

A Coaching Masterclass on

Realizing Resilience



Today

- Chapter 1: Defining Resilience
- Chapter 2: Events
- Chapter 3: Attention for Positive and Negative Events (A)
- Chapter 4: Beliefs about Positive and Negative Events (T)
- Chapter 5: Coping with Positive and Negative Events (A)
- Chapter 6: Motivation Behind Coping Strategies (M)
- Chapter 7: Summary

1



Defining Resilience

Resilience

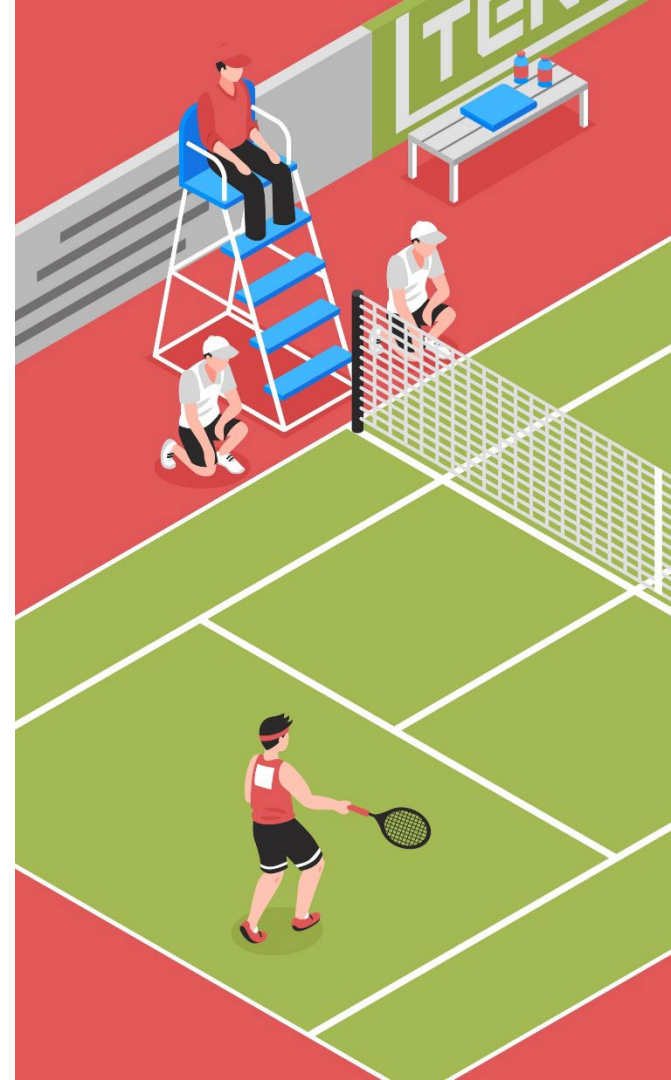
- Latin verb resilire: “to leap back”
- how people react to difficult life events
- why do some people withstand or even thrive on difficult life events?



Resilience

examined across different contexts:

- organizations
- military
- sport performance
- communities



The challenge of resilience

- abstract concept
- many different definitions
- last 30 years: > 12 theories of resilience
- dictionary ≠ scientific definitions

Theoretical agreements

Most theories agree:

- two core concepts: adversity and positive adaptation
- resilience is a dynamic process that changes over time
- the interaction of a wide range of factors influences resilience

Theoretical disagreements

Most theories differ:

- which factors influence resilience: personality?
support? self-esteem? genetics?
- what is the most desirable outcome? Only resilience or
e.g. coping, job satisfaction or productivity?
- what is the target population?

Luthar, Cicchetti, & Becker (2000; p. 543)

”

resilience is “a dynamic process encompassing positive adaptation within the context of significant adversity”

Chapter 1 - Defining Resilience

Sailboat Metaphor



Resilience

trait level

the individual's
general ability to
deal with adversity

state level

the individual's ability to
deal with specific
aversive **situations**

Trait Resilience

- characteristics that enable people to adapt to the circumstances they encounter
- aka “ego-resilience”
- protective factors

State resilience

- resilience is a process rather than a static state
- resilience changes from situation to situation and throughout an individual's lifespan
- resilience can be developed

Resilience and positive events

- effective dealing with positive events can build resilience
- positive emotions that emerge from savoring can help offset the experience of negative emotions



Resilience

Uncontrollable factors

(environment)

- nature of the stressful event
- availability of support
- availability of role models
- genetics

Controllable factors

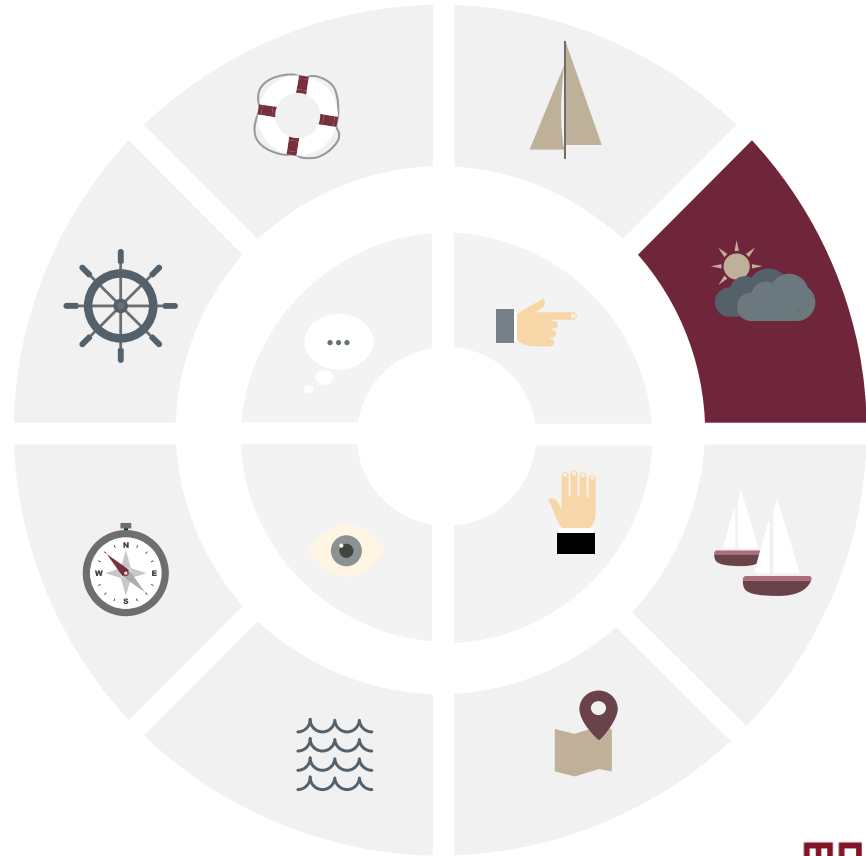
(individual)

- attentional processes
- beliefs
- coping styles
- motivation

This masterclass

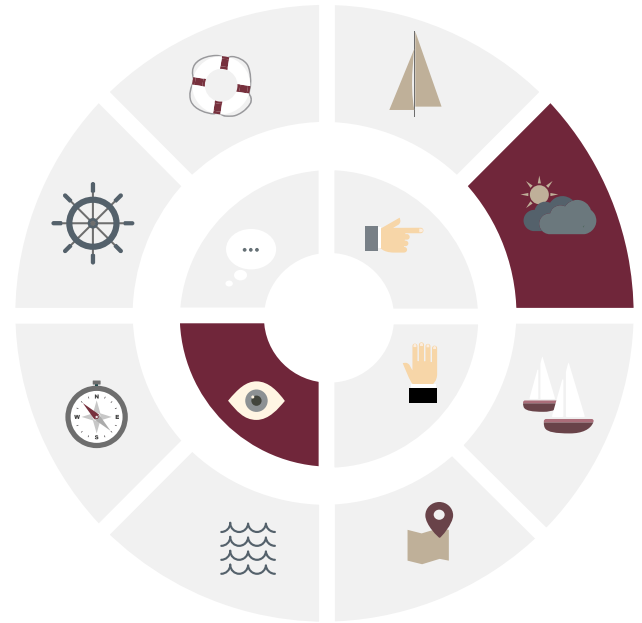
- resilience as a process
- emphasis on controllable individual capacities
- insight in 4 core intra-personal processes
underlying resilience
- practical tools to help people build resilience

Sailboat metaphor



Element 1: Attention

How much **attention** do resilient people pay to positive and negative life events?



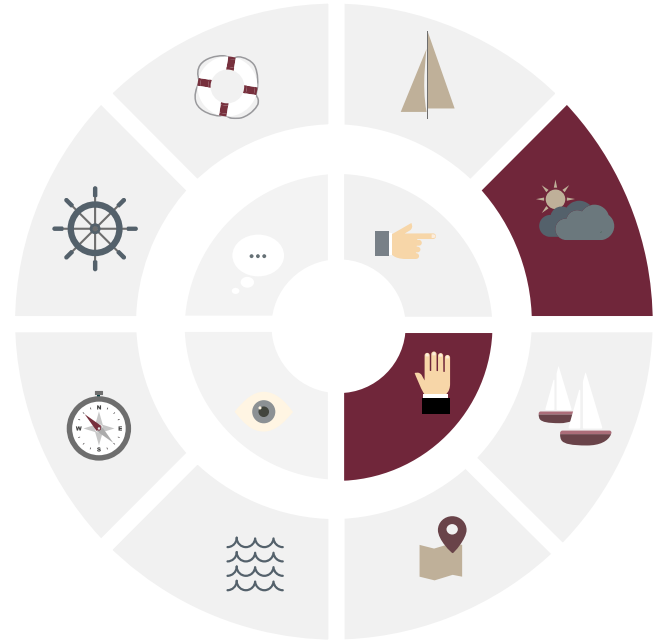
Element 2: Thoughts

How do resilient people **think** about positive and negative life events?



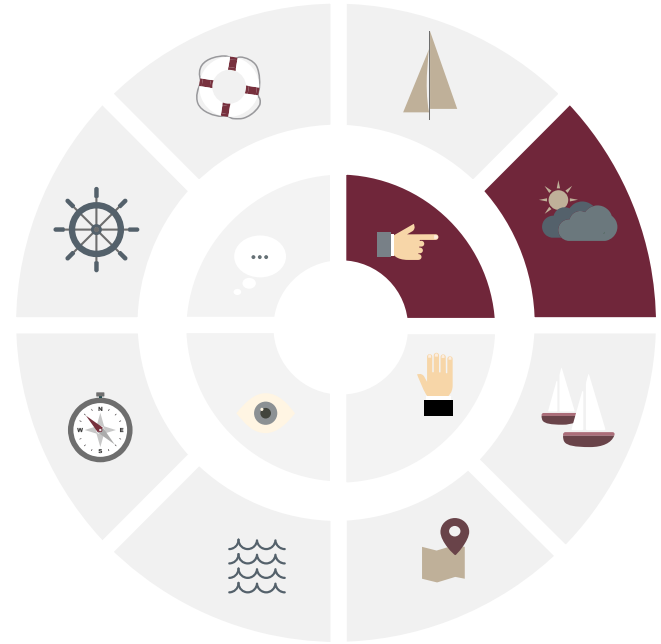
Element 3: Action

How do resilient people **deal** with positive and negative life events?



Element 4: Motivation

What **motivates** resilient people to deal with positive and negative life events?



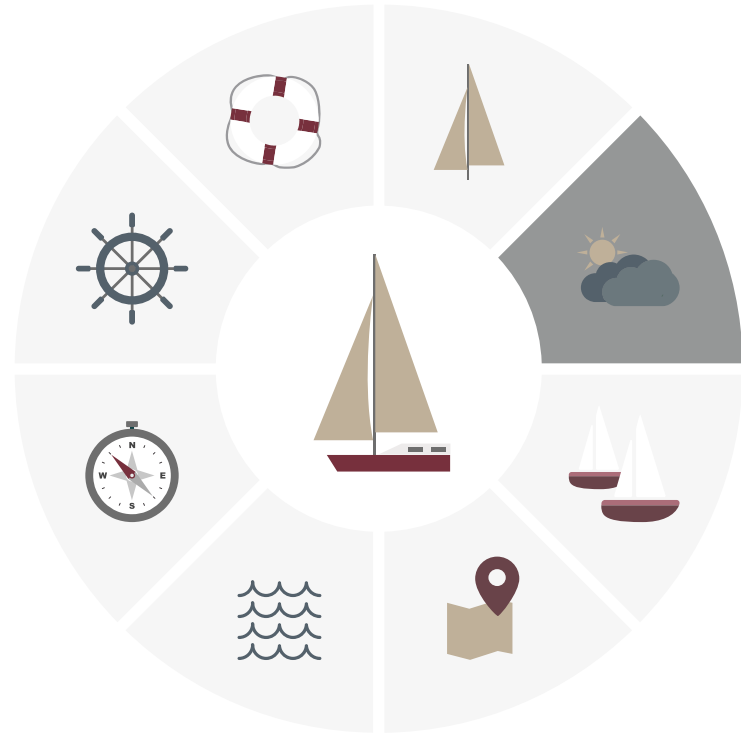
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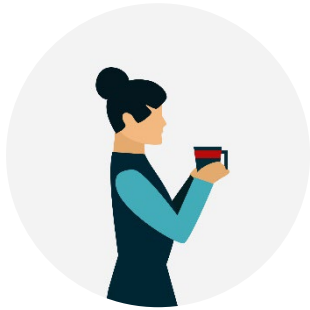
Events
(weather)

