

Existential Positive Psychology for Living a Positive Life

©PAUL T. P. WONG , PH.D., C.PSYCH.

TRENT UNIVERSITY, CANADA

Positive Psychology for Positive Life Virtual Conference

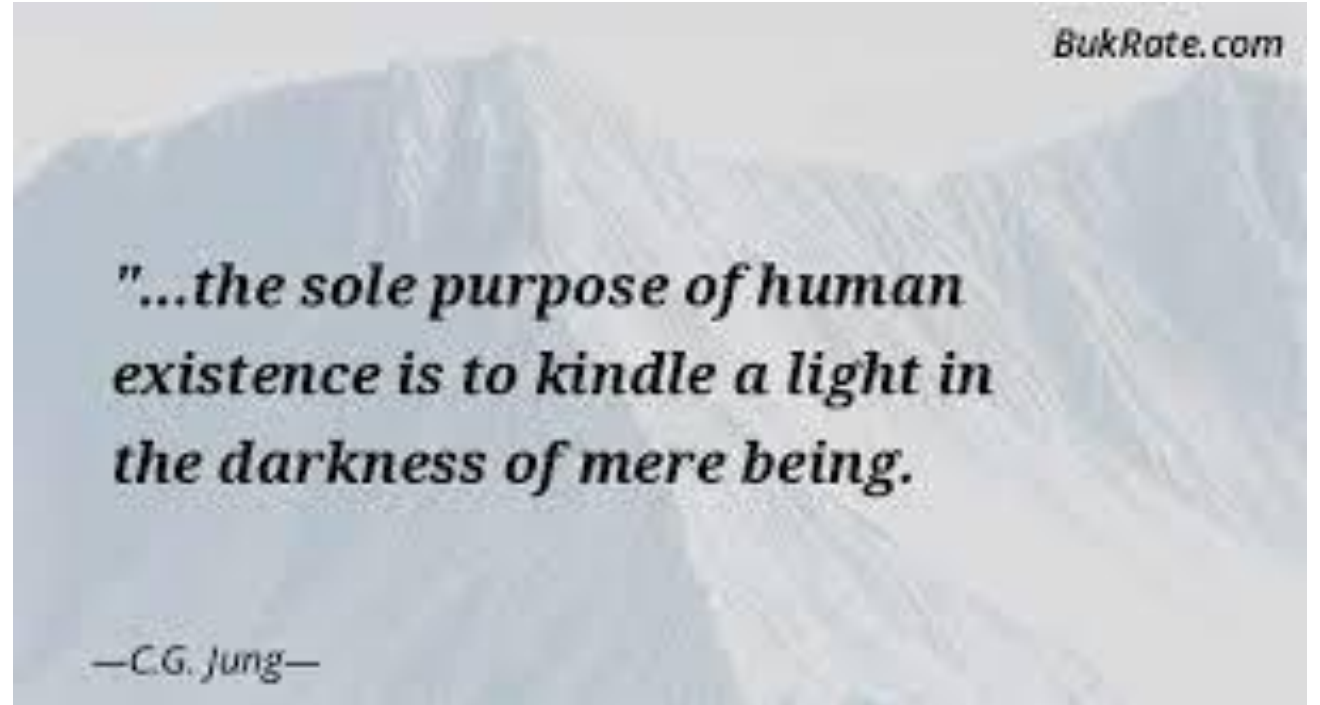
February 4, 2022

Overview

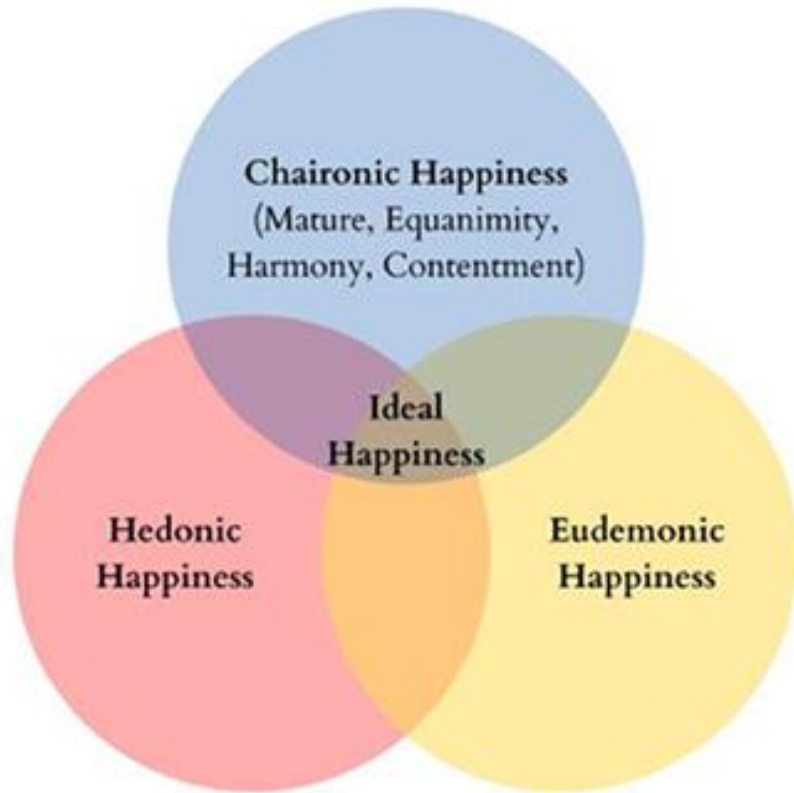
1. Living a Full Life in Difficult Times.
2. A Paradigm Shift in Positive Psychology.
