Human Emotion

Happiness: A Balanced Approach
The Light Sides and the Dark Sides
“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”

- ARISTOTLE
“The very motion of our life is towards happiness.”

- D A L A I L A M A
The Art of Happiness
“What we call happiness in the strictest sense comes from the satisfaction of needs which have been dammed up to a high degree.”

- SIGMUND FREUD
THE SCIENCE OF HAPPINESS

- Why OPTIMISTS live longer
- Is JOY in your genes?
- Does GOD want us to be happy?
- Why we need to LAUGH
PLUS: Dave Chappelle on what's funny

THE HAPPINESS PROJECT
Or, Why I Spent a Year Trying to
Sing in the Morning, Clean My Closets,
Fight Right, Read Astrology,
and Generally Have More Fun

STUMBLING ON HAPPINESS
If you have even the slightest curiosity about
the human condition, you ought to read it. Trust me.
—MOLLY GLASSWELL, AUTHOR OF JUNKY

DANIEL GILBERT

AUTHENTIC HAPPINESS
We're the New Realigned Psychology to
Realize Your Potential for Lasting Fulfillment

MARTIN E. P. SELIGMAN, PH.D.

THE HOW OF HAPPINESS
A New Approach to
Getting the Life You Want

SONJA LYUBOMIRSKY

GET HAPPY TODAY
Evelyn Roberts Brocks

THE ART OF HAPPINESS
A HANDBOOK FOR LIVING

HH DALAI LAMA & HOWARD C. CUTLER

"An intriguing encounter between East
and West" and a loving
"expresses a loving respect for
what you are"
ROADMAP

What is Happiness?

Happiness Myths

Dark Side of Happiness?

Happiness and College Mental Health
HAPPINESS

WHAT IS
Happiness: Parts

Part 1: High Positive Affect
- Experiencing intense & frequent positive emotions
Variety of Positive Emotions

- EXCITEMENT
- CONTENTMENT
- COMPASSION
- LOVE
- PRIDE

Shiota, John, & Keltner, 2006
Happiness: Parts

Part 1: High Positive Affect
- Experiencing intense & frequent positive emotions

Part 2: Low Negative Affect
- Experiencing low-level & infrequent negative emotions

Part 3: Subjective Well-Being
- Cognitive evaluation of one’s current & past circumstances
SHS Scale Creator
Sonja Lyubomirsky
Positive Emotions Broaden & Build

Positive Emotions
- Joy, Love, Contentment, Interest, Happiness

Broaden
- Expands inventory of thoughts and action

Build
- Develops physical, mental and social resources

Fredrickson, 1998
“Pleasure is our first and kindred good. It is the starting point of every choice and every aversion, and to it we always come back, inasmuch as we make feeling the rule by which to judge of every good thing.”

- EPICURUS

**Happiness consists of:**
1. Seeking pleasure
2. Avoiding pain
“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”

- ARISTOTLE

EUDAIMONIA (or Flourishing)
1. The highest human good
2. Living a good life: “virtuous activity”
3. Long-term life satisfaction
4. Involves deep contemplation: “in accordance with reason”
3 Routes to Happiness

1. **Pleasant Life**: attaining and maximizing pleasures in life.

2. **Good Life**: knowing your signature strengths, and using to cultivate friendship, leisure (i.e., increase flow).

3. **Meaningful Life**: using your signature strengths in service of something larger than oneself.
“A life is meaningful when it is understood by the person living it to matter in some larger sense. Lives may be experienced as meaningful when they are felt to have significance beyond the trivial or momentary, to have purpose, or to have a coherence that transcends chaos.”

Dr. Laura King

King et al., 2006, p. 180
What is Happiness?

Happiness Myths

Dark Side of Happiness?

College Mental Health and Happiness
3 Myths About Happiness
Myth #1
We Can Predict What Will Make Us Happy
Affective Forecasting

Prediction of one’s future emotional state

Most of the time, people are wrong about how they will feel in the future. They think things will matter more than they do.

Gilbert et al., 2008; Wilson & Gilbert, 2003; 2005
Affective Forecasting

Predict good things will make us really happy, and for a very long time.

Usually OVERESTIMATE how happy (and unhappy) things will make us.

