)
- Quantity affects quality

(五) 克服障碍

Overcoming barriers

1、Pain/discomfort 克服养成运动习惯时的痛苦

- Divide and conquer 循序渐进
- Distracters (TV, music, etc) 应用让你分心的事物
- Social support 陪伴和支持

2、Time commitment

- An investment 投入
- Ritualize 形成规律 (特定时间、打卡补卡)

3、Subconscious 潜意识

- Just do it (the five minute take off)
- Body as important as mind

第十七周 运动与冥想

2020年3月30日 17:39

“某种程度上，运动可以说是精神医生的理想药物，它能对会焦虑症，恐慌症，普通的压力，压力和抑郁症有莫大关联，运动能释放神经递质。去甲肾上腺素，血清素，多巴安，这些物质与重要精神类药物相似，做一轮运动就像吃了一点百忧解，一点利他林，针对性很强。”

“In a way, exercise can be thought of as a psychiatrist’s dream treatment. It works on anxiety, on panic disorder, and on stress in general, which has a lot to do with depression. And it generates the release of neurotransmitters—norepinephrine, serotonin, and dopamine—that are very similar to our most important psychiatric medicines. Having a bout of exercise is like taking a little bit of Prozac and a little bit of Ritalin, right where it is supposed to go.” —— John Ratey

二、冥想

Mindfulness meditation

- One-pointedness 专注
- Deep breathing 深呼吸
- No good/bad meditation

(一) 冥想者的大脑

The Mind of Meditator

- 1、Left-to-right ratio in prefrontal cortex
- 2、The startle response 对惊吓的反应 —— 焦虑

“一个人惊吓反应越大，那个人就越可能出现消极情绪”

“Given that the larger someone's startle, the more intensely that person tends to experience upsetting emotions, Oser's performance had tantalizing implications, suggesting a remarkable level of emotional equanimity.” —— Daniel Goleman

“冥想本身有一些与众不同的特质，但这与进行冥想的人无关，重要的一点是，冥想并非触不可及的，只要有足够的决心来练习它”

“The process itself has some extraordinary qualities, but not necessarily the subject. The important idea is that this process is within the reach of anyone who applies himself or herself with enough determination.” —— Lama Oser

“从神经科学的角度看，这个研究的重点，并不是为了说明Oser或者其他厉害的冥想者本身有什么过人之处，而是为了扩展这个领域对于人体潜力的假设，其中一些关键假设已经开始扩展了，部分原因是神经科学对大脑可塑性作出革命性猜想”

“From the perspective of neuroscience, the point of all this research has nothing to do with demonstrating that Oser or any other extraordinary person may be remarkable in him-or herself, but rather to stretch the field’s assumptions about human possibility. Some of these key assumptions have already begun to expand, in part due to a revolution in neuroscience’s supposition about the malleability of the brain itself.” —— Daniel Goleman

(二) 冥想的好处

Benefits of Meditation

- 1、decrease in anxiety 减少焦虑
- 2、mood change 改变心态
- 3、pre-frontal cortex activation 前额皮质的激活
- 4、immune response 增强免疫系统

(三) 关注自身

From Doing to Being (William et al. 2007)

“想消除抑郁是通常的解决方法，想解决不对劲的地方只会让我们陷得更深。苦苦思索是问题症结之一，不是解决办法。”

“Trying to get rid of depression in the usual problem solving way, trying to ‘fix’ what’s ‘wrong’ with us, just digs us in deeper.... rumination is part of the problem, not part of the solution.”

“不要尝试无视和消除身体不适，而是抱着关系之心关注它，我们就能够真真正正地改变我们的感受。”

“With the shift from trying to ignore or eliminate physical discomfort to paying attention with friendly curiosity, we can transform our experience.”