3. The New Science of Flourishing Through Suffering.
4. The Seven Principles of Positive Living in Tough Times.

1. Four Kinds of Good Life

1. A pleasant life
2. A meaningful life
3. A rich life
4. A deep life



The Sweet Spot of a Happy Life

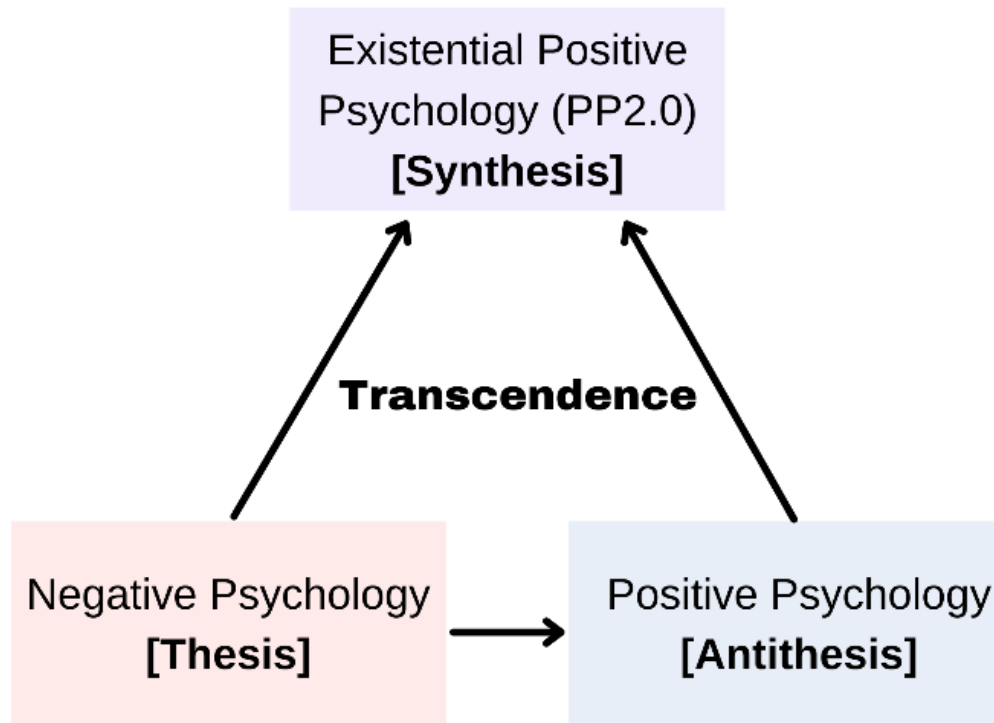


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Three Main Types of Happiness
for All Seasons of Life in All Cultures

