Existential Positive Psychology for Living a Positive Life

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1. Living a Full Life in Difficult Times.
1. Four Kinds of Good Life

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

"...the sole purpose of human existence is to kindle a light in the darkness of mere being."

—C.G. Jung—
The Sweet Spot of a Happy Life

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

Chaironic Happiness
(Mature, Equanimity, Harmony, Contentment)

Ideal Happiness

Hedonic Happiness

Eudemonic Happiness

Dr. Paul T. P. Wong
2. A Paradigm Shift in Positive Psychology

Paradigm Shift in Psychology

Existential Positive Psychology (PP2.0)
[Synthesis]

Transcendence

Negative Psychology
[Thesis]

Positive Psychology
[Antithesis]

♦ Dr. Paul T. P. Wong
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

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<thead>
<tr>
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<tbody>
<tr>
<td><strong>P</strong> Positive Emotions</td>
<td>Positivity through embracing the dark side of life.</td>
<td>Engagement through painful discipline.</td>
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<td><strong>E</strong> Engagement</td>
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<td><strong>R</strong> Positive Relationships</td>
<td>Strong relationships through forgiving and enduring the foibles of others.</td>
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<td><strong>M</strong> Meaning</td>
<td>Meaning through transcending egotism and external obstacles.</td>
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<td><strong>A</strong> Accomplishments</td>
<td>Achievement through transcending sacrifices and failures.</td>
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*Dr. Paul T. P. Wong*
Living a Life of Depth Requires Life Intelligence

“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.

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

Albert Camus
The ABCs of Living a Resilient and Rewarding Life

The Pathway of Resilience

A: Accept the reality
B: Believe in possibilities
C: Commit to achievable goals (PURE)
D: Discover new resources & solutions
E: Evaluate & enjoy the progress

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A Deep Life is a Resilient and Meaningful Life

THE SIX DIMENSIONS OF THE RESILIENT MIND (BRAMMT)

BELIEF
Faith in self, others & God

TOUGHNESS
Courage, defiance & endurance

HOPE
True Grit

RESPONSIBILITY
Doing the right thing

MEANING
Focusing on what matters

MORALITY
Gratitude towards life & others

SELF-TRANSCENDENCE
Non-judgmental observation

APPRECIATION
Positive emotions

ACCEPTANCE

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

If you want to live life to the fullest, then keep on learning and growing.

Paul TP Wong
-Pack Olsen Studios
Conclusion

Towards a General Theory of Global Wellbeing

Reaching the highest ideal

Serving the No Ego common good

Reducing the worst suffering

Dr. Paul T. P. Wong

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.