Events

- sixth element of sailboat metaphor
- weather



Positive events



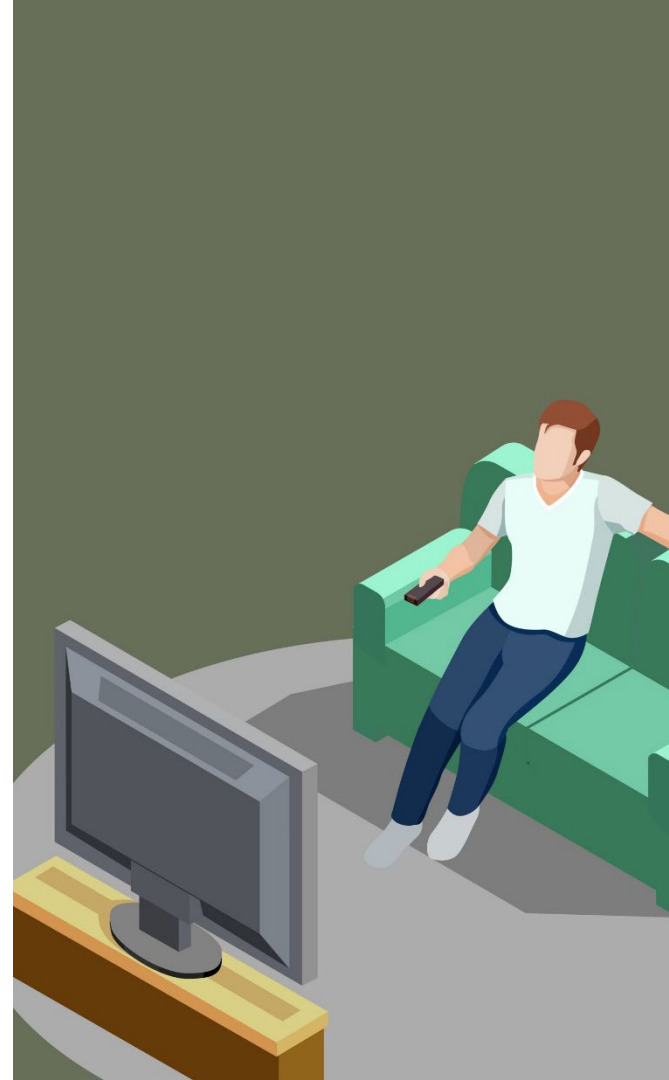
minor



major

Examples

- receiving a kind email
- interesting programme on tv
- falling in love
- getting a new job
- becoming a parent



Gable, Reis & Elliot (2000)

- frequency of positive events outweighs the frequency of negative events
- daily positive and negative experiences ratio = 3:1

Gable & Haidt (2005)

daily positive events:

- negatively associated with depressive symptoms
- positively associated with daily self-esteem and perceived control

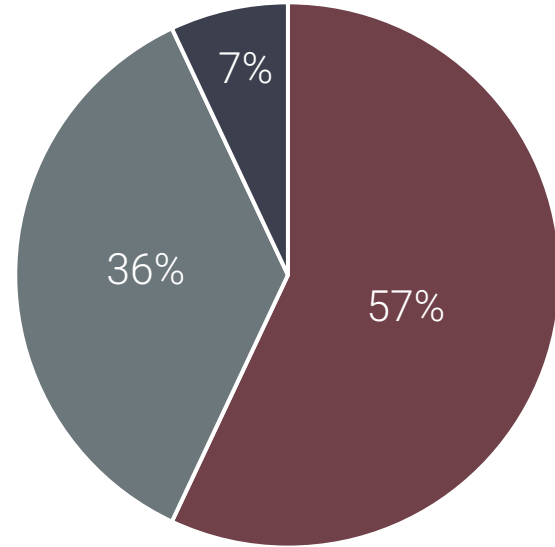
Diener, Sandvik, and Pavot (2009)

participants wrote down the best thing that happened to them each day and coders rated the events (neutral - extremely good):

- only one of the 3,214 events was rated as extremely good
- only thirty-seven or 1.2% were rated as very good
- Most events were rated as slightly or moderately good

Gable et al., 2004

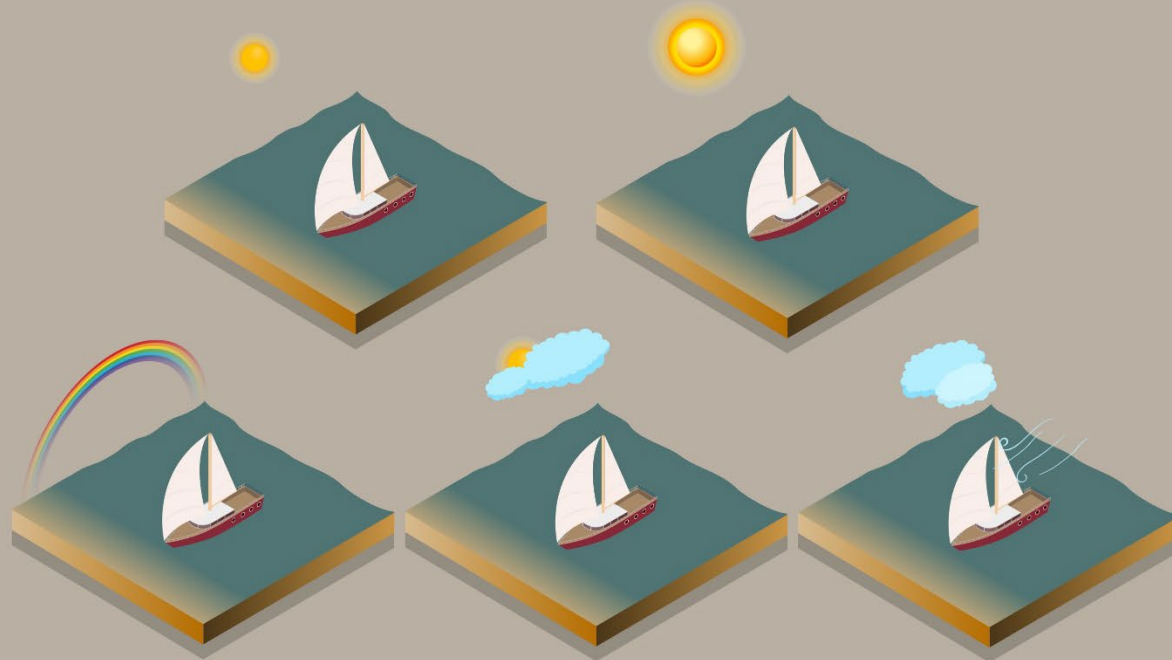
For 10 days participants reported on their most positive event of the day.



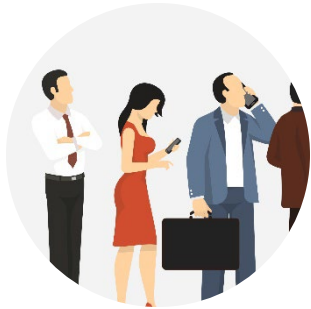
- social relationships
- jobs & schoolwork
- health & body

Chapter 2 – Events (weather)

Sailboat Metaphor



Negative events



minor



major

Examples

- traffic jam
- snide remark
- physical injury
- death of a peer

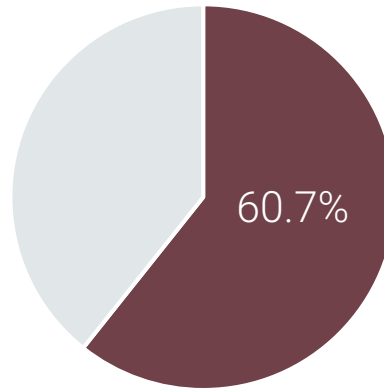


Negative events

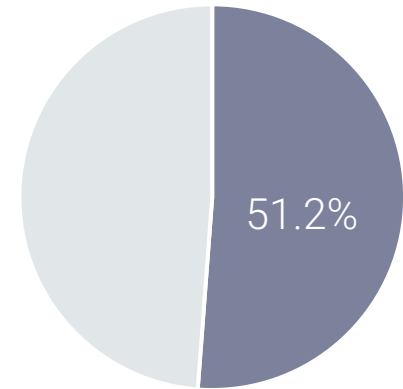
- daily hassles and stressors account for up to 20% of the variance in daily mood changes
- higher number of stressful life events predicts incrementally greater psychological problems

Trauma

60.7% of **men** and 51.2% of **women** experience at least one traumatic event during their lifetime



men



women

Trauma

- experiencing more than one traumatic event is common
- experiencing 4 or more lifetime traumas: risk for significantly worse outcomes

Chapter 2 – Events (weather)

Sailboat Metaphor



The influence of life events

3 key factors:

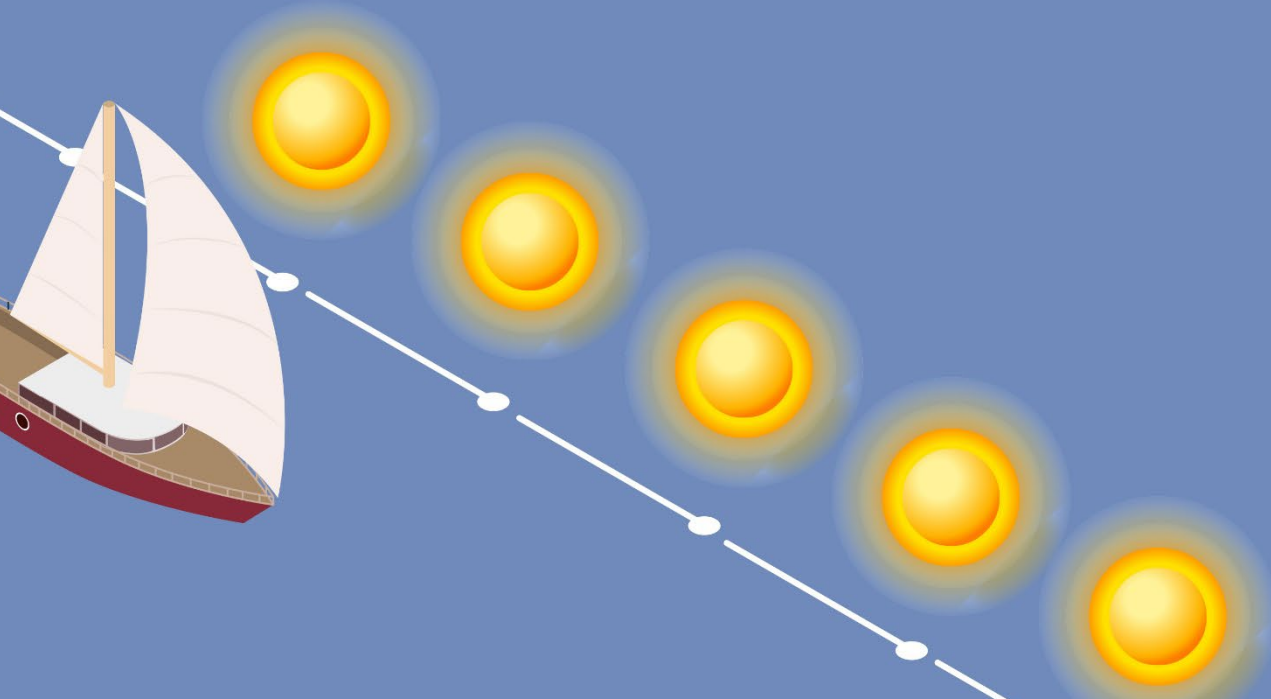
- A) duration
- B) intensity
- C) controllability

A) Duration

- acute versus chronic
- chronic negative events greater impact on well-being than separate instances
- no research on positive events

Chapter 2 – Events (weather)

Sailboat Metaphor



B) Intensity

major negative events:

- rated as more stressful than daily hassles
- often precede depression and anxiety
- more difficult to adjust to than major positive events

B) Intensity

major positive events:

- lottery winners no happier compared to controls 1 month to 18 months later
- two years after marrying people revert back to initial happiness levels



Chapter 2 – Events (weather)

Sailboat Metaphor



C) Controllability

- aversive events are perceived as less stressful when they are perceived as controllable
- an accumulation of recent life events experienced as both undesirable and uncontrollable predisposes people to subsequent illness
- lack of control is an important factor in the development of psychiatric disorders such as depression and schizophrenia

Chapter 2 – Events (weather)

