

AMERICAN PSYCHOLOGICAL ASSOCIATION*

What makes us happy? Some universals...

AUTONOMY

- Feeling in control of one's surroundings
- Understanding one's own resilience
- Feeling of agency (intellectual intuition; directing one's own thinking)
- Empowerment

COMPETENCE

- Confidence in one's abilities/knowing one's strengths.
- Feedback from others on one's performance.
- Learning and growing skills
- Self-actualization
- Doing meaningful work
- Getting into flow