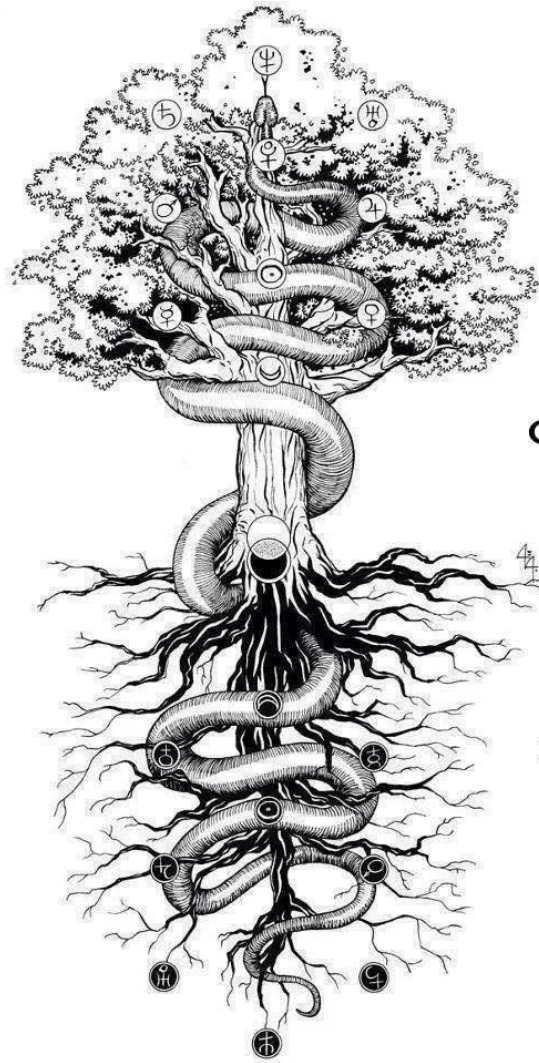
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2. A Paradigm Shift in Positive Psychology

Paradigm Shift in Psychology



3. No Suffering, no Flourishing



No tree,
it is said,
can grow to heaven

unless its roots
reach down to hell

— C.G. Jung

Contrast between PP1.0 and PP2.0

	Seligman's (2011) Model of Flourishing	Wong's (2021) Self-transcendence Model of Flourishing Through Suffering
P	Positive Emotions	Positivity through embracing the dark side of life.
E	Engagement	Engagement through painful discipline.
R	Positive Relationships	Strong relationships through forgiving and enduring the foibles of others.
M	Meaning	Meaning through transcending egotism and external obstacles.
A	Accomplishments	Achievement through transcending sacrifices and failures.

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Living a Life of Depth Requires Life Intelligence