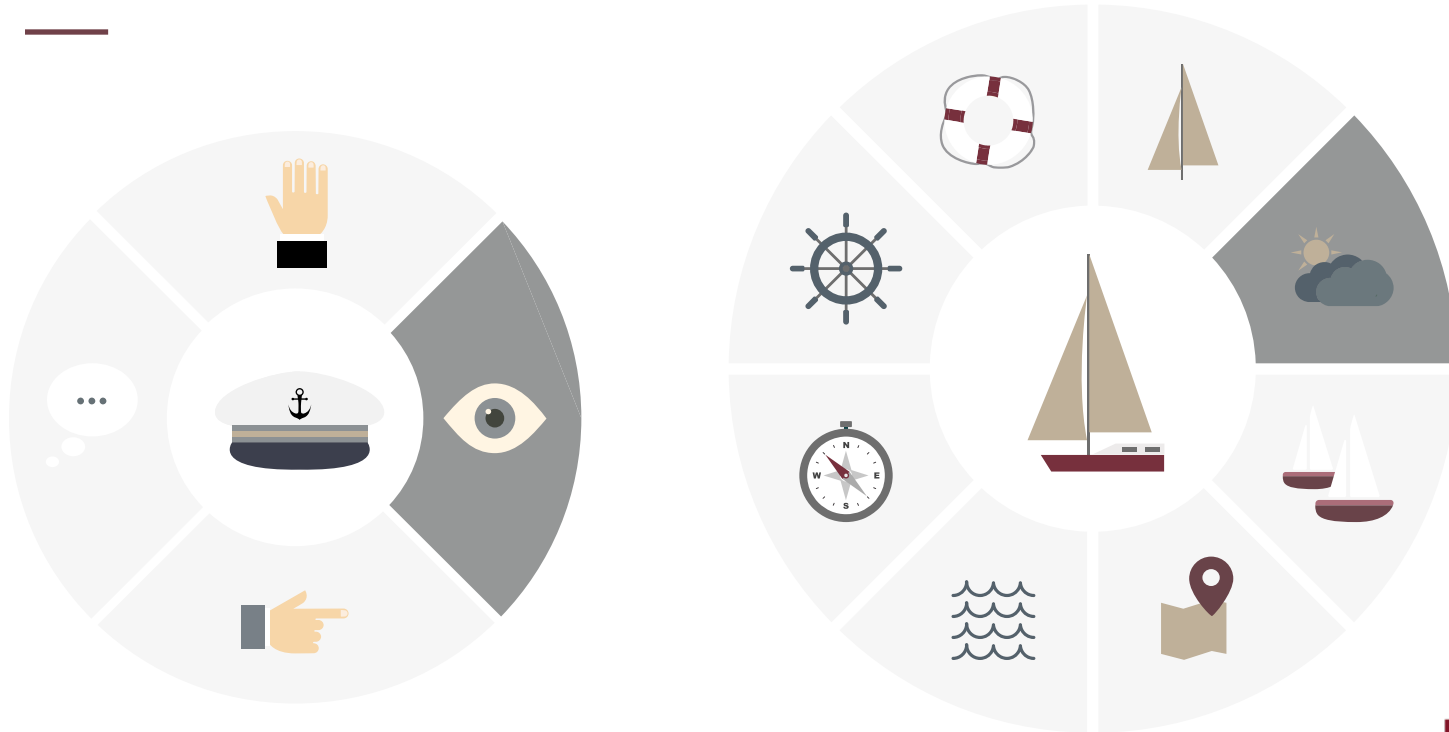
Sailboat Metaphor



3

Attention for Positive and Negative Events
(weather– attention)

The captain: Attention



Core question

?

“How much attention does the individual pay to positive and negative events?”

The importance of attention

- depression and anxiety: attention bias towards negative events relative to positive or neutral events
- excessive focus on negative information in eating disorders and post-traumatic stress disorder

Negativity bias

people tend to be biased towards negative information across many domains:

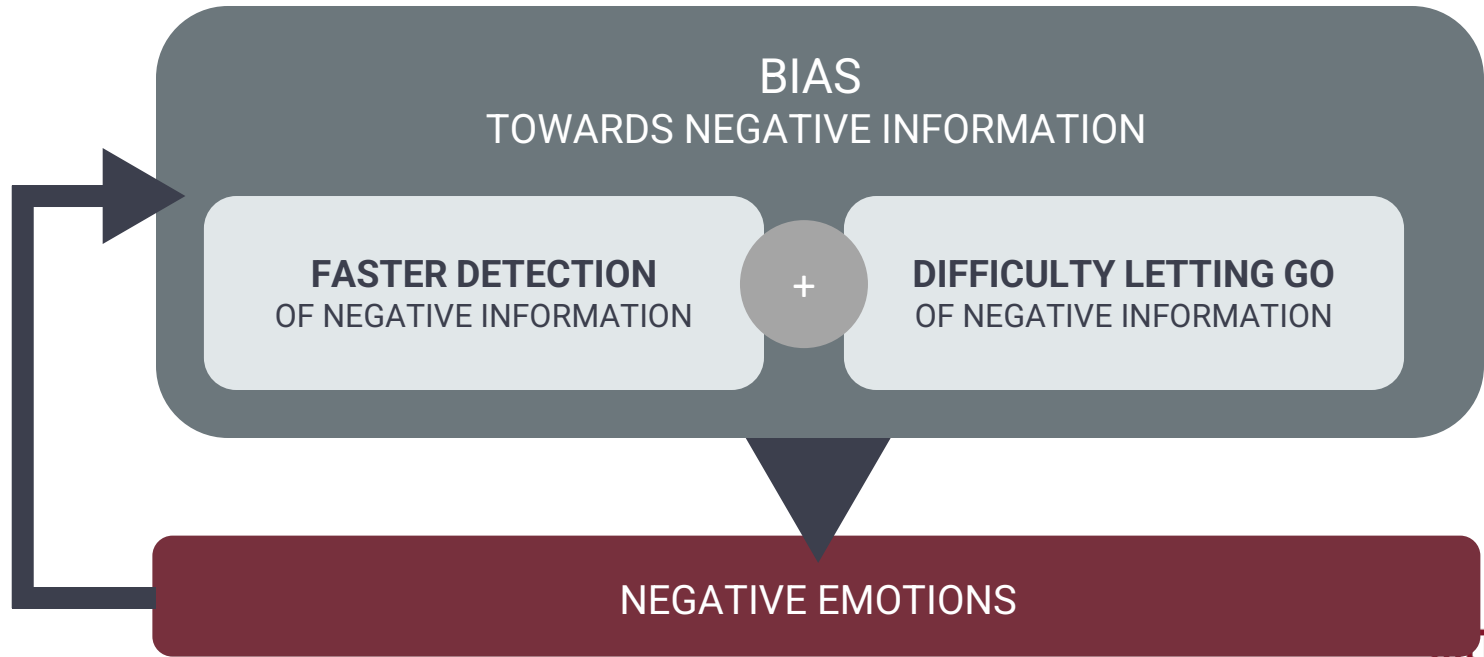
- negative events are remembered better
- negative emotions are noticed faster in a matrix of other emotional faces
- bad information about a person has a greater impact on impression



Practical note

The negativity bias can cause practitioners to focus predominantly on the **client's problems** and overlook signs or symptoms that are incompatible or in contrast with these problems. It is important for practitioners to be aware of this tendency and to also **focus** deliberately on the client's **strengths**.

Negativity bias





Practical note

Given that **over-attending** to negative events can trigger a **perpetual cycle** of negative feelings and heightened attention to negativity, it is important for clients to disrupt this cycle. After clients **become increasingly aware** of the link between attention to life events and feelings, practitioners may help clients attenuate the destructive effects of an overly negative focus by deliberately shifting their **focus to positive events** as well.

Chapter 3 – Attention for Positive and Negative Events (weather– attention)

Sailboat Metaphor



Negativity bias



What could be the adaptive function of a negativity bias?

Negativity bias

evolutionary function:

The consequences of ignoring positive information are typically less severe compared to the consequences of ignoring negative (threatening) information.



Positivity bias

a negativity bias can also be evolutionary maladaptive:

- in environments where there is no danger
- when the benefits of attending to positive information outweigh the threats that can be prevented by attending negative information

Segerstrom (2001)

- Do optimistic people have an unconscious attentional bias for positively valenced stimuli?
- $n = 48$
- trait measure of optimism
- emotional stroop task

Seegerstrom (2001)

- “name the color of the ink as fast as possible”
- when a word has high emotional significance, it becomes more difficult to suppress the word’s meaning and name the ink color:
response latency/interference
- e.g. spider phobia – spider related words

HATEFUL

PAINFUL

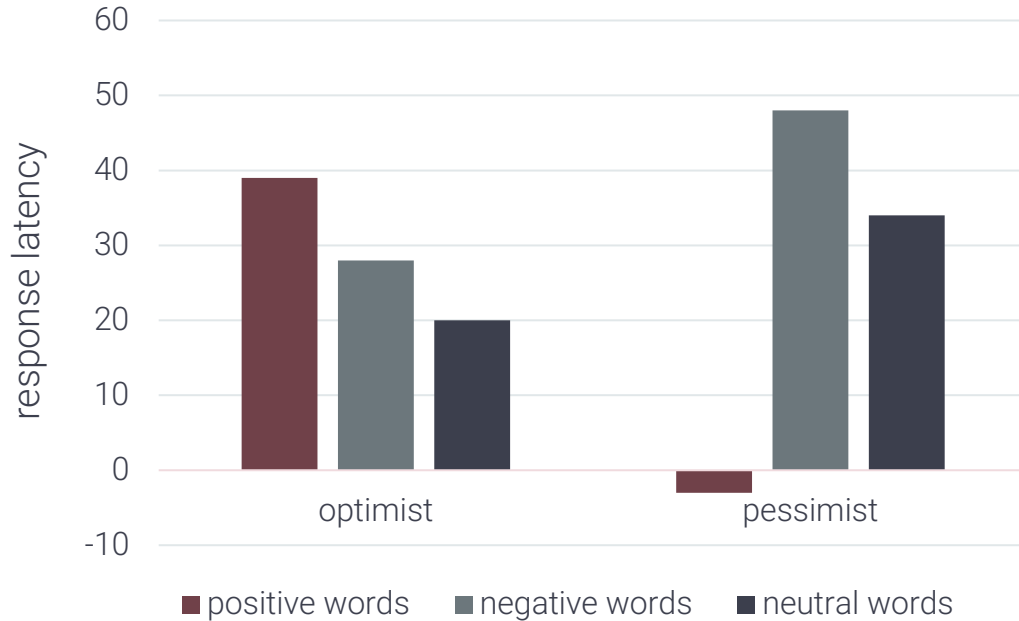
MEMORIZE

ENJOY

SMILE

NOTES

Segerstrom (2001)



Implications

- optimistic people have an unconscious attentional bias for positively valenced stimuli
- preoccupied only with the negative aspects of events; overlooking positive or encouraging aspects
- heightened attention for negative aspects of life may cause intentional attempts to avoid further processing

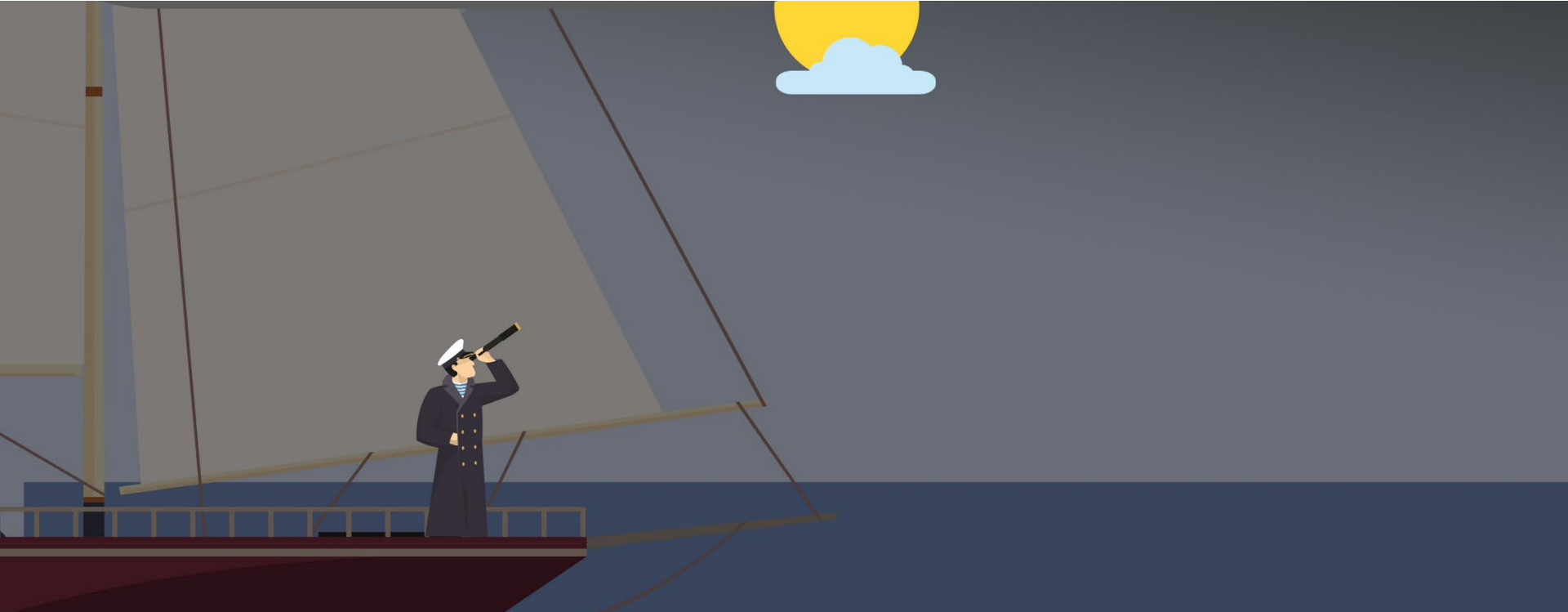
Positivity bias

a negativity bias can be reduced/eliminated:

- making positive constructs accessible
- increasing mindfulness
- by increasing optimism

Chapter 3 – Attention for Positive and Negative Events (weather– attention)

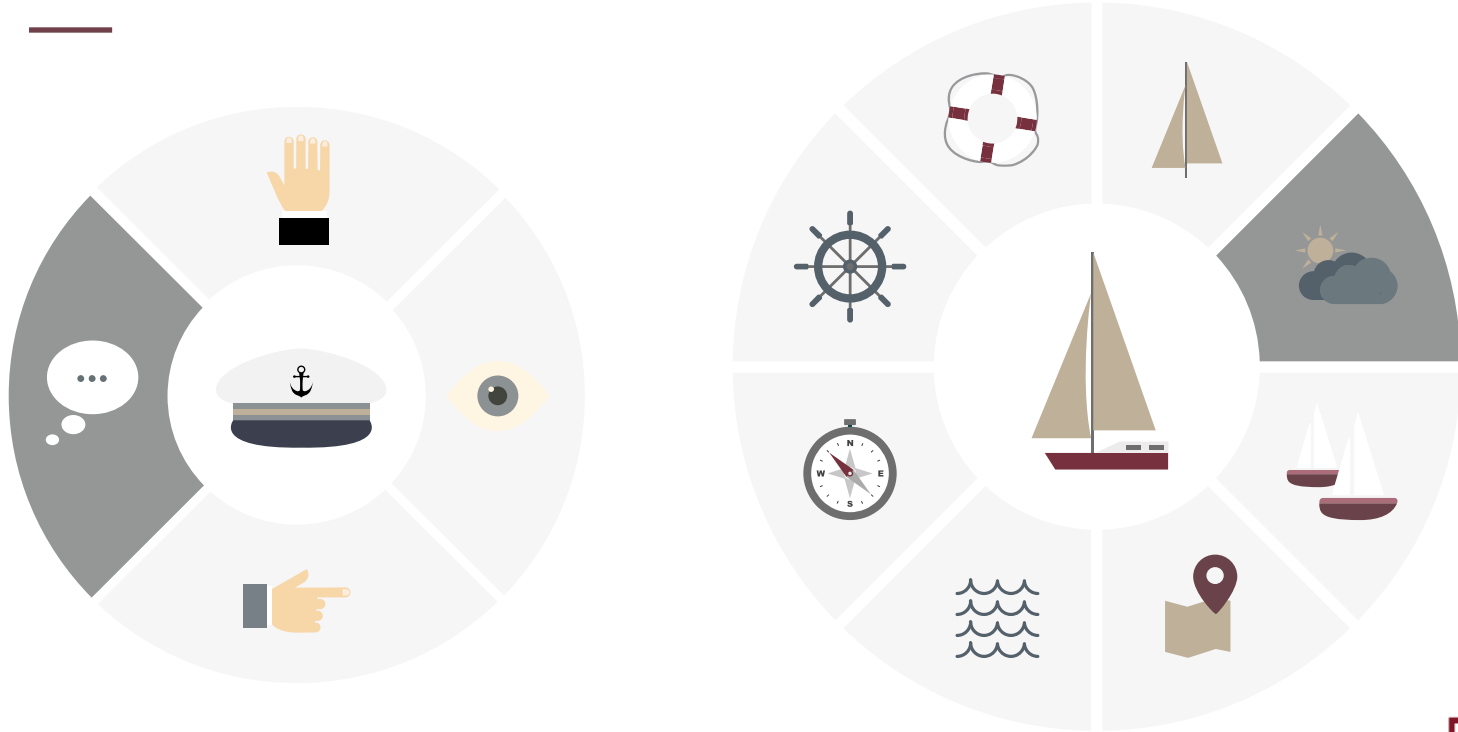
Sailboat Metaphor



4

Beliefs about Positive and Negative Events
(weather– thoughts)

The captain: Thoughts



Core question

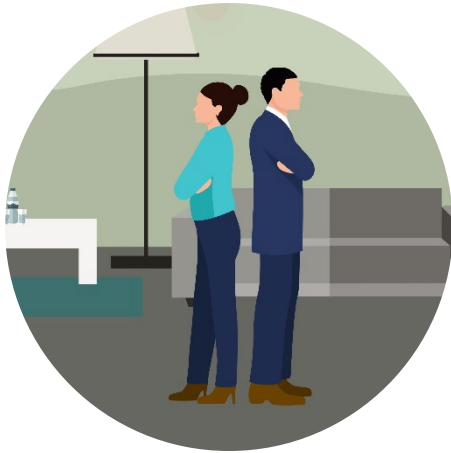
?

“How does the individual interpret positive and negative events?”

Appraisal theory

- interpretations (appraisals) of events, rather than events themselves, cause emotions
- individual differences in emotional responses to the same event are caused by different appraisals
- all events to which the same appraisal pattern is assigned will evoke the same emotion

Appraisal theory



end of a romantic relationship



Appraisal styles that foster resilience

- challenge appraisal
- benefit-finding
- optimistic explanatory style

Challenge appraisal

threat appraisal

“The danger of the event is greater than my ability to deal with it.”

challenge appraisal

“I can deal with the event and may learn from it.”

Tugade & Fredrickson – Study 2 (2004)

1. cardiovascular reactions measured throughout the experiment
2. trait level of resilience measure
3. stress induction (prepare a speech)
4. manipulation of cognitive appraisal
5. outcome measure: cardio-vascular recovery

Tugade & Fredrickson – Study 2 (2004)

Challenge instructions:

“Even though this is a difficult task to complete, try to think of the task as a challenge to be met and overcome. Do your best to get psyched-up for this task. We want you to really try hard to do your best at it. Remember to think of the task as a challenge to be met and overcome and to think of yourself as someone capable of meeting that challenge.”

Tugade & Fredrickson – Study 2 (2004)

Threat instructions:

“This task is often considered a difficult task to complete, so remember to concentrate on your performance. It is very important that you perform this task as efficiently as possible. The content of your speech, its grammatical correctness, and your delivery style will be evaluated. Remember that your speech will be videotaped and that your performance will be viewed by Michigan professors for evaluation. Researchers will use these evaluations to predict your academic and social success at Michigan.”

Tugade & Fredrickson – Study 2 (2004)

Results:

of the participants with **low resilience**, those who were exposed to the **challenge appraisal** experienced **faster cardio-vascular recovery** from the arousal caused by the task compared to those who appraised the task as a threat.

Chapter 4 – Beliefs about Positive and Negative Events (weather - thoughts)

Sailboat metaphor



Chapter 4 – Beliefs about Positive and Negative Events (weather - thoughts)

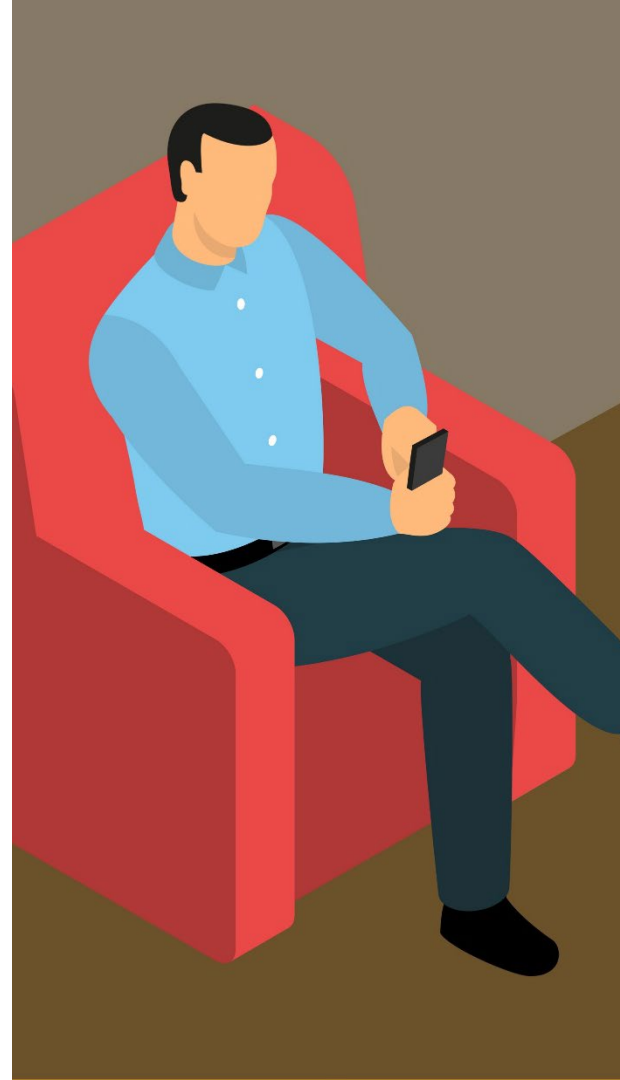
Appraisal theory



Example

Situation: Your best friend hasn't returned your phone calls.

Appraisal: He must be mad. He is doing something fun without me.



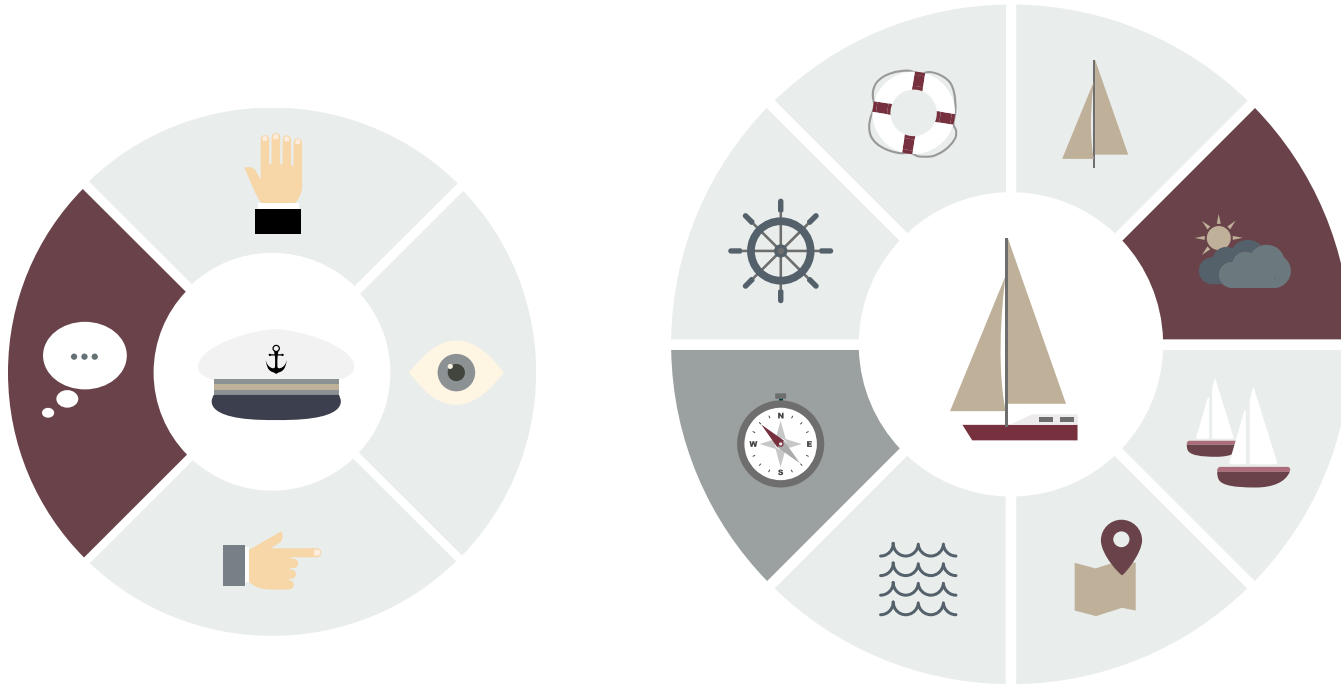
Example

Situation: Your best friend hasn't returned your phone calls.

Appraisal: He is probably just busy with something else.



Sailboat metaphor



Appraisal theory



Can you think of a personal example of a situation (positive or negative) in which you noticed that a different evaluation of the very same situation resulted in different emotions?