(四) 深呼吸

Breathing

“如果我只能说一条健康生活的建议，答案很简单，学习正确呼吸。”

“If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly.” —— Andrew Weil

第十八周 睡眠、触摸和爱情的重要性

2020年3月30日 18:13

三、睡眠

Sleep

- Pre-Edison: 10 hours/day
- Today: 7 hours/day
- 25% of 18-29 year olds get 8 hours
- Make sleep a priority

(一) 睡眠的作用

Effect of sleep

- 1、Immune system
- 2、Energy levels
- 3、Weight
- 4、Motor skills (accidents)
- 5、Cognitive functioning
- 6、Stress/anxiety levels
- 7、Depression
- 8、Get your “Happiness Sleep”

睡眠能够帮助大脑解决问题。

(二) 睡眠的建议

Tips

- 1、8 hours/day 8小时的睡眠时间
- 2、Nap time 学会打瞌睡
- 3、Watch your exercise and food 注意夜间的运动和饮食
- 4、Permission to be human
- ★ 5、Pay attention to internal rhythms 内在的节律

“剥夺睡眠对健康和幸福的影响已被研究证明，睡眠剥夺会使认知能力和生理机能受到损害，对心情的影响则更甚。夜晚睡眠不足的人易于感觉不快乐，更紧张，身体虚弱和精神和身体上愈发疲劳，充足的睡眠让我们感觉更好，更快乐，更有精力和活力”

“Effects of sleep deprivation on health and well-being have been documented by research. Cognitive skills and physical performance are impaired by sleep deprivation, but mood is affected even more. People who get less than a full night's sleep are prone to feel less happy, more stressed, more physically frail and more mentally and physically exhausted as a result. Sufficient sleep makes us feel better, happier, more vigorous and vital.” —— William Dement

四、触摸与拥抱

Touch

(一) 我们需要接触

Getting In Touch With Touch

- Physical health 触摸改善了早产儿的健康状态
- Mental health 认知、智商、情感

Tiffany Field 《Touch Therapy》

- Better sex life (Masters & Johnson)

(二) 触摸的必要

The Need For Touch

"We need 4 hugs a day for survival.

We need 8 hugs a day for maintenance.

We need 12 hugs a day for growth." —— Virginia Satir

拥抱的研究

Hug research (Clipman, 1999)

- Win-win
- Respecting self and others

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第九章 亲密关系

Relationship

OLA
(Optimum level of arousal)

Intro 内向型人格

Extra 外向型人格

一、我们需要亲密关系

The Need For Relationship

- 1、Extremely happy people (Diener & Seligman, 2002)
- 2、Know thyself
 - Lasagna principle revisited
 - Extraversion and introversion (Little, 1993)

内向型人格：独处（酒精）

外向型人格：刺激（咖啡）

我们的举止不能脱离本性。

We cannot act out of nature. —— Brian Litter

3、Intimate relationships

“几乎没有什么能比一段和好友之间亲密的，悉心培育的，公平的，亲近的，长达一生的相伴更能语言幸福了”

“There are few stronger predictors of happiness than a close, nurturing, equitable, intimate, lifelong companionship with one’s best friend.” —— David Myers

二、外遇与暧昧

State of affairs

1、Divorce rates 离婚率升高

2、Failure to sustain love 长久的爱情难以维系

3、Novelty produces heightened arousal (Mook, 1987) 喜新厌旧

三、故事与现实

Fiction Versus Reality

——完美的爱情还or真爱

1、Does true love (really) exist?

“完美的爱情确实是稀有，因为作为一个爱人，需要你一直拥有智者的敏锐，儿童的灵活性，艺术家的感性，哲学家的领悟，圣人的包容，学者的宽容和笃定者的刚毅”

“Perfect love is rare indeed—for to be a lover will require that you continually have the subtlety of the very wise, the flexibility of the child, the sensitivity of the artist, the understanding of the philosopher, the acceptance of the saint, the tolerance of the scholar and the fortitude of the certain.” —— Leo Buscaglia

2、Perfect love does not exist...

3、True love does exist...