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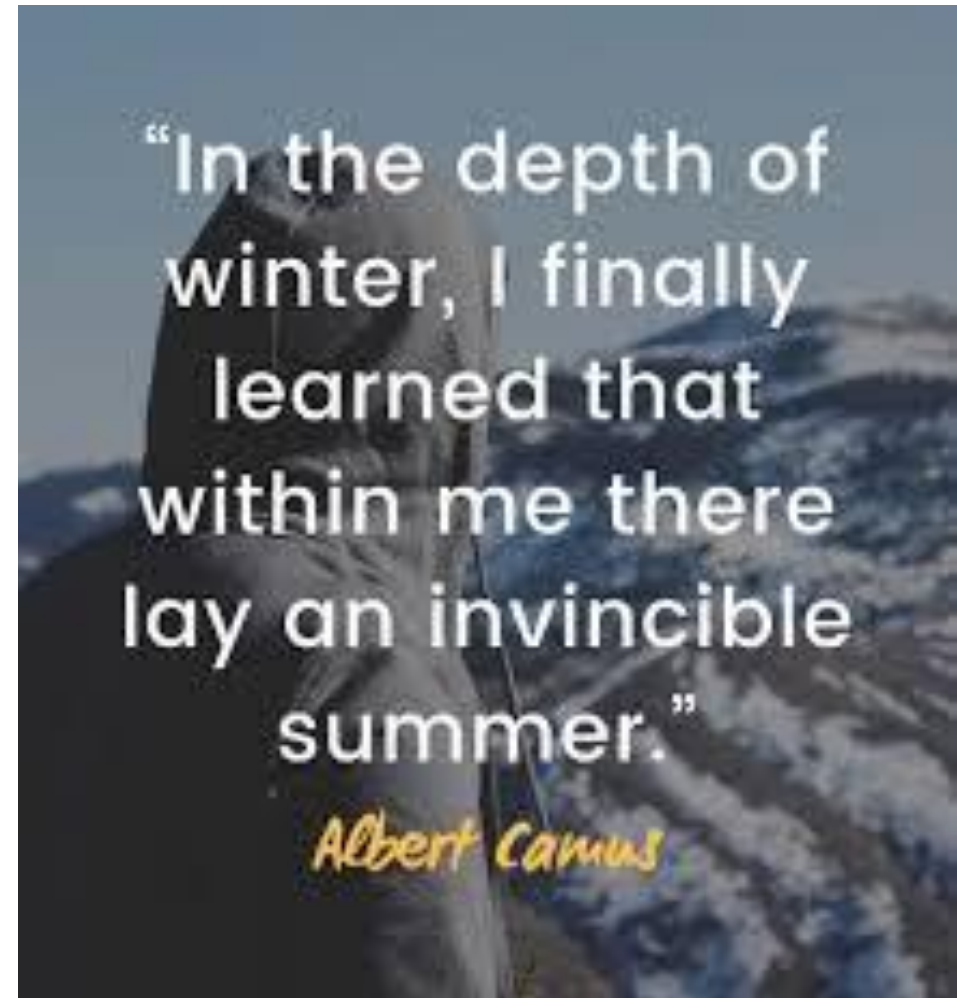
Life intelligence is
the courage to live
and die well.

Dr. Paul TP Wong



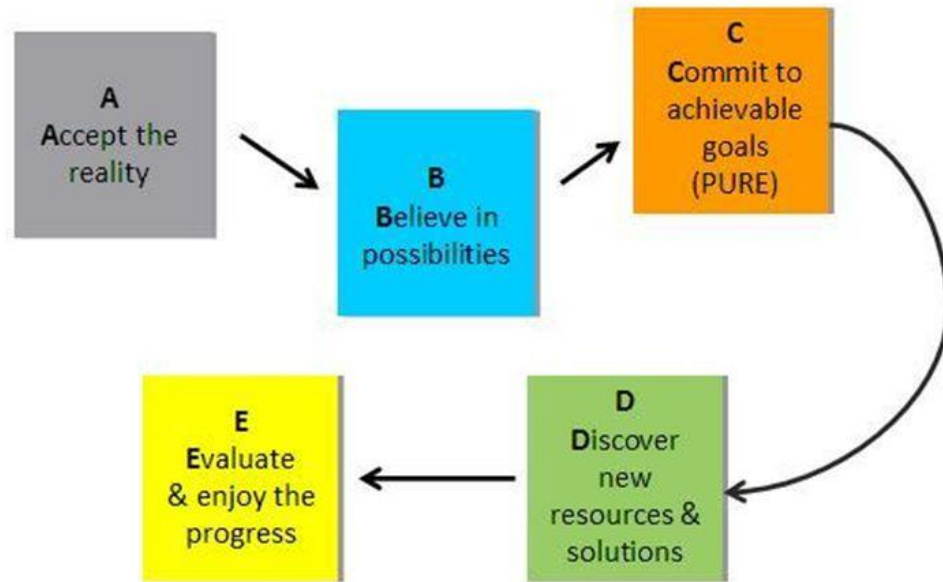
4. The Seven Principles of Positive Living in Tough Times

1. Accept life as it is with gratitude.
2. Believe in creating a better tomorrow with God's help.
3. Commit to loving life, others, and nature.
4. Discover the meaning of life, death and suffering.
5. Enjoy life and make the best use of one's time.
6. Fortitude/courage in transcending limitations and obstacles.
7. Go deeper by transforming the dark side of life.