Nezlek et al. (2008)

- 2 weeks
- experience sampling
- “At this moment, I feel: joy, love, anger, guilt, fear, sadness”
- “At this moment (a) I experience a success, (b) I experience a positive encounter, (c) I blame someone else, (d) I blame myself, (e) I feel threatened, and (f) I experience a loss”

Nezlek et al. (2008)

Table 2
Relationships between Emotions and Core Relational Themes

Emotion	Core relational themes					
	Other-blame	Self-blame	Threat	Loss	Success	Positive-encounter
Anger	.32***	.12***	-.02	.07*	-.06***	-.06***
Guilt	.00	.19***	.09*	.08***	-.01*	.00
Fear	.08***	.10***	.35***	.04	-.03	-.03**
Sadness	.08***	.09**	.13*	.32***	-.03**	-.02*
Joy	-.23***	-.14***	-.19***	-.08*	.27***	.24***
Love	-.10***	-.06***	-.07*	-.00	.10***	.46***

Benefit finding

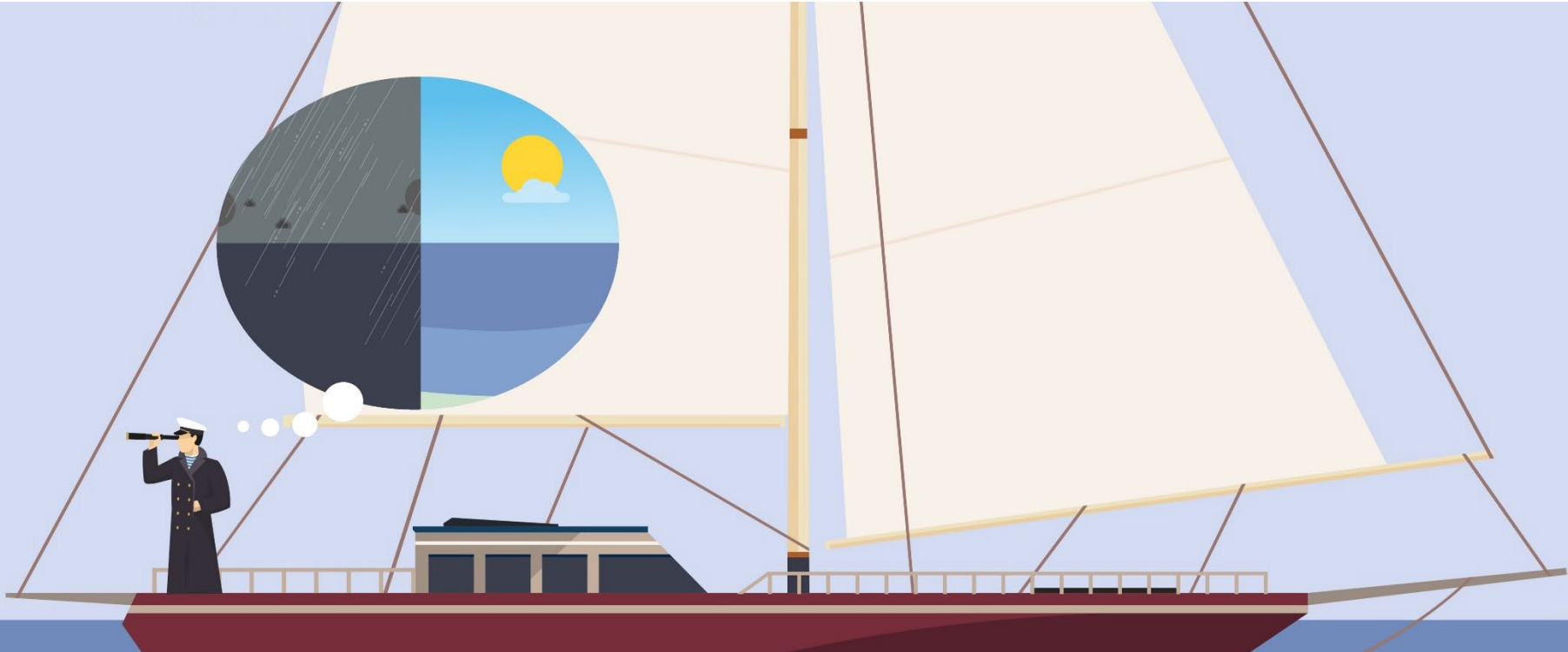
- the positive effects that result from a negative event
- re-appraising stressful events
- deriving positive growth from adversity

Examples of benefit finding

- I learned valuable lessons about the importance of taking care of my body
- I learned a lot about myself
- I never thought I would make it, but here I am
- more than ever, I appreciate the people I love
- I now know how precious life is

Chapter 4 – Beliefs about Positive and Negative Events (weather - thoughts)

Sailboat metaphor

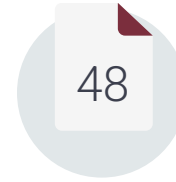


Practical note



- asking clients to focus on positive aspects of negative events works better when the event happened in the distant past
- respect your client if he/she cannot make a positive shift in perspective
- benefit finding does not always work. Cancer: initial benefit finding predicted elevated distress months later

Benefit finding



1. Recall a negative/painful event or loss that you have experienced in your life.
2. Focus on the positive aspects of the experience. Talk about how you have changed or grown as a person as a result of the experience. Focus on the positive aspects and how the experience has benefited you as a person—how has the experience made you better able to meet the challenges of the future?

Optimism

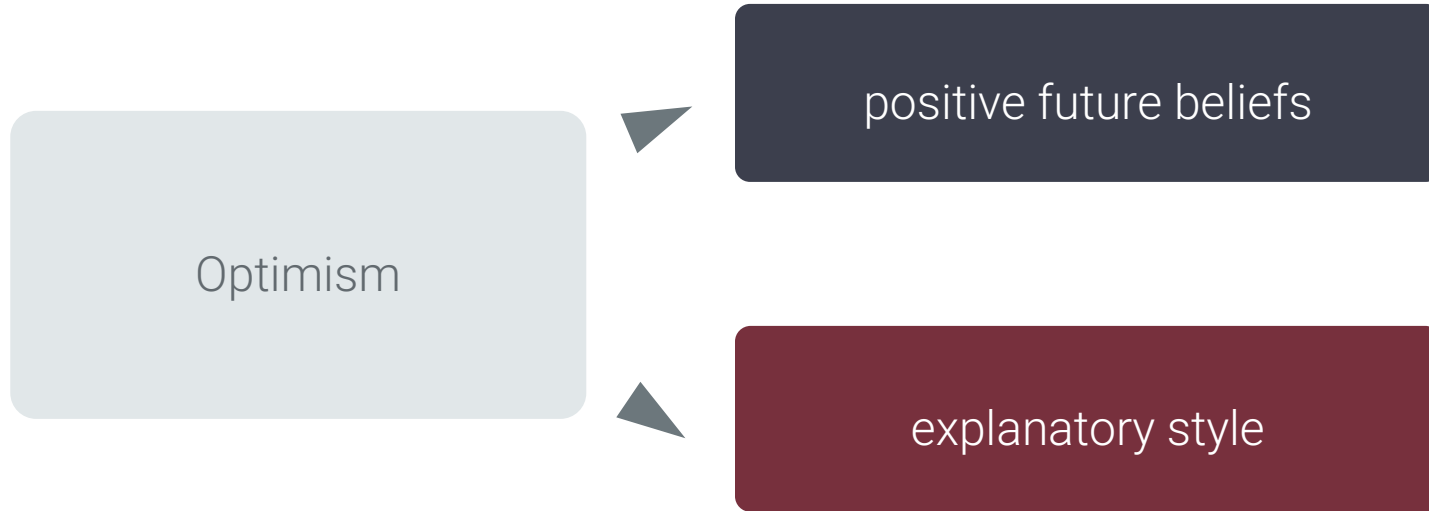
Optimism can be defined as a general and global positive expectancy of the future
(Scheier & Carver, 1982)

Optimism

Higher levels of optimism are correlated with:

- positive mood
- greater resilience in the face of stressful or negative events
- self-mastery
- active coping
- recovery from illnesses, injuries, various types of surgery, and major life events

Optimism



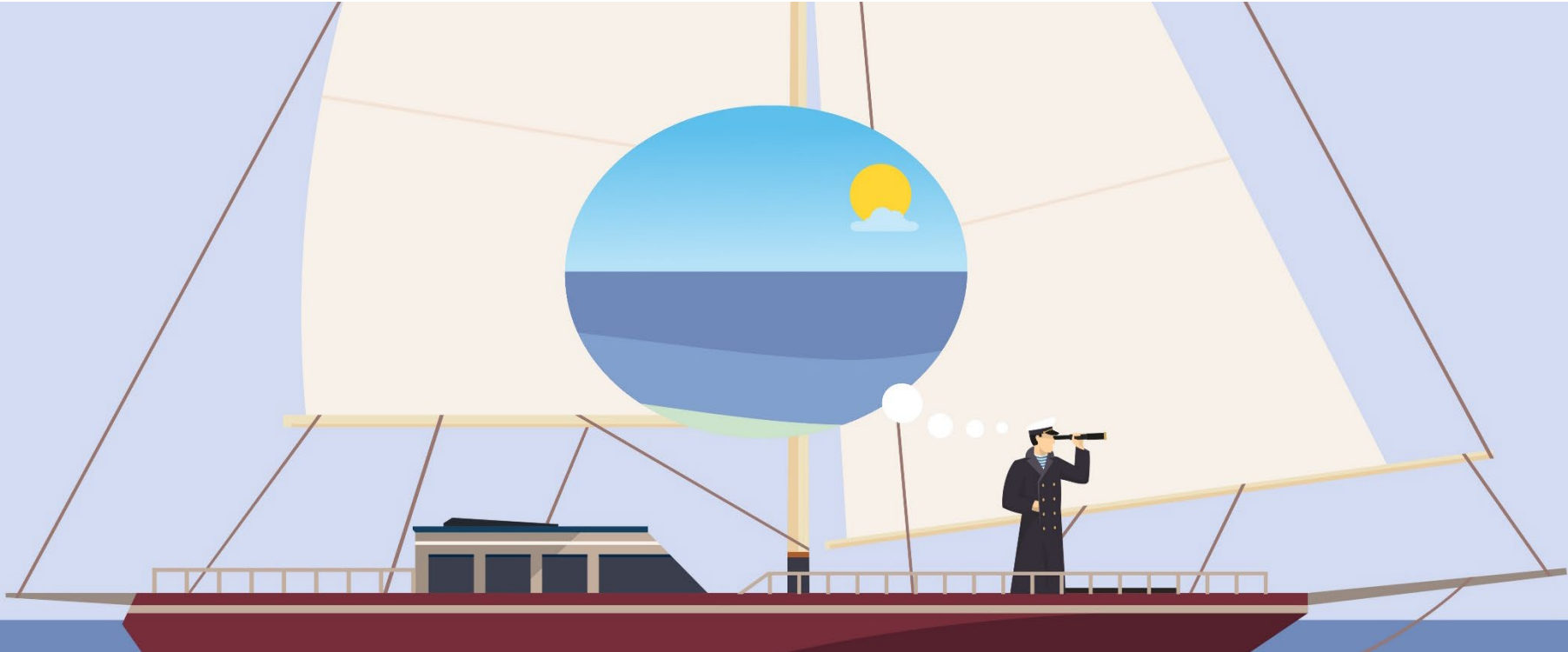
Positive future beliefs

- optimists are people who expect good things to happen to them; pessimists are people who expect bad things to happen to them.
- learned optimism works not through an unjustifiable positivity about the world but through the power of 'non-negative' thinking."
- self fulfilling prophecy



Chapter 4 – Beliefs about Positive and Negative Events (weather - thoughts)

Sailboat metaphor



Best possible self

- 2 week daily BPS: increases in optimism
- increases in positive mood and psychological well-being, as well as fewer visits to the health clinic for illnesses
- increases positive affect and decreases negative affect both immediately after the intervention and several months later

Best possible self

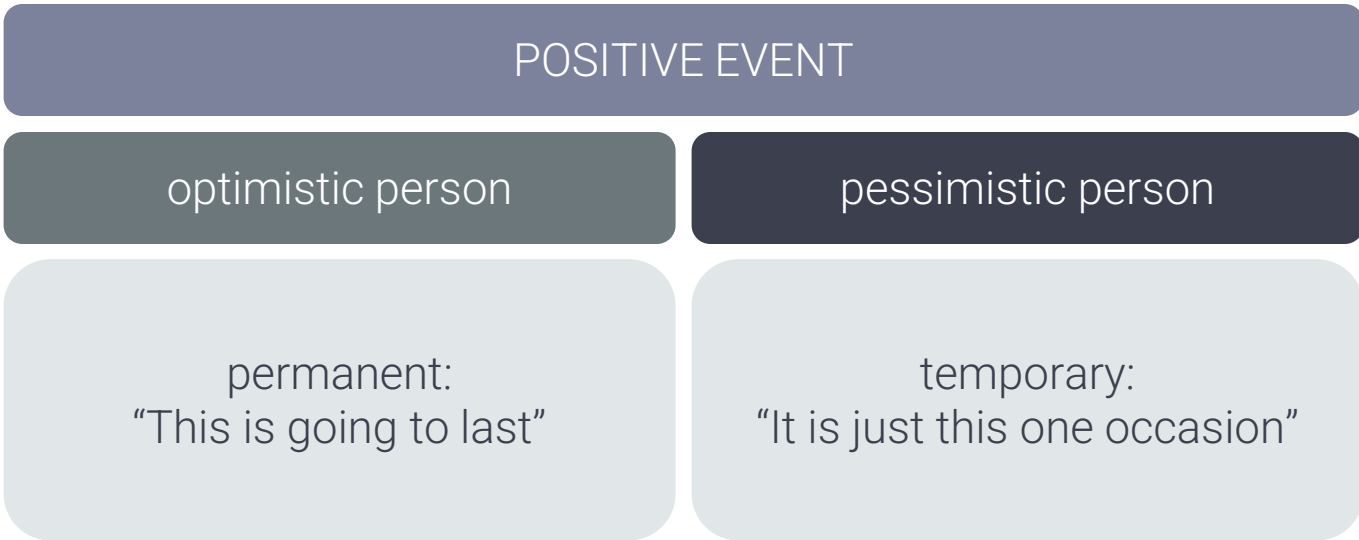


- Take a moment to imagine your life 10 years from now. In this image, you have made the most out of your life (so far), and have lived it in a way that you are proud of.
- In pairs, share what this life looks like
- Notice what it feels like to talk about this
- In pairs, spend your time talking about what this life would look like.
- Notice what it feels like to talk about this.

