

# **A Meaning-centered model of mature happiness & wellbeing**

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## Five Dimensions of Cultural Differences in the Conceptual Space of Happiness

### 1) Emotional Preference

Low arousal (calm) ←  High arousal (excitement)

### 2) Cognitive Style

Dialectic/Holistic ←  Binary/Analytic

### 3) Relational Orientation

Collectivist/  
Interdependent ←  Individualist/  
Independent

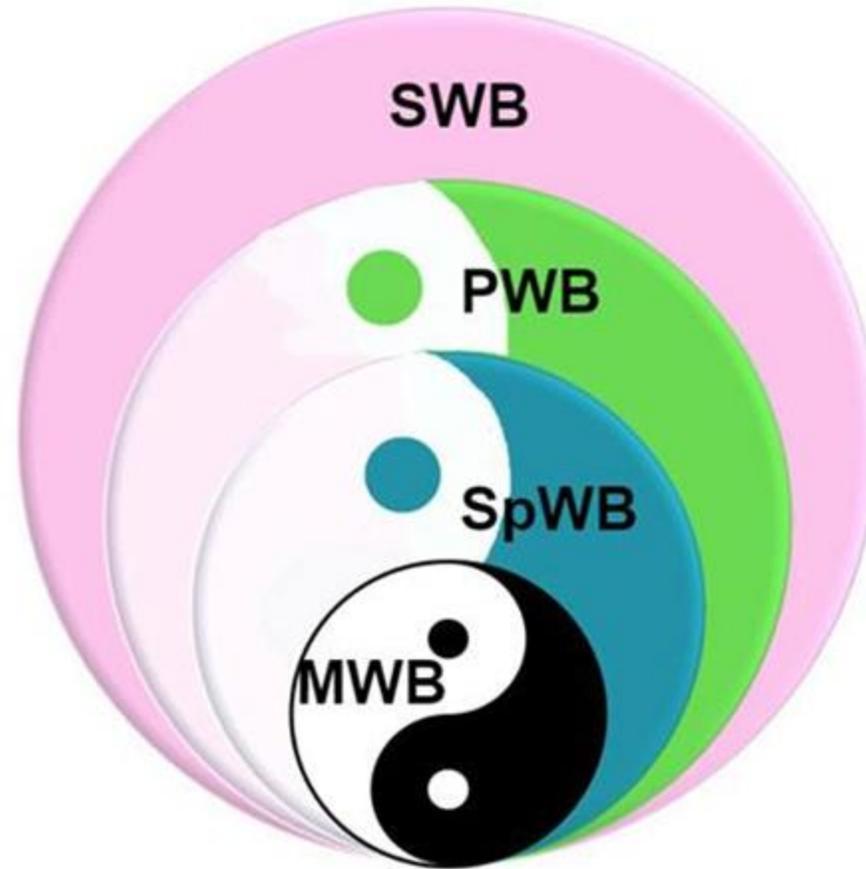
### 4) Motivational Driver

Intrinsic  
(character/competency  
development) ←  Extrinsic  
(money, power, fame)

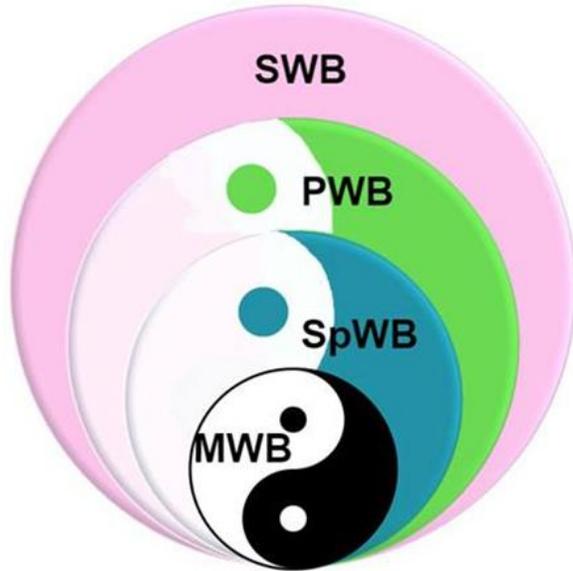
### 5) Worldview

Religious/Spiritual ←  Secular/Natural

## A Hierarchical Model of Happiness and Well-being



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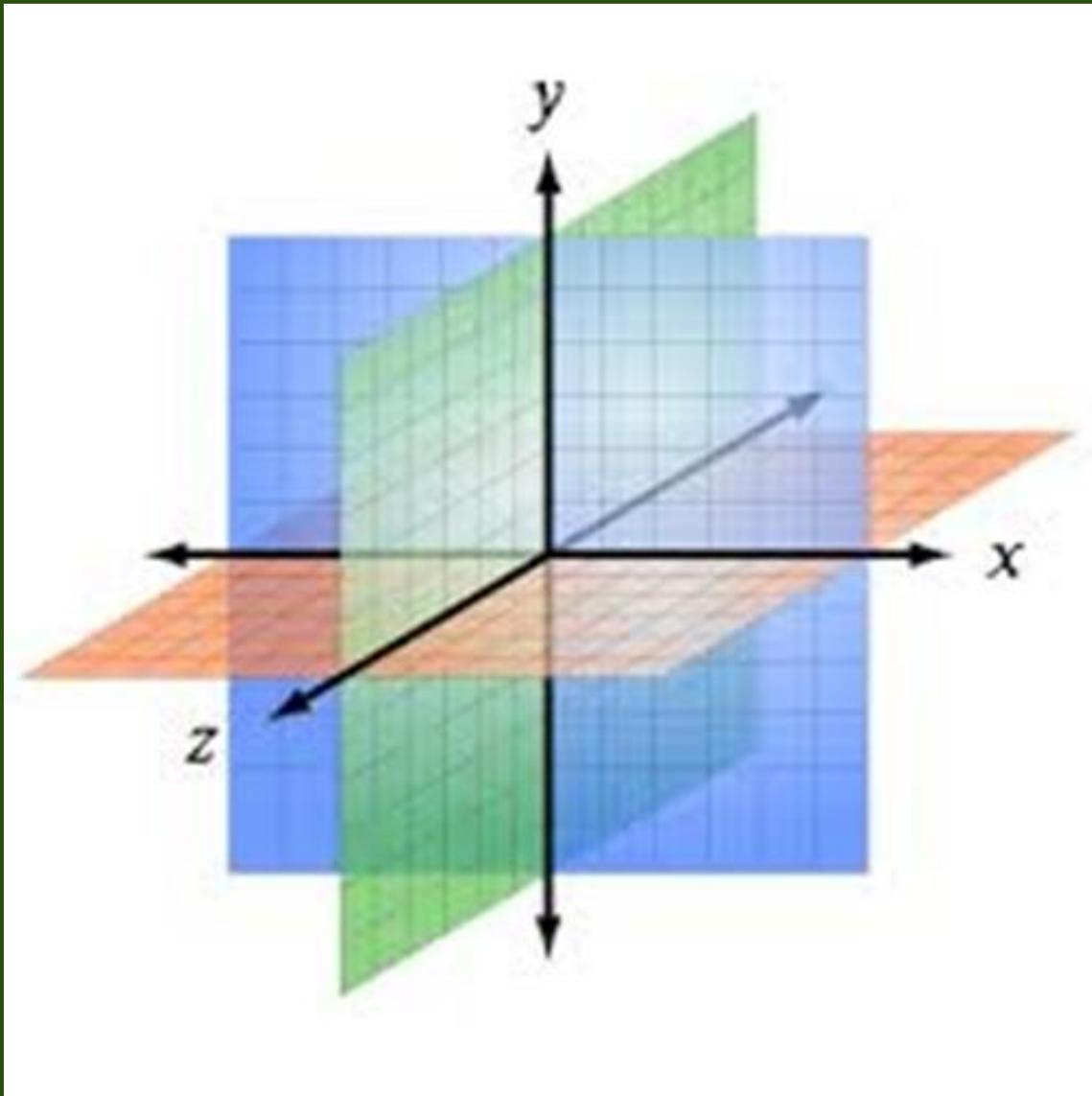
**The lowest level of subjective wellbeing (SWB) is the common denominator for all people.**

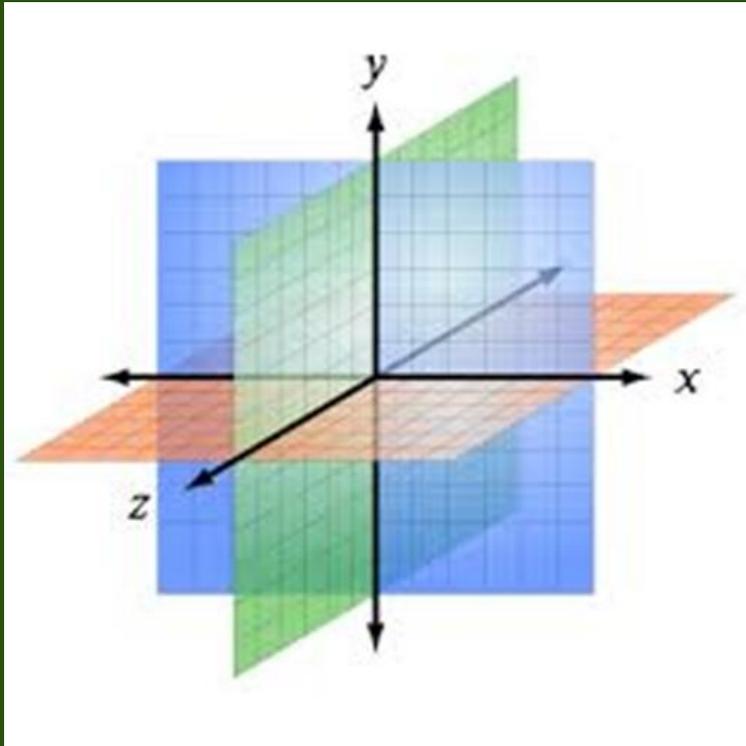
**At the next level of psychological wellbeing (PWB) the West has Aristotle, the East has Confucius.**

**At the level of spiritual wellbeing, the West has Christianity and the East has Buddhism & Daoism.**

**At the level of mature wellbeing in times of adversity, the West has Christianity & Stoicism, the East has Buddhism & Daoism.**

**At the optimal level of mature well being (MWB), it is a place of nothingness represented by an invisible dot.**





- The apex or the optimal level of mature happiness can also be represented by a point of intersections of all possible dimensions or lines, both horizontally and vertically.
- There is no more East or West, Male or Female, Rich or Poor, etc.
- It is a place of nothingness -- no breadth, no length, no depth, no height, no coming, no going, no up, no down
- Yet ironically, it is also a place of everything – a place of perfect contentment, attunement, harmony and spiritual blessings.
- Very few have achieved this level of happiness -- the historical Buddha, Laotze, Apostle Paul, and St. Francis of Assisi.

## **CasMac - a new model for flourishing in suffering.**

**This model consists of six components: Courage, Acceptance, Self-transcendence, Meaning, Appreciation, and Compassion.**

This model complements Seligman's (2011) PERMA model.

It is predicted that CasMac is more relevant to adversities, while PERMA is more relevant to peace and prosperity.

## CasMac represents a new paradigm for mature happiness

Courage to embrace the dark side of life and make positive changes in our own lives

Acceptance of the bleak reality and what cannot be changed or is beyond our control.

Self-transcendence in strivings to make a significant contribution to others.

Meaning-mindset as a lens to discover what is good, beautiful, and the right thing to do.

Appreciative attitude towards everything in life, including undesirable situations.

Compassion for all people, living things, and oneself.

## Mature Happiness Scale (MHS)

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Considering your life overall, please characterize your life by rating the following statements using the scale (from 1 to 5) below.

1	2	3	4	5
Not at all	Some of the Time	Often	Most of the Time	All of the Time
1. I am able to maintain inner peace.				1 2 3 4 5
2. I feel comfortable in my own skin.				1 2 3 4 5
3. I have learned to accept life as it is.				1 2 3 4 5
4. I am troubled by inner conflict.				1 2 3 4 5
5. I am at peace with myself.				1 2 3 4 5
6. I have learned to remain calm, whatever comes.				1 2 3 4 5
7. My conscience bothers me.				1 2 3 4 5

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 8. I have learned to be content in every situation.             | 1 | 2 | 3 | 4 | 5 |
| 9. I am able to give thanks at all times.                       | 1 | 2 | 3 | 4 | 5 |
| 10. I am able to live in harmony with people that matter to me. | 1 | 2 | 3 | 4 | 5 |
| 11. I am worried about my future.                               | 1 | 2 | 3 | 4 | 5 |
| 12. I have learned to let go of all my cares and burdens.       | 1 | 2 | 3 | 4 | 5 |

The following items are scored negatively: 4, 7, 11

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**Reference:** Wong, P. T. P. & Bowers, V. (2018). [Mature happiness and global wellbeing in difficult times](#). In N. R. Sinton (Ed.), *Scientific concepts behind happiness, kindness, and empathy in contemporary society*. Hershey, PA: IGI Global.

Woope Sakowin (Seven Laws)		
<b>Wacante Ognanake</b>	Generosity	Someone who is kind-hearted, good minded, good feelings and helps, shares, gives
<b>Wowausila</b>	Compassion	Demonstrated honor, to respect, have compassion for everything around you
<b>Wowauonihan</b>	Honor, respect	To Respect, to honor people and everything
<b>Wowacintanka</b>	Fortitude	Patience, control of self, tolerance
<b>Wowahwala</b>	Humility	Conducting oneself in a subtle, delicate manner, to be humble, being happy, honoring, respecting people and everything, compassionate.
<b>Woohitike</b>	Courage/Bravery	Guided through principles, disciplined, brave and courageous
<b>Woksape</b>	Wisdom	Wisdom and understanding

Noisy Hawk, L. & Trimble, J. E. (2018). Well-being considerations among selected North American Indian populations: Relationships, spirits, and connections. In C. Fleming, Manning, C., & A. Miller (Eds.), *Routledge handbook of indigenous healing*. London: Taylor & Francis.