“首先，当我想出怎么预测离婚时，我以为我找到了拯救婚姻的钥匙，但和我之前的许多专家一样，我错了，我没能破解拯救婚姻的秘密，直到我开始分析在幸福的婚姻里什么是对的。”

“At first, when I figured out how to predict divorce, I thought I had found the key to saving marriages... But like so many experts before me, I was wrong. I was not able to crack the code to saving marriages until I started to analyze what went right in happy marriages.” —— John Gottman

“Cellulite and sexual potential are highly correlated.” —— David Schnarch 《PASSIONATE MARRIAGE》

第十九周 如何让爱情天长地老

2020年4月8日 16:26

四、如何让爱情天长地久

Growing tips statistic

1、用心

Working hard

“常识没那么寻常” ——伏尔泰

“Common sense is not that common.” —— Voltaire

(1) Cultivating versus Finding

培养感情而不是苦苦寻觅 “真爱”

(2) Movies end where love begins

电影总是在爱情开始的地方结束

(3) Living happily ever is the difficult part

永远幸福地生活并不是容易的事情

(4) The “one right person” theory

“真命天子” 存在吗？

(5) Cultivating the “one chosen” relationship

(6) Being together by doing together

共同的目标能够解决冲突

- Superordinate goal (Sherif, 1958)
- Mutually meaningful goals

“最稳固的婚姻里，丈夫与妻子彼此间深度融合，他们不只是一起生活，他们还支持彼此的愿望与抱负，为他们的生活融入共同的目标。”

“In the strongest marriages, husband and wife share a deep sense of meaning. They don’ t just ‘get along’ —they also support each other’ s hopes and aspirations and build a sense of purpose into their lives together.” —— John Gottman

- Active love 主动地投入，行为决定心态
- Relationship rituals

2、让自己被理解而不是被认可

Striving to be known rather than validated

(1) Intimacy as key to long-term passion

亲密关系是保持激情的关键

(2) Open up, share, reveal

敞开心扉，在培养感情的过程中，随着逐渐增加的信任而更加坦诚

(3) Express, not impress

表达自己才能够被了解，而不是长期地抑制自己来获得认可

(4) Also get to know your partner (love maps)

了解彼此

“亲密就是让你自己被真正的了解，即使是你或你伴侣不喜欢的也要被了解，但这并不代表坦露的都是缺点，有时也会是一直没发现的优点，大部分方法都专注于你的伴侣，在你坦露时认同和接受你，但你不能寄希望于此，如果你心存这样的意图，那么你坦露心声时必然有所掣肘，因你只会说那些让你的伴侣认可的话，打破僵局需要亲密关系，这基于认可你自己。”

“Intimacy is about letting yourself really be known, including parts that you or your partner don't like. But it's not just about letting "warts" be known. It often involves showing strengths you've been hiding, too. Most approaches focus on getting your partner's validation and acceptance when you disclose. But you can't count on this, and if you try, it inherently limits self-disclosure because you won't say things your partner won't validate. Resolving gridlock requires intimacy based on validating yourself.” —— Schnarch (1997)

婚姻咨询师认为被认可是健康恋情的基础，但被认可的完美情人是不存在的。

3、冲突是不可避免的

Allowing for conflict

1、No one right relationship (Gottman, 2000)

恋爱关系的唯一共同点就是争执

2、5:1 positivity ratio

平均每5次互动会产生1次争执

3、Conflict immunizes

冲突能够使感情的免疫系统更加坚固

4、Accentuate positive; don't eliminate negative

5、Love Boosters

- Love is in the details 爱情就在细节之中
- Mini love boosters —— “60-second pleasure points” (Fraenkl, 2007)
- Extraordinary by focusing on ordinary
- Demonstrate interest
- Show affection (touch, smile, flowers...)
- Pay compliments
 - “I can live for two months on a good compliment.” —— Mark Twain
- Demonstrate empathy
- Make love

6、Positive Conflict

- Affective rather than cognitive conflict
 - 针对行为、思想、观念提出质疑
- Challenging behavior, not person
- Avoiding hostility, insults, contempt
 - 避免人身攻击
- Keeping disputes private
- Conflict in gay couples (Gottman, 2001)
 - 同性恋之间的矛盾

- (1) More positive, using humor and affection
- (2) Not taking negativity personally
- (3) Calm down and soothe one another

“Do not do unto those close to you what you would not have done unto others (who are not so close to you).” — **The Titanium Rule**

“我的方法的核心是一个简单的真理，即幸福的婚姻基于深厚的友情之上，这句话意味尊重对方享受与对方的相处，这些情侣能深入了解对方，他们熟知对方的喜恶、性格怪癖、理想与梦想，他们对彼此有着持久的尊敬，不仅在大的问题上表达喜爱之情，也在日常琐碎间表达出来。”