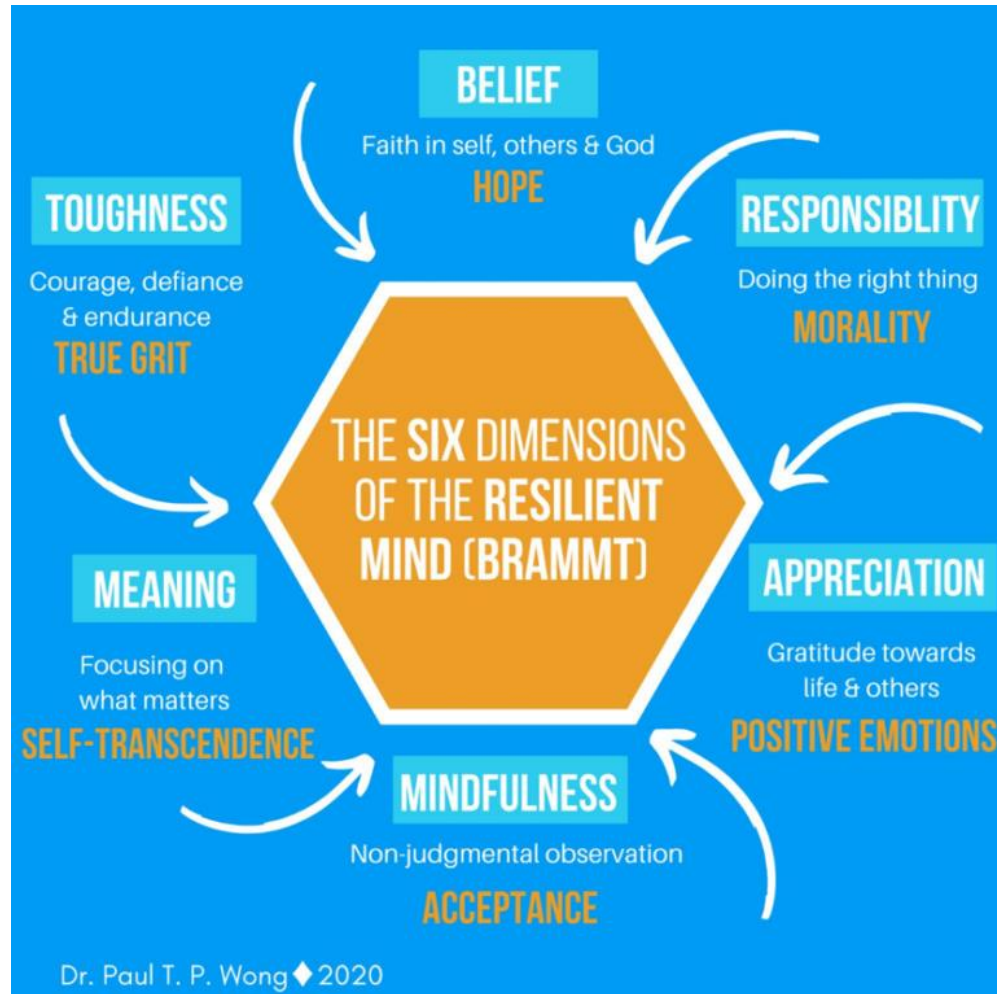
The ABCs of Living a Resilient and Rewarding Life

The Pathway of Resilience



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A Deep Life is a Resilient and Meaningful Life



The meaning of suffering is to learn how to survive and thrive through suffering.

♦ Dr. Paul T. P. Wong

"Life is filled with suffering, but it is also filled with many wonders, like the blue sky, the sunshine, the eyes of a baby. To suffer is not enough. We must also be in touch with the wonders of life.