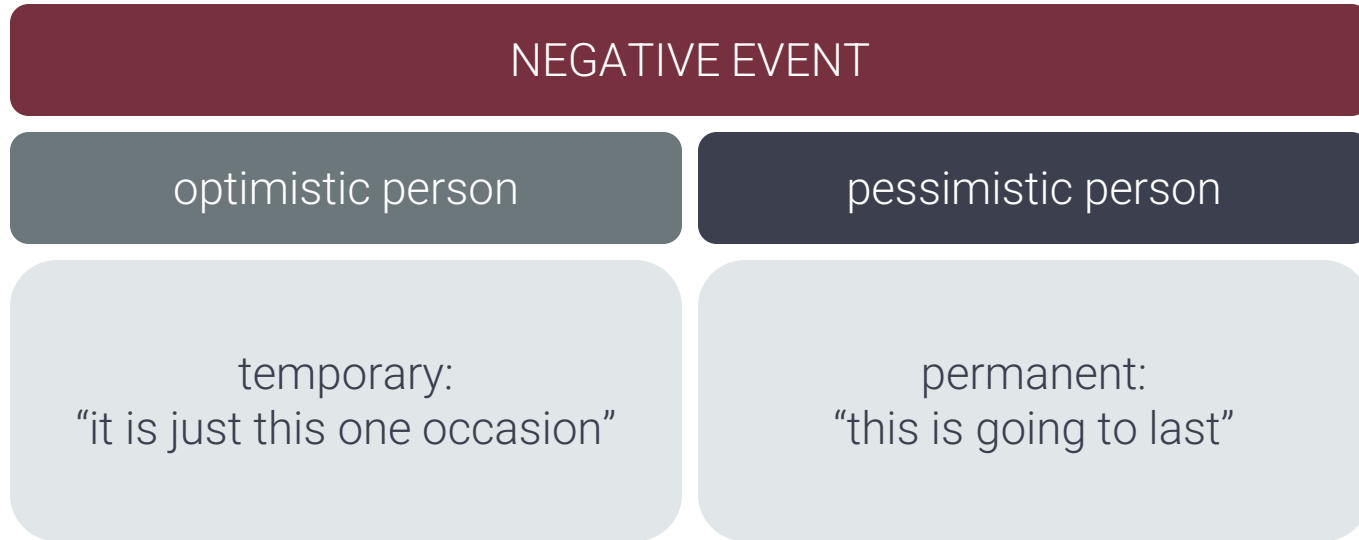
Explanatory style

- the way that people habitually explain the causes of good and bad events
- pessimist and optimists differ significantly in their explanatory style
- pessimist style more prone to learned helplessness

Explanatory style: Permanence



Explanatory style: Permanence



Chapter 4 – Beliefs about Positive and Negative Events (weather - thoughts)

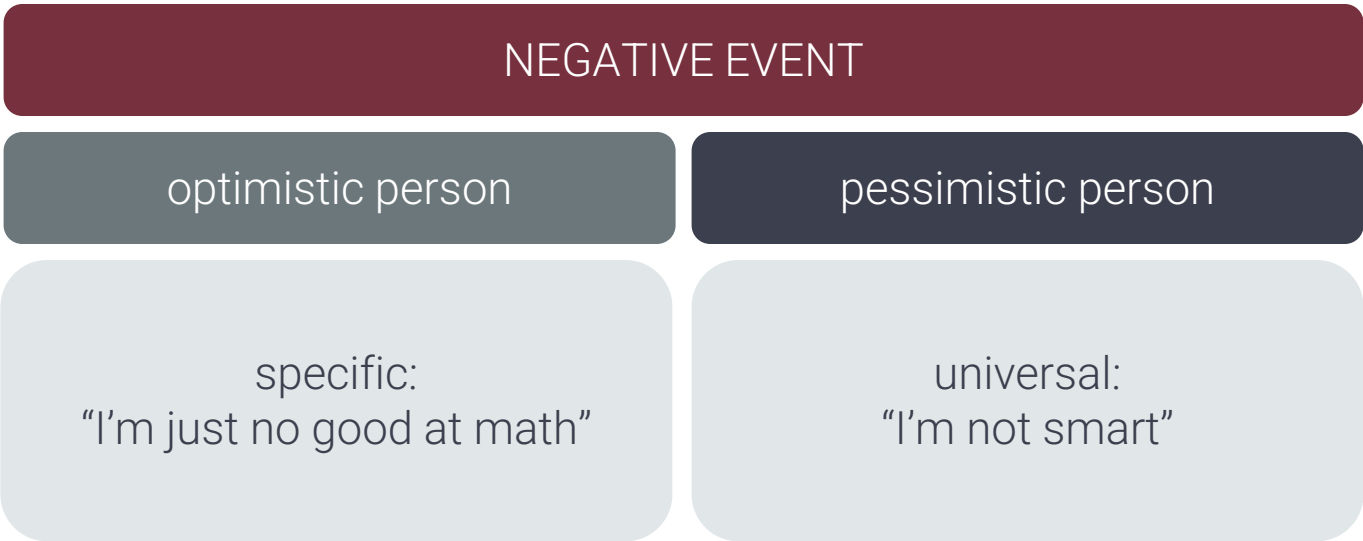
Sailboat Metaphor



Explanatory style: Pervasiveness



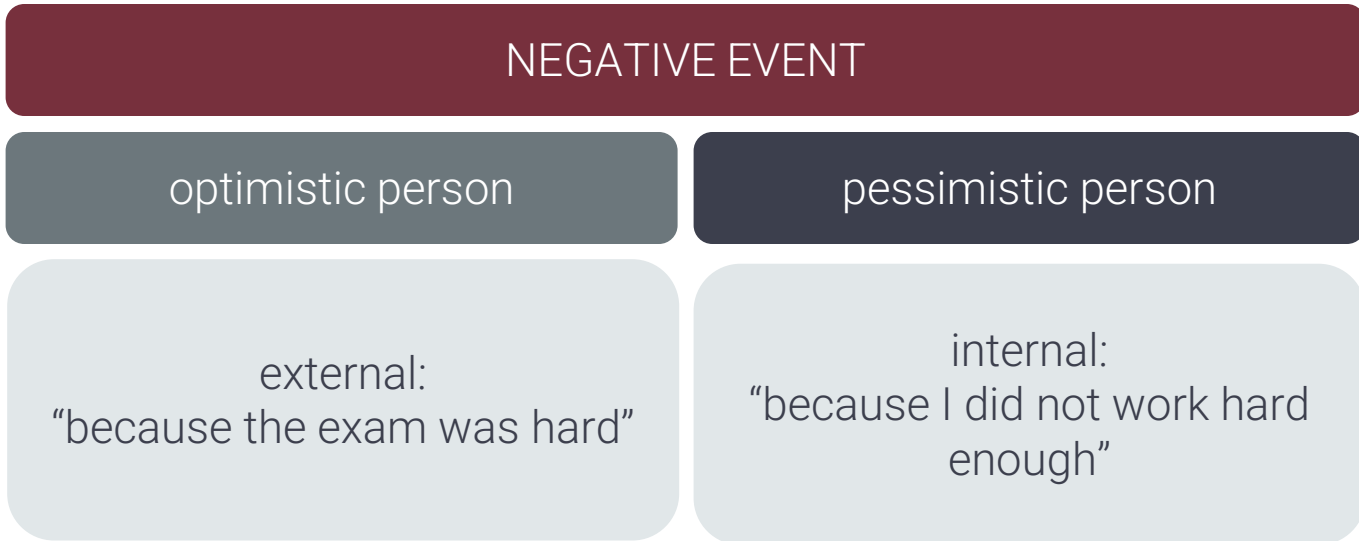
Explanatory style: Pervasiveness



Explanatory style: Personalization



Explanatory style: Personalization



Reducing unhelpful beliefs



How can we reduce the negative effects of unhelpful appraisal and pessimistic explanatory styles?

Reducing unhelpful beliefs

- increasing awareness
- psycho-education
- mindful observation vs identification
- cognitive therapy

Optimism and resilience

- optimism is a stronger predictor of resilience compared to a traumatic event in US military veterans
- optimistic explanatory predicts greater performance following negative performance feedback
- optimism of breast cancer patients predicts both initial distress and resilience to distress during the year following surgery



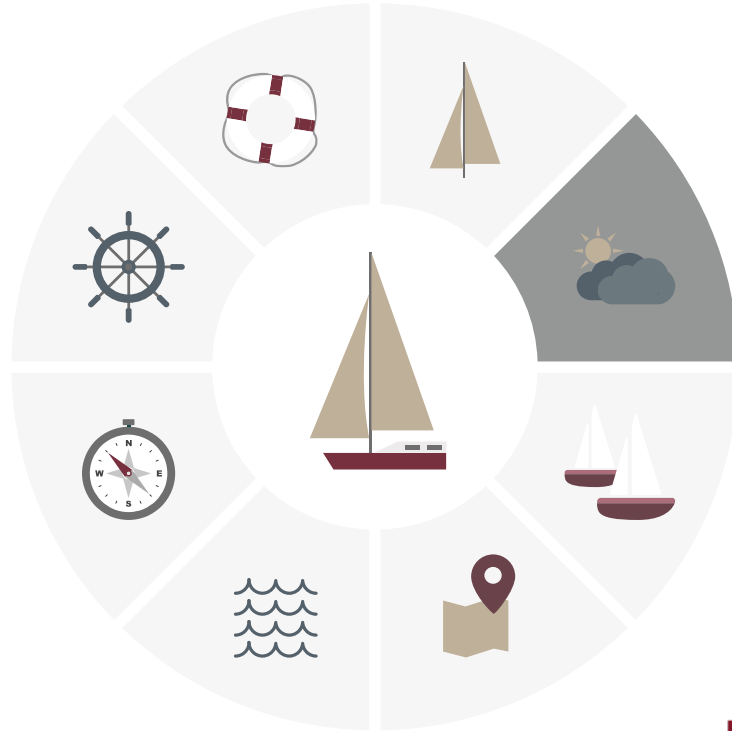
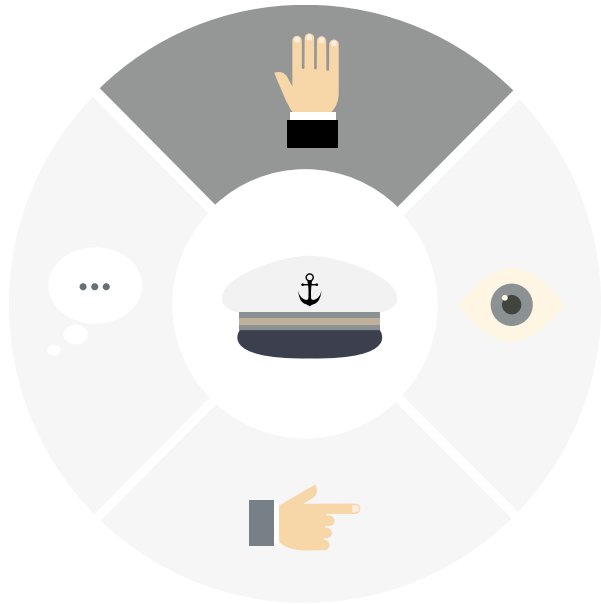
Practical note

Help clients to develop **realistic levels** of optimism. Extreme levels of optimism can lead clients to **lose touch** with the potential **pitfalls and dangers** of their choices. Moreover, adopting an overly optimistic appraisal style, where the cause of the event is unjustifiably attributed to an external cause, may prevent the client from **taking the necessary responsibility** for the event.

5

Coping with Positive and Negative Events
(weather– action)

The captain: Action



Core question

?

“How does the individual cope with positive and negative events?”