“At the heart of my program is the simple truth that happy marriages are based on a deep friendship. By this I mean a mutual respect for and enjoyment of each other’ s company. These couples tend to know each other intimately—they are well versed in each other’ s likes, dislikes, personality quirks, hopes, and dreams. They have an abiding regard for each other and express this fondness not just in the big ways, but in little ways day in and day out.” — John Gottman

四、心怀感恩

Appreciating the positive

- 1、Benefit finding (appreciating)
- 2、Positive illusions (Murray, 1997)

积极错觉：对彼此的评价要高于其朋友或家人给予的评价的情侣，恋情最可能美好地持续下去

- 3、A self-fulfilling prophecy (benefit creating)

创造优点，而不只是单纯地感知优点

第二十一周 爱情和自尊

2020年4月9日 15:56

“在朋友身上，我寻找的不是盲目的让步，对我千依百顺的人，我寻找的是一个美丽的敌人，能挑战我，敦促我，帮助我寻求真相。” ——艾默生《论友谊》

“In a friend, what I am looking for is not a mush of concessions, a person who would agree with everything that I say rather what i'm looking for is a beautiful enemy.”

4、Refocusing on the Positive

- What am I grateful for in my partner?
- What is wonderful about our relationship?

5、Communicating about Positive Events (Gable et al., 2006)

- (1) Responding to positive-event-disclosures
- (2) Active constructive responding 主动且有建设性的回应
 - Win-win events
 - Genuine responding
 - Generating upward spirals (promoting positive)
 - Building positive capacity (dealing with negative)

ACTIVE CONSTRUCTIVE RESPONDING

Ways of responding to talking about good events

| | CONSTRUCTIVE | DESTRUCTIVE |
|---------|---|--|
| ACTIVE | Display enthusiasm, excitement; ask interested questions, reinforce positives, keep the conversation going. Eye contact, smiling. 'That must feel fantastic!' 'What happened next?' 'What is your plan?' 'How are you going to celebrate?' 'I will make sure there is an announcement' | Talk about the negative, devils advocate, find a problem. Frown, look worried. 'I can't wait to see them argue over that!' 'I have no idea where we are going to find the resources for that!' 'That's a lot extra to be taking on' 'I bet (someone else) will be upset' |
| PASSIVE | Smile, acknowledge, reassure, silence. No expression. 'That's great' | Disinterest, diversion, avoidance. No expression, little eye contact, turning away. 'Did you finish (something else)....?'. 'I had a call from..(someone unrelated)... |

Based on research by Shelley Gable, UCLA, 2004

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第十章 自尊

Self-esteem

一、自尊的重要性

The importance of self-esteem

二、自尊是什么

What self-esteem is... and is not

三、自尊的悖论

The paradox of self-esteem

四、自尊的三重层次

Toward a new understanding

- Dependent self-esteem
- Independent self-esteem
- Unconditional self-esteem

五、提高自尊

Enhancing self-esteem

Definition 定义

“自尊是一种觉得自己能够应付生活中的基本挑战，值得享受快乐的感觉”

“Self-esteem is the disposition to experience oneself as competent to cope with the basic challenges of life and as worthy of happiness.” — Nathaniel Branden

一、自尊的重要性

The importance of self-esteem

“我们在生活中作出的所有判断没有哪个比对自己作出的判断更重要了。”

“Of all the judgments we pass in our lives, none is as important as the one we pass on ourselves.” — Nathaniel Branden

“降临于人最大的邪恶是让他否认自己。” —— 歌德

“The greatest evil that can befall man is that he should come to think ill of himself.” — Goethe

★ *Two Components of Self-Esteem: the experience of competence and worthiness
能力与价值, 缺一不可

(一) 高自尊

High Self-Esteem

- 1、Mental Health
- 2、Quality of relationships
- 3、Success
- 4、Social effectiveness
- 5、Happiness

*Emotional Intelligence (情绪智力), Salovey & Mayer

情绪智力是指认识、控制自己及他人的情绪,并用以指导自身的思想和行动的能力

“EQ是人类最重要的生存能力” —— 丹尼尔·戈尔曼 (Daniel Goleman)

**自尊与快乐的相关系数都超过0.6

(二) 低自尊

Low Self-Esteem

- 1、Anxiety
- 2、Depression
- 3、Psychosomatic symptoms
- 4、Underachievement

二、自尊是什么

What self-esteem is... and is not

- 1、Nathaniel Branden —

The immune system of consciousness

意识的免疫系统

- 2、Bednar and Peterson —

Underlying cause of most emotional and behavioral problems

心理问题或精神病的根源

- 3、California Task Force —

Social vaccine

社会疫苗

三、自尊的悖论

The paradox of self-esteem

(一) 自尊与自恋

- 1、Narcissism (arrogance and conceit)

“软弱的人变成恶霸，自卑的人变成吹牛大王，炫耀武力，夸夸其谈，高傲自大，厚脸无耻，都是个人或集体隐匿的焦虑症状。” —— May.R (人本主义心理学运动创始人)

“The person who feels weak becomes a bully, the inferior person a braggart; a flexing of muscles, much talk, cockiness, an endeavor to brazen it out, are symptoms of covert anxiety in a person or a group.” —— Rollo May

2、Unrealistic evaluation (harms performance) —— 不切实际的评价

美国学生在教育背景下对自己的数学水平更有自信。

(二) 自尊的悖论

1、Salvaging Self-Esteem' s Self-Esteem

- What self-esteem is *not* —

A product of empty reinforcement 自我感觉良好的产物

Pseudo self-esteem

- What self-esteem is — 在现实和努力中建立起来的

Founded in reality

Product of hard work

2、Anti-social behavior —

Aggressive, uncooperative

3、Paradox of self-esteem

四、自尊的三重层次

Toward a new understanding

(一) 自尊的三重层次

| | Competence Relative to Others | Competence Relative to Self | Competence Interdeendent |
|--------------------------------|----------------------------------|--------------------------------|------------------------------|
| Worthiness Other-Determined | Dependent Self-Esteem | | |
| Worthiness Self-Determined | | Independent Self-Esteem | |
| Worthiness NotContinent | | | Unconditional Self-esteem |

*自尊与超然

“通常，我们受到批评或侮辱时会变得非常不安，我们财产被偷时会变得异常愤怒，如果期望已久的升职被别人抢去我们会嫉妒，我们以自己的外表体能为荣，相比之下，当我们达到了超然的境界我们的头脑变得更明晰，懂得享受事物的原本，我们懂得把握现在，欣赏事物的原本，不再对它们有诸多幻想。我们对别人的一举一动不再那么敏感。”

“相反地，当我们超然后，我们与他人的关系变得更和谐，事实上，我们更关心它们了，变得更有同情心，更同情他人。”

第二十二周 自尊与自我实现

2020年4月14日 15:40

(二) 自尊的渐成模型

Epigenetic model

沃伦·本尼斯(Warren G.Bennis) (1925 ~ 2014) 是麻省理工学院博士，美国当代杰出的组织理论、领导理论大师。他曾是四任美国总统的顾问团成员，并担任过多家《财富》500强企业的顾问。1993年及1996年两度被《华尔街日报》誉为“管理学十大发言人”，被《福布斯》杂志称为“领导学大师们的院长”，《金融时报》最近则赞誉他是“使领导学成为一门学科，为领导学建立学术规则的大师”。

★ “I wasn't always like this.”

- takes time
- integrity

“谦虚不过是换种方式显摆自己。” —— 培根 (Francis Bacon)

(三) 培养独立的重要性

The Importance of Being Independent

1、Moral Behavior

道德行为：服从、从众、环境使人丧失独立，甚至犯下嗜血的暴行。因为依赖型自尊的人需要从比较中获得价值，从众使其得到与环境一致的自我和谐。

(Milgram's obedience experiment、Asch Conformity Experiments、The Stanford Prison Experiment)

- True to principles
- Empathy

2、Better cognitive performance

认同自己，认同他人：独立的人更能够做到“己所不欲，勿施于人”的黄金法则

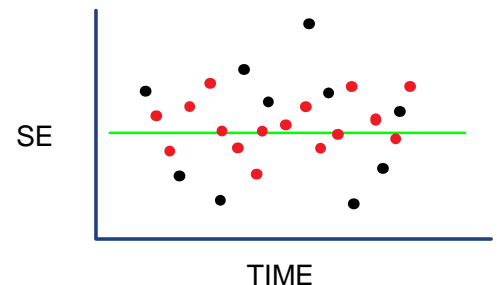
- Creative thinking
- Commitment to continuous learning

