

## Lesson 8 – AEPP02

### **The Power Of How: How Paradoxical Truths Can Save Your Life And How Curiosity Can Make You Whole Again**

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This lesson integrates the main themes of how to transform suffering into healing and flourishing from all previous lessons from the perspective of paradoxical interventions. It then attributes all kinds of human suffering to our mis-guided selfish ways to satisfy our basic needs for hope in a meaningful future, loving relationships, and faith in a compassionate God based a triparty model of human nature (agency, communion and spirituality). Therefore, the antidote to human suffering is to redirect our focus from self-efficacy to self-transcendence. This lesson concludes that this re-orientation can be achieved by paradoxical ways to satisfy the soul's deepest yearning for hope, faith and love.

#### **Introduction**

You may be puzzled by this strange 3-part title and wonder how they are related to each other. I hope that by the end of this lesson, you will realize that they are not only inextricably related to each other, but are capable of integrating all the previous lessons of this course to help one achieve healing and wellbeing.

It is truism that everyone asks Why and How questions, even children. Wong and Weiner (1981) discovered that people are more likely ask Why questions in unexpected or negative situations. Similarly, Wong (1979), summarizing all the research he did with Amsel and Berlyn, explained how frustration, pain, fear of the unknown, and ambiguity tends to trigger exploration to expand one's knowledge of the world.

Can you imagine what life would be like if people stopped asking Why and How questions? Common sense tells us that they will not survive very well on their own. The *curiosity hypothesis* simply posits that...

[END OF LESSON PREVIEW]