Coping and resilience

- people with low resilience have a difficult time coping with negative events
- people who demonstrate resilience are likely to use effective coping strategies to deal with negative events
- coping is just one factor that contributes to resilience

Coping strategies

- over 400 different ways of coping
- many categorizations (e.g. problem-focused vs emotion-focused coping, approach v avoidance)
- adaptive and non-adaptive coping strategies

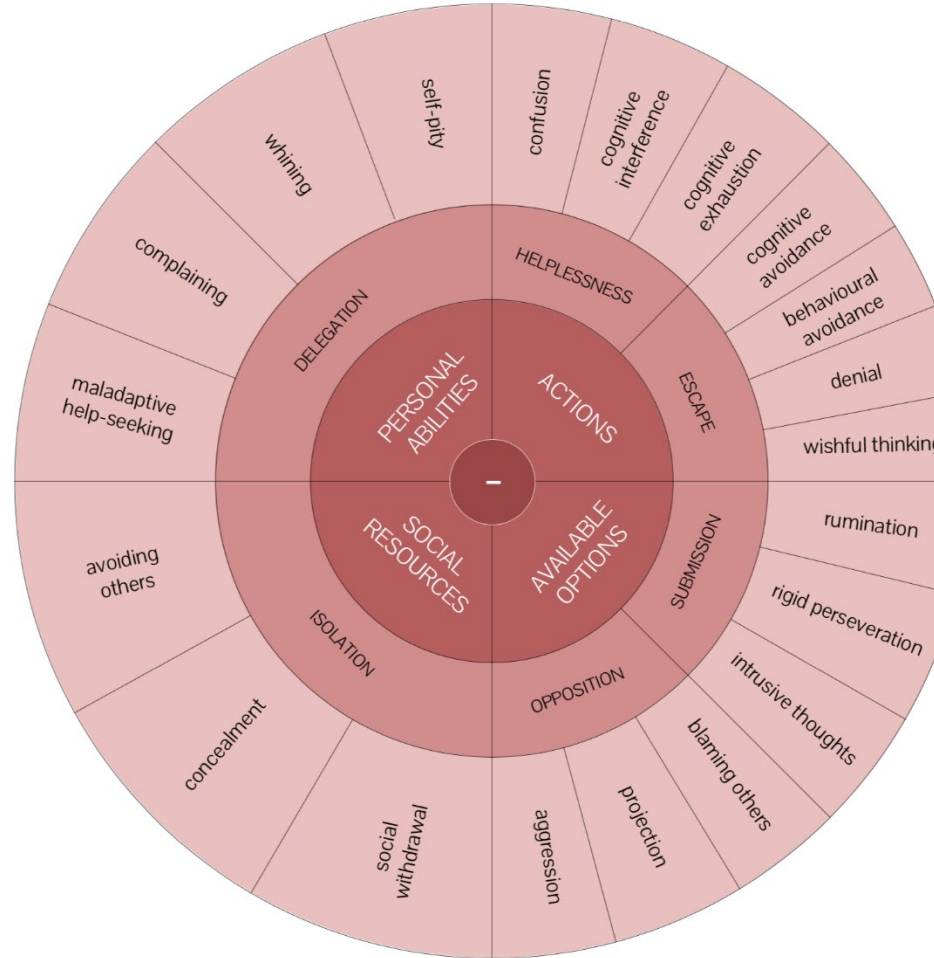
Coping strategies

-  focus
-  coping family
-  way of coping



Coping strategies

- lack of focus
- coping family
- way of coping



Important note

The general **distinction** between adaptive and non-adaptive coping strategies is **artificial** and is strongly **dependent on the problem and situation** at hand. In fact, even the strategies that are listed here as “non-adaptive” can be adaptive in some situations.

Coping with negative events

	doing	not doing
accurate assessment of personal control	active coping	surrender
inaccurate assessment of personal control	overcontrol	passive coping

Passive coping

- not taking any action action at all
- denial of responsibility
- responsibility is given to an outside source
- keywords: victim role, helplessness

Chapter 5 – Coping with Positive and Negative Events

Sailboat metaphor



Over-control

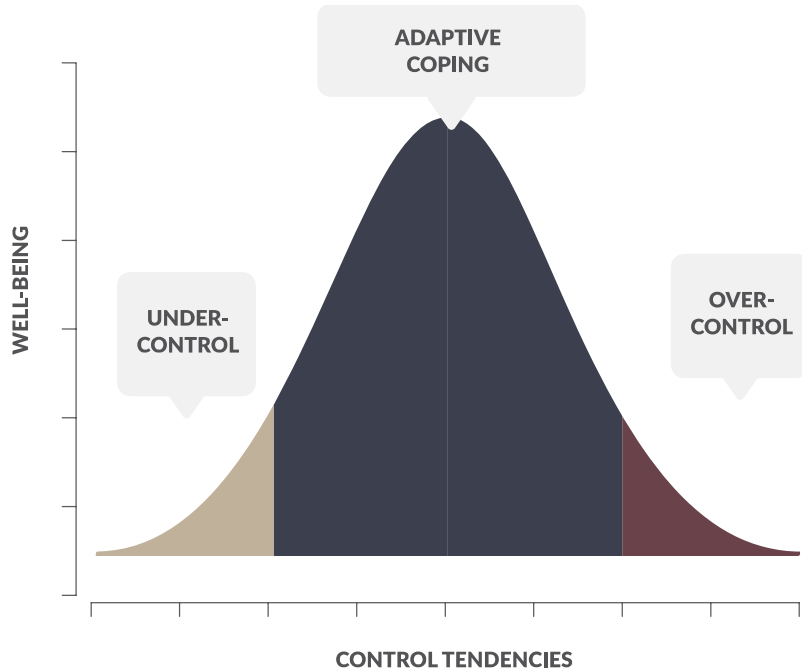
- overestimating limits of personal influence
- associated with obsessive-compulsive behaviour, perfectionism
- paradoxical processes
- sleep, weight control, thoughts
- keywords: stress, fear

Chapter 5 – Coping with Positive and Negative Events

Sailboat metaphor



Adaptive coping



Active coping

- taking action to deal with a stressor and reduce its effects
- strategies directed at problem solving
- changing the nature of the situation, emotion regulation or re-appraisal
- keywords: responsibility, autonomy

Chapter 5 – Coping with Positive and Negative Events

Sailboat Metaphor



Surrender

- recognizing limits of personal influence
- intentional process
- keywords: letting go, peace, faith

Chapter 5 – Coping with Positive and Negative Events

Sailboat Metaphor

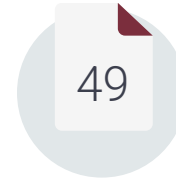


Examples



	doing	not doing
accurate assessment of personal control	active coping	surrender
inaccurate assessment of personal control	over-control	passive coping

Coping style analysis



- Consider a stressful event in the past
- How did you cope with this event?
- How effective would you rate this coping?
- Are there different ways of coping that might have been more helpful?

Bryant & Veroff (2007, p.2)

”

“people have capacities to attend, appreciate and enhance the positive experiences in their lives”

Coping with positive events: Savoring

- gratitude
- capitalization
- behavioural expression (e.g. laughing or smiling)
- self-congratulation
- memory building (intentionally remembering the positive event)
- sensory-perceptual sharpening (focusing on the bodily sensations of a pleasant experience)

Emmons & Shelton (2002; p. 460)

”

Gratitude is “...a felt sense of wonder, thankfulness, and appreciation for life”

Gratitude

- appreciation
- not taking things for granted
- trait and state

Gratitude

highly grateful people:

- experience positive emotions more often
- enjoy greater satisfaction with life
- are more hopeful
- experience less depression, anxiety, and envy
- are more pro-social

Emmons & McCullough (2003)

- 192 participants
- 10 weekly reports
- gratitude condition vs hassles condition vs events condition
- global life appraisal, expectations next week (expect best/worst), physical symptoms, estimated amount of time spent exercising

Gratitude condition

“There are many things in our lives, both large and small, that we might be grateful about. Think back over the past week and write down on the lines below up to five things in your life that you are grateful or thankful for”

Hassles condition

“Hassles are irritants—things that annoy or bother you. They occur in various domains of life, including relationships, work, school, housing, finances, health, and so forth. Think back over this week and, on the lines below, list up to five hassles that occurred in your life”

Neutral condition

“What were some of the events or circumstances that affected you in the past week? Think back over the past week and write down on the lines below the five events that had an impact on you”

Results

	condition		
	grateful	hassles	events
life as a whole	5.05 ^a	4.67 ^b	4.66 ^b
upcoming week	5.48 ^a	5.11 ^b	5.10 ^b
physical symptoms	3.03 ^a	3.54 ^b	3.75 ^b
hours of exercise	4.35 ^a	3.01 ^b	3.74 ^a

means that do not share a letter are significantly different

Practicing gratitude



Talk about something that happened this week that you are grateful or thankful for. Pay attention to how it feels when talking about this.

Practical notes



- make sure it is **not a way of avoiding** or denying the negative
- make clear that it is not only about **'big' things**
- avoid using **downward comparison** (things could be even worse)
- difficulty of the exercise can be perceived as a signal of the **rarity of positive experiences** in life

Practical notes



- increases well-being over 6 weeks only for those who counted their blessings **once a week**, not three times a week
- 1- and 2-weeks long versions of the 'Three Good Things' exercise: no effect of the exercise on depressive symptoms; happiness increased **only in the 1-week group**
- writing gratitude letters **reduces immediate well-being** for individuals with mild or moderate depressive symptoms.

Coping with positive events: Savoring

- gratitude
- capitalization
- behavioural expression (e.g. laughing or smiling)
- self-congratulation
- memory building (intentionally remembering the positive event)
- sensory-perceptual sharpening (focusing on the bodily sensations of a pleasant experience)

Capitalization

- social sharing of positive events
- generates additional positive affect
- retelling the event:
 - helps to relive and re-experience the event
 - increases its accessibility in memory
 - creates enjoyable interaction



Chapter 5 – Coping with Positive and Negative Events

Sailboat metaphor



Coping with positive events: Savoring

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Behavioral expression

Facial feedback hypothesis:

The emotional experience to an event can be either strengthened or attenuated, depending on whether it is or is not accompanied by the appropriate facial muscular activity.

Behavioral expression

- instructing people to smile when exposed to positive information makes them feel happier
- instructing people to frown when exposed to negative information makes them feel more anger
- funny information is rated less funny when the activity of the muscles associated with smiling is inhibited



Coping with positive events: Savoring

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Self-congratulations

- cognitive form of savoring
- thinking about how proud one is of oneself
- more likely when people feel personally responsible for a positive event



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Memory building

- actively anchoring all the pleasurable details of a positive event in memory
- taking “mental photographs,” collecting memorabilia, or writing in journals
- reminiscing twice a day -> greater increases in the reported frequency of feeling happy
- 3 good things -> increases in happiness



Coping with positive events: Savoring

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Sensory-perceptual sharpening

- deliberately directing attention to the pleasant experience at this moment
- increasing mindfulness can increase frequency and intensity of positive emotions
- attention to sensory experiences while eating results in higher liking for familiar foods



Chapter 5 – Coping with Positive and Negative Events

Sailboat metaphor



Practical note



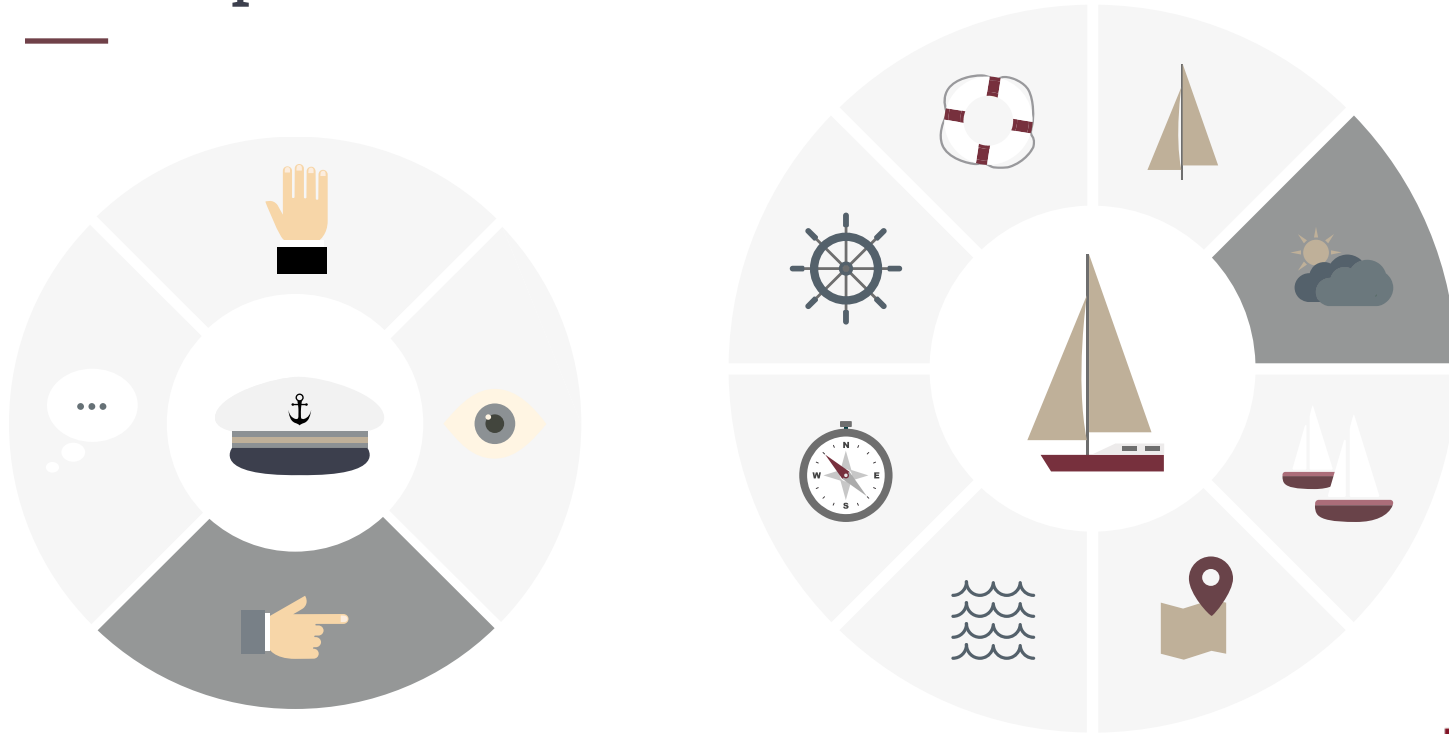
One of the greatest **pitfalls** of savoring is **focusing too much** on the **evaluation** of positive feelings and not allowing the experiences/feelings to just take place. When clients aim to increase savoring, practitioners should instruct them to **connect to the experience** in this moment and prevent (over)analysing the experience.