活到老，学到老。Meaning (意义) Pleasure (快乐) Strengths (优势)

3、Increased Happiness

增加幸福感

- Calmness
- The joy of self-expression



(四) 关于自尊

1、Self-Esteem Stability

- Kernis (1995) 提出自尊的稳定性

“what actually can predict whether a person will be hostile or generous, whether their self-esteem over time will be high or whether will lower over time is not a self-esteem perception, but rather is the stability of their self-esteem”

自尊不稳定的人，更可能充满敌对情绪，而自尊更稳定的人，更可能宽厚仁慈

- Ben-Shahar (2000)

依赖性自尊与自尊不稳定性高度相关，两者成正比；而独立型自尊和稳定型自尊也成正相关

2、Happiness and Flow

- Christino (2002)

3、Narcissism, Generosity, Hostility

- Ben-Shahar (2004)

自恋与高度依赖型自尊相关，独立型自尊更能够做到“己所不欲，勿施于人”。依赖型自尊对自我有一个高标准的同时，无意识地对他人也会产生高标准，从而表现出敌对情绪。

4、Perfectionism

- Ignaczyk and Richey (2003)

有高度独立型自尊的人，完美主义的倾向更低。原因：重视学习和成长

5、Relationship

“分化是当你情绪上和/或身体上与别人变得亲近，尤其是这些人变得对你越来越重要时，能够维持自我感觉的能力。当爱人、朋友和家庭向你施压并要求你同意和遵从时，使你坚持自己的道路。能够将自身很好的分化出来的人，在同意和接受时不会觉得他们‘失去自我’，能够拒绝但又不会觉得被排挤和难受”

“Differentiation is your ability to maintain your sense of self when you are emotionally and/or physically close to others—especially as they become increasingly important to you. Differentiation permits you to maintain your own course when lovers, friends, and family pressure you to agree and conform. Well-differentiated people can agree without feeling like they’re ‘losing themselves,’ and can disagree without feeling alienated and embittered.” — David Schnarch (1997)

五、提高自尊

Enhancing self-esteem

(一) 培养独立和无条件的自尊

Cultivating Independent and Unconditional Self-Esteem

- 1、Induce calm 焦虑与镇静
- 2、Slave to passions
- 3、Finding flow 心流体验
- 4、Coping
- 5、Humble behavior 谦虚的行为
- 6、Taking time 时间不充裕会使我们随波逐流
- 7、Integrity

“那些追逐荣誉的人 荣誉会躲避他们 那些躲避荣誉的人 荣誉会追逐他们”

(二) 阶段模型

Stage Model

- Stage 1
 - 1、Automatic reaction
 - 2、Conformity
 - 3、Dependent self
- Stage 2
 - 1、Deliberate reflAction
 - 2、Self reliance
 - 3、Independent core self

(三) 诚实正直的面对他人和自己

The treatment of integrity

1、Being known versus validated (Schnarch, 1997)

- Express not impress
- Assert yourself

2、Gradually expanding integrity

- From journaling to loved-one to world
- From day to week to life-long

3、Truth sets us free

“你真正的潜力埋藏在你灵魂深处.....在你腹部最底处，在你的知识和紧张触及不到的地方，藏在你的恐惧和焦虑之下。虽然它隐藏起来了，但它还在那里。我知道，因为我以前感受过它的存在，我知道别人也有，因为我见过别人创造过奇迹。我们体内都有一股无可匹敌的潜力，散发着微弱的光芒，当我们找到它时。”

“Your true potential lies way, way down in the depths of your soul... in the pit of your stomach, past your knowledge, beyond your nervousness, and buried under your fears and anxieties. As hidden as it may be, it is still there. I know it' s there because I' ve felt it before, and I know it' s there in others too because I' ve seen others perform miracles. There is a faint glow of unparalleled potential in all of us, and when we find it — it shines.” —— Melissa Christino

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