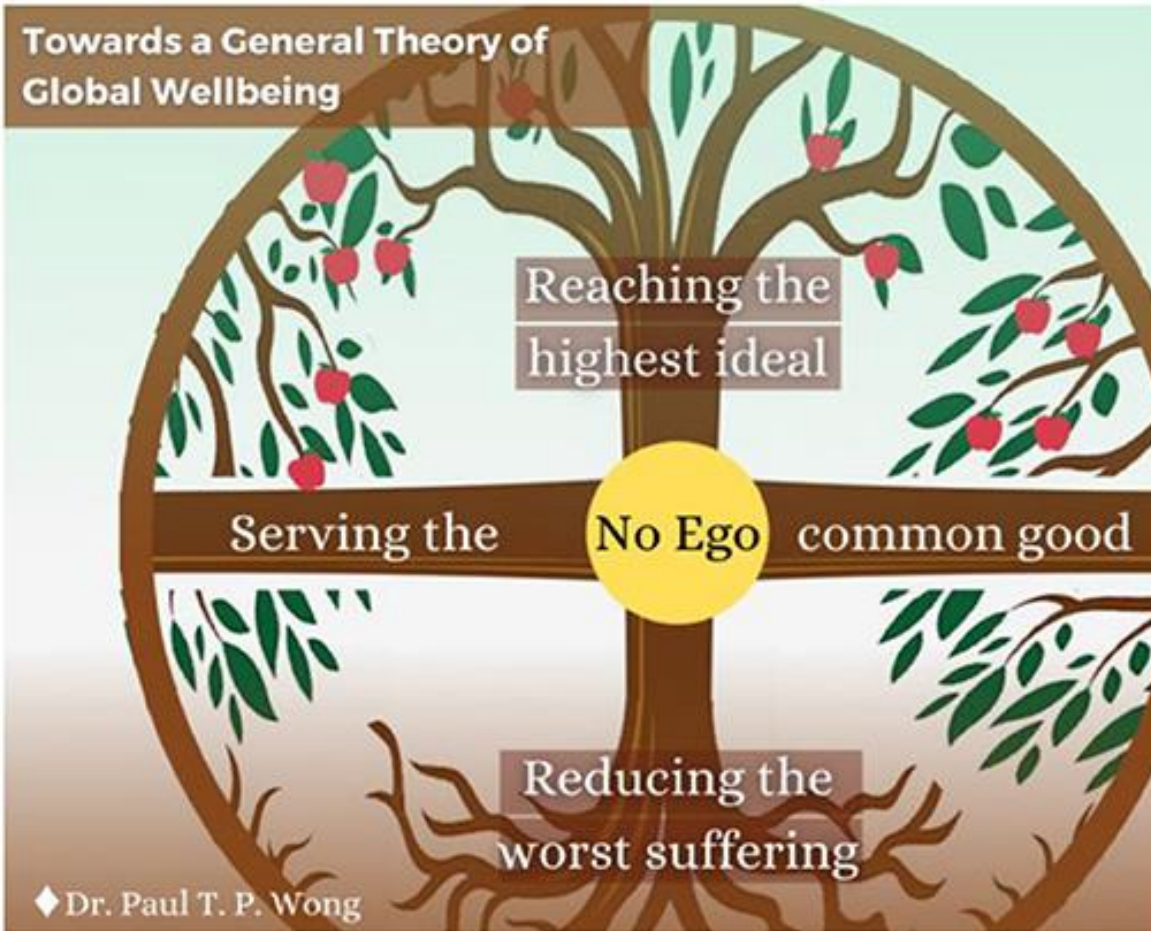
They are within us and all around us, everywhere, any time."

– Nhat Hanh

Go Deeper through Continued Learning and Growing



Conclusion



Through levels of processing, at the deepest level, all disciplines reach the same conclusion. Through the dialectical process of self-transcendence, at the highest level, all people can reach the same awe-inspiring mystery. Through selfless sacrifice, we can serve the greatest number of people. Through holistic integrative research, we can best approximate the ultimate truth of wellbeing.