6



Motivation Behind Coping Strategies
(sails - action)

The captain: Motivation



Core question

”

“Why does the individual cope with negative events the way he or she does?”

Costs and benefits

- people often persist in problematic behaviour even when they are well aware of the negative consequences
- conflict between perceived benefits and costs of activities

Chapter 6 – Motivation behind Coping Strategies (weather– motivation)

Sailboat metaphor



Example case



A male client experiences a high level of loneliness. The feeling of not being involved in a (romantic) relationship is a great source of internal stress. He knows that a possible way resolve this feeling is to take action and seek contact with women. However, because he is afraid of getting turned down, he avoids encounters with women.

Coping with negative events



	approach	avoid
benefits	potential chance of getting involved in relationship	stress relief
costs	distress, regret, feelings of incompetence	loneliness

Motivation behind overcontrol

- getting a grip on fear
 - fear of delivering imperfect results
 - fear of experiencing difficult emotions
 - fear of being un-liked, unwanted, unattractive
 - etc.
- unrealistically high control beliefs

Chapter 6 – Motivation behind Coping Strategies (weather– motivation)

Sailboat metaphor





Practical note

Clients whose over-control is motivated by unrealistically high control beliefs may **benefit** from increasing **awareness** of their **limits of control**. The practitioner may ask clients to consider a past or current event and determine the aspects of the event over which they have and have not full control. By becoming better able to **distinguish** what **can and cannot be influenced** by personal efforts, clients can learn to prevent over-control.

Motivation for passive coping

- not knowing how to cope because of lack of past difficult life events
- learned helplessness because of continuous exposure to stressful events
- not wanting to carry the burden of responsibility
- preserving a victim identity



Practical note

In a practical context, it can be valuable to address clients' **ambivalence to actively deal** with challenging events. Although it is not the practitioner's function to persuade or coerce the client to actively cope with an event, a confrontation with the perceived **costs** and **benefits** of the client's current **passive coping** can help clients locate and clarify their motivation for change

Motivation for active coping

- learned hopefulness: feeling empowered to deal with situations because of previous successful attempts
- learned through direct experience, observing others, or modeling behaviors

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Motivation for active coping

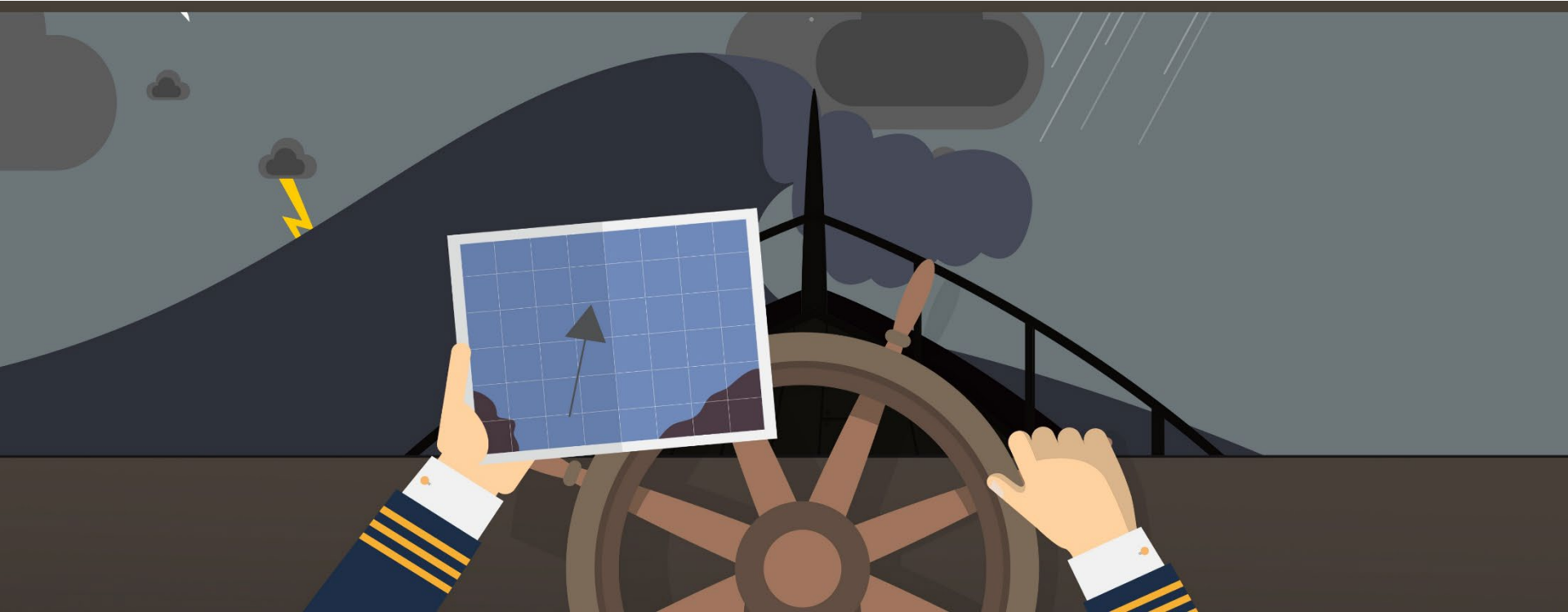
- values: things that are considered to make life worth living
- e.g. creativity, love, care, personal development
- (re-)connecting to personal values can motivate to actively cope

Motivation for active coping

- a past confrontation with the limits of personal control
- ability to realize that there is really nothing one can do to change the event

The Motivation behind Coping Styles

Sailboat metaphor



Coping with negative events

	active coping	surrender	passive coping	over-control
positive outcomes	agency, self-efficacy	focus on controllable aspects	no responsibility, victim identity, prevent failure	temporary reduction of fear
negative outcomes	responsibility, failure	losing sense of being "in control"	lack of agency and self-efficacy	paradox of control

Motivation for maladaptive coping with positive events

Stress

Stressful events can cause people to spend so much of their attentional resources on dealing with them, that less attention is available for savoring positive events.



Motivation for maladaptive coping with positive events

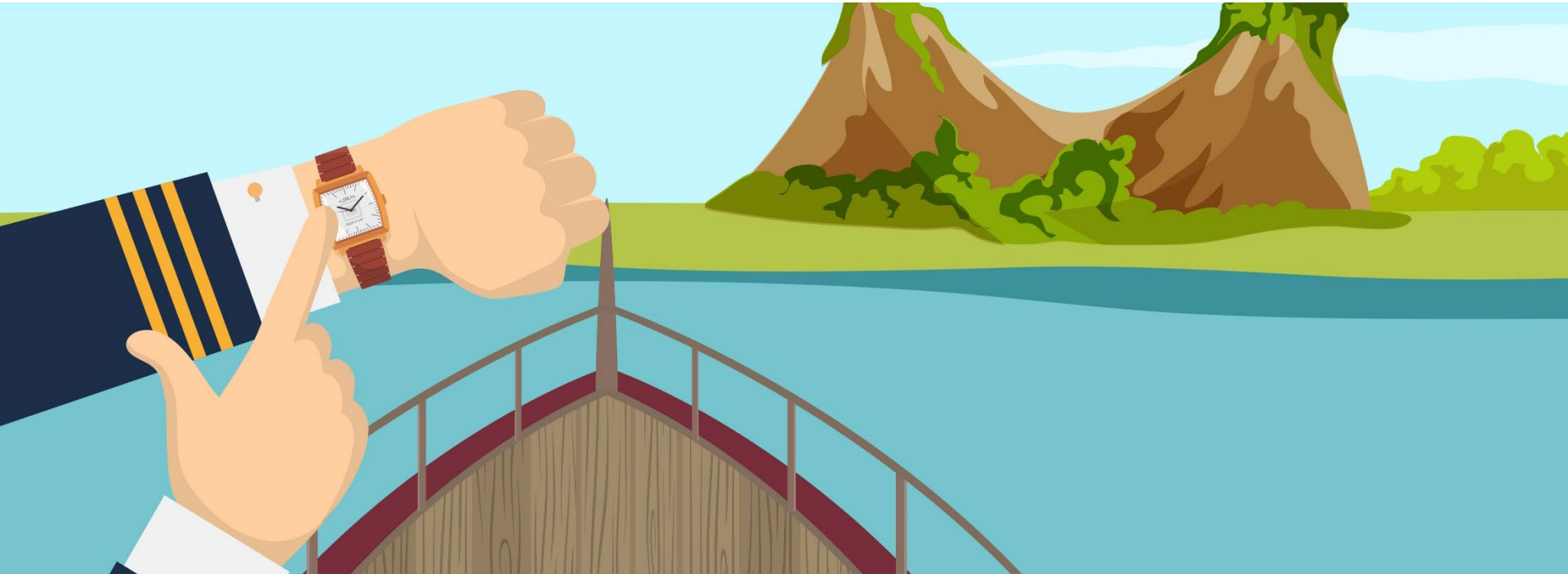
Impatience

Impatience motivates people to rush through activities, rather than attend and enjoy them fully.



Chapter 6 – Motivation behind Coping Strategies (weather– motivation)

Sailboat metaphor



Motivation for maladaptive coping with positive events

Prosperity

Wealthier individuals report being less capable of savoring.



Chapter 6 – Motivation behind Coping Strategies (weather– motivation)

Sailboat metaphor



Motivation for maladaptive coping with positive events

Cultural norms

In East Asian cultures people sometimes intentionally use joy-killing thoughts to reduce enjoyment due to social norms and cultural scripts.



Motivation for adaptive coping with positive events

Scarcity

- college seniors savor their college experience more when they are led to see that they have little time (vs. lots of time) left to enjoy it.
- consumers who receive fewer pieces of chocolates than they anticipated pay more attention to the experience and eat more slowly (vs. those who anticipate a larger quantity)
- people savor chocolate more and derive more positive affect from eating it if they refrained from eating chocolate for a week (vs. having an abundant supply)

Motivation for adaptive coping with positive events

Overcoming hardship

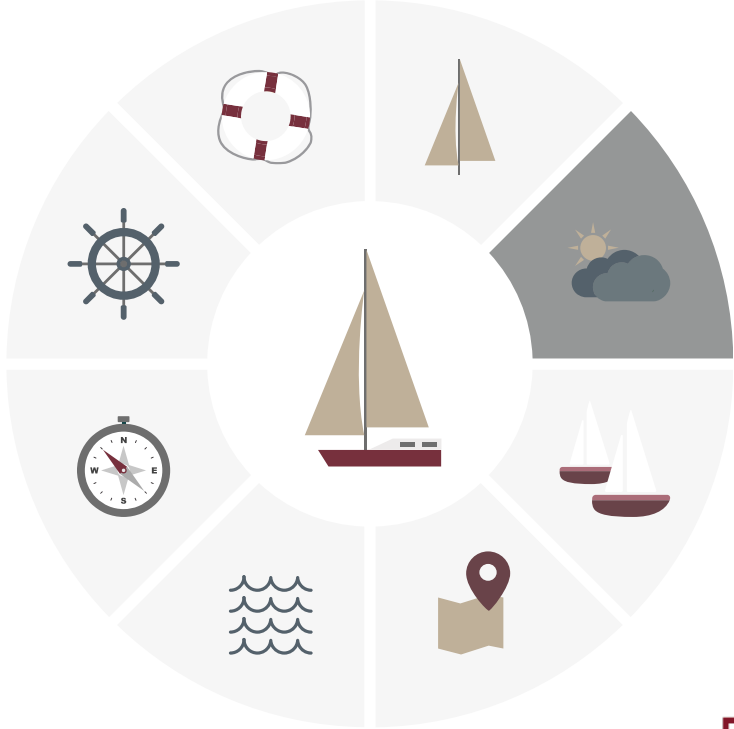
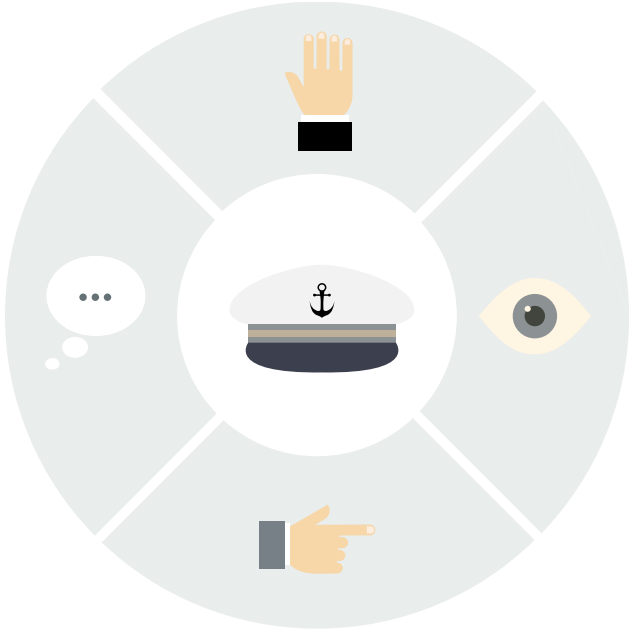
- overcoming adversity in the past is linked to greater savoring in the present
- confrontation with life-threatening diseases often results in greater appreciation for life
- the dark side of hardship may help people realize that positive events are not self-evident

7



Summary

Today



Thanks



for your attention