Gilbert et al., 2008; Wilson & Gilbert, 2003; 2005
The Surprising Science of Happiness

TED talk: Dan Gilbert

http://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy.html
Money Can’t Buy Happiness
Happiness and Income

![Graph showing the relationship between personal income (1995 dollars) and the percentage of people who report being "very happy". The graph illustrates an upward trend, indicating that higher income is associated with higher happiness.](graph.png)
Happy Money
The Science of Smarter Spending
Elizabeth Dunn & Michael Norton
How Money Can Buy Happiness—If You Spend It Right

http://www.amazon.com/Happy-Money-ebook/dp/B008J4L17K
Spending Money on Others Promotes Happiness

Elizabeth W. Dunn,* Lara B. Aknin, Michael I. Norton

Although much research has examined the effect of income on happiness, we suggest that how people spend their money may be at least as important as how much money they earn. Specifically, we hypothesized that spending money on other people may have a more positive impact on happiness than spending money on oneself. Providing converging evidence for this hypothesis, we found that spending more of one’s income on others predicted greater happiness both cross-sectionally (in a nationally representative survey study) and longitudinally (in a field study of windfall spending). Finally, participants who were randomly assigned to spend money on others experienced greater happiness than those assigned to spend money on themselves.

Can money buy happiness? A large body of cross-sectional survey research has demonstrated that income has a reliable, but surprisingly weak, effect on happiness within nations (1–3), particularly once basic needs are met (4). Indeed, although real incomes have surged dramatically in recent decades, happiness levels have remained largely flat within developed countries across time (5). One of the most intriguing explanations for this counterintuitive result is provided by research on the psychology of money (6). People who have more money tend to be happier, in part because they have more freedom to control their lives. At the same time, thinking about money can also produce feelings of anxiety and stress (7), which in turn can lower levels of well-being. Thus, the point at which money begins to have a diminishing effect on happiness may represent a kind of threshold above which additional income can no longer buy happiness. The question we address is whether spending money on others might represent a route to happiness that bypasses this threshold. As we will show, spending money on others appears to have a greater impact on happiness than spending it on oneself. By doing so, we suggest that spending money on others provides an opportunity to experience greater happiness that is independent of one’s income levels.

We summed to create an index of prosocial spending (M = $145.96, SD = 306.06). Entering the personal and prosocial spending indices simultaneously into a regression predicting general happiness revealed that personal spending was unrelated to happiness (standardized regression coefficient $\beta = -0.02$, NS), but higher prosocial spending was associated with significantly greater happiness ($\beta = 0.11$, $P < 0.01$). When we included income in this regression, we found that the effects of income ($\beta = 0.11$, $P < 0.01$) and prosocial spending ($\beta = 0.10$, $P < 0.03$) were independent and similar in magnitude, whereas personal spending remained unrelated to happiness ($\beta = -0.04$, NS). Although the correlational nature of this design precludes causal inferences, this study provides initial evidence that how people spend their money may be as important for their happiness as how much money they earn—and that spending money on others might represent a more effective route to happiness than spending money on oneself (13).

If this interpretation is correct, then people who receive an economic windfall should experience greater happiness after receiving the windfall if the windfall is spent on others than if the money is spent on themselves. We tested this prediction by examining the happiness of participants in a longitudinal field study (14).
We Become Less Happy as We Get Older
People 'get happier as they age'

Most people get happier as they grow older, studies on people aged up to their mid-90s suggest.

Despite worries about ill health, income, changes in social status and bereavements, later life tends to be a golden age, according to psychologists.

They found older adults generally make the best of the time they have left and have learned to avoid situations that make them feel sad or stressed.

The young should do the same, they told the American Psychological Association.

Ageing society

The UK is an ageing nation - in less than 25 years, one in four people in the UK will be over 65 and the number of over-85s will have doubled.

And it is expected there will be 30,000 people aged over 100 by the year 2030.

Older people appear better able to control their emotions.
But Why?
Young adults tend to prioritize future-oriented goals…

These goals place value on long-term rewards over emotional gratification in the moment.

Carstensen et al., 1999
Older adults tend to prioritize present-oriented goals...

These goals place value on current emotional wellness and meaning.

Carstensen et al., 1999
What is Happiness?

Happiness Myths

Dark Side of Happiness

Happiness and College Mental Health
Positive Emotion Disturbance
“Getting angry or sad is easy and anyone can do it; but doing it... in the right amount, at the right time, and in the right way is not easy, nor can everyone do it.”

- ARISTOTLE, Nicomachean Ethics, 11.9, 1109a27
Too much of a good thing?
HAPPINESS

PSYCHOLOGICAL HEALTH
1. AMOUNT

CREATIVITY

RISKINESS
ALCOHOL
DRUG USE
MENTAL ILLNESS
“The case for the dangers of positive emotions is made most straightforwardly by individuals with mania. Their joy is infectious, their optimism and self confidence unbounded...One manic may give away his life’s savings on a whim, while another joyfully drives 100 m.p.h. to a sexual liaison with a potentially dangerous stranger.”

NESSE, 2004
Mania: Diagnostic Criteria

I. Abnormally/Persistently Elevated Mood (may also be irritable)

II. Associated Symptoms
- Inflated self-esteem or grandiosity
- Decreased need for sleep
- Pressured Speech
- Increased physical activity and energy
- Racing thoughts
- Increase in goal-directed activity

III. Causes Impairment
# Emotion & Psychopathology

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>1. Extremes</strong></td>
<td>Greater intensity of emotional displays, greater amplitude of emotional reactivity</td>
</tr>
<tr>
<td><strong>2. Absences</strong></td>
<td>Lower intensity of emotional displays (or absent); decreased amplitude of emotional reactivity (or absent)</td>
</tr>
<tr>
<td><strong>3. Disjunctions</strong></td>
<td>Emotion as a multi-component system (experience, behavior, physiology). Channels ideally cohere together. Disjunction involves mis-match between channel(s) of emotion with other channel(s).</td>
</tr>
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Gruber & Keltner (2007)
**BIPOLAR DISORDER**

Significant Impairment

- Highest suicide rate (up to 29%) of all psychiatric disorders
- 1/2 inpatient mental health care costs
- 6th leading cause of worldwide disability by World Health Organization
“When you’re high it’s tremendous. The ideas and feelings are fast and fleeting like shooting stars...feelings of ease, intensity, power, well-being, financial omnipotence, and euphoria pervade one’s marrow.”

Kay Jamison, Unquiet Mind (p. 67).
“For no reason, I started to feel incredibly good. I didn’t sleep much. I just walked around with this wonderful feeling. One day I was passing a diner and I knew how it felt to be a lion. I went into the diner and said ‘Bring me a steak, a raw steak, don’t cook it.’ I started eating it. The other customers made like they were revolted, watching me. So I began to see that maybe it was a little strange. I went to the Dean and said ‘Get me down off this.’”

ROETHKE (1908-1963), American Poet
<table>
<thead>
<tr>
<th>“Positive-To-All”</th>
<th>“Positive-to-Positive”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increased response during presence and absence of emotional stimuli (e.g., “Tonic-Level”).</td>
<td>Increased response to positive emotional stimuli (e.g., “Affective-Reactivity”).</td>
</tr>
<tr>
<td>Mania heightened reactivity across positive, negative, &amp; neutral stimuli.</td>
<td>Mania heightened reactivity to positive stimuli only.</td>
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Risk for Mania and Positive Emotional Responding: Too Much of a Good Thing?

June Gruber  
University of California, Berkeley

Sheri L. Johnson  
University of Miami

Christopher Oveis and Dacher Keltner  
University of California, Berkeley

Although positive emotion research has begun to flourish, the extremes of positive emotion remain understudied. The present research used a multimethod approach to examine positive emotional disturbance by comparing participants at high and low risk for episodes of mania, which involves elevations in positive emotionality. Ninety participants were recruited into a high or low mania risk group according to responses on the Hypomanic Personality Scale. Participants’ subjective, expressive, and physiological emotional responses were gathered while they watched two positive, two negative, and one neutral film clip. Results suggested that participants at high risk for mania reported elevated positive emotion and irritability and also exhibited elevated cardiac vagal tone across positive, negative, and neutral films. Discussion focuses on the implications these findings have for the diagnosis and prevention of bipolar disorder.
Experimental Procedure

**BASELINE**
- Acclimation
  - Current Symptoms (5 minutes)

**WATCHED FILM CLIPS**
- Sitting in Kitchen (NEUTRAL 90 sec)
- Wins Gold Medal (HAPPY 150 sec)
- College Symbols (PRIDE 140 sec)
- Child’s Father Dies (SAD 170 sec)
- Digging in Toilet (DISGUST 60 sec)

Gruber et al (2008)
Multi-Method Assessment of Emotion

Self-Reported Emotion

Q:


Negative Emotion: Sadness, Fear, Disgust, Anger, Shame, Embarrassment.

Emotional Behavior

(EMFACS; Ekman & Rosenberg, 1997)

Positive Emotion: Happy, Pride, Amusement.

Negative Emotion: Sadness, Fear, Disgust, Anger.

Peripheral Physiology

Heart Rate
Skin Conductance
Cardiac Vagal Tone (RSA)
Finger/ear pulse transit time
Finger/ear pulse amplitude
Systolic & diastolic blood pressure
Pre-ejection period
Stroke volume
Cardiac output
Gross somatic movement
Mania = Excess Positive Emotion & Vagal Tone?

**Graphs:**

**Self-Reported Positive Emotion**
- **X-axis:** Neutral, Happy, Sad
- **Y-axis:** 0 to 3.5
- **Legend:** Mania: White, Control: Yellow

**Vagal Tone Level**
- **X-axis:** Neutral, Happy, Sad
- **Y-axis:** 0 to 180
- **Legend:** Mania: White, Control: Yellow
Mania = No Negative Emotion Extremes

Negative Affect (NA)

Heart Rate
Skin Conductance
Skin Temperature
<table>
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<tr>
<th>CONTEXT</th>
<th>INCREASED POSITIVE EMOTION?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotion-Eliciting Films</td>
<td>✓</td>
</tr>
<tr>
<td>(Gruber, Oveis, Johnson, &amp; Keltner, 2008; Gruber, Harvey, &amp; Purcell, 2012)</td>
<td></td>
</tr>
<tr>
<td>Self-Conscious Tasks</td>
<td>✓</td>
</tr>
<tr>
<td>(e.g., Gruber, Reeves, &amp; Sturm, under review)</td>
<td></td>
</tr>
<tr>
<td>Experience-Sampling</td>
<td>✓</td>
</tr>
<tr>
<td>(Gruber, Kogan, Mennin, &amp; Murray, under review)</td>
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<tr>
<td>Empathic Accuracy Tasks</td>
<td>✓</td>
</tr>
<tr>
<td>(Devlin, Zaki, &amp; Gruber, in prep)</td>
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### But Which Positive Emotions?
#### Discrete Emotions Approach

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<tr>
<th>Emotion</th>
<th>Elicitor</th>
<th>Function(s)</th>
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<tbody>
<tr>
<td>Joy</td>
<td>Reward signal</td>
<td>Reward acquisition behavior</td>
</tr>
<tr>
<td>Pride</td>
<td>Personal Achievement</td>
<td>Advertise elevated status</td>
</tr>
<tr>
<td>Compassion</td>
<td>Vulnerable/ weak (e.g., offspring)</td>
<td>Caregiving Behavior</td>
</tr>
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Characterize differences in function and response profile among positive emotions (Ekman, 2004; Izard, 1977; Shiota, Keltner, & John, 2006)

Adapted from Keltner et al. (2008)
Can Feeling Too Good Be Bad?
Positive Emotion Persistence (PEP) in Bipolar Disorder

June Gruber
Yale University

Abstract
Positive emotions are vital to attaining important goals, nurturing social bonds, and promoting cognitive flexibility. However, one question remains relatively unaddressed: Can positive emotions also be a source of dysfunction and negative outcomes? An ideal point of entry to understand how positive emotion can go awry is bipolar disorder, a psychiatric disorder marked by abnormally elevated positive emotion. In this review I provide an overview of recent experimental evidence from individuals at risk for, and diagnosed with, bipolar disorder. I present a novel account of positive-emotion disturbance, referred to as positive emotion persistence (PEP), and consider potential mechanisms. The central thesis guiding PEP is that persistent activation of positive emotion across contexts and not solely in response to positive or rewarding stimuli is a marker of emotion dysfunction.
Bipolar Control Persists Across Contexts (TIMING)

Increased Degree (AMOUNT)

Difficulty Down-Regulating (WAY)

Positive Emotion Persistence (PEP)

Gruber (2011)
“Not everything that steps out of line, and thus abnormal, must necessarily be inferior.”

-Hans Asperger (1938)
Wrong way to feel good?
A Declaration by the Representatives of the UNITED STATES
OF AMERICA, in General Congress assembled.

When in the course of human events it becomes necessary for people to
dissolve the political bands which have connected them with another, and to
rise among the powers of the earth, the separate and equalsta
which the laws of nature, and of nature's god entitle them, a decent respect
to the opinions of mankind requires that they should declare the causes
which impel them to break the separation.

We hold these truths to be self-evident,
that all men are created equal and independent,
that they are endowed by their Creator with certain
inherent and inalienable rights, among
which are life, liberty, and the pursuit of happiness;
that to secure these rights, govern their just powers from
3. WAY

VALUING HAPPINESS → HIGHER STANDARDS → DISAPPOINTMENT

HAPPINESS

Mauss et al (2011)
“Those only are happy who have their minds fixed on some object other than their own happiness.”

-JOHN STUART MILL
Accept your happiness as it is... wherever that is.
Thank You!

Psychology 3131
Professor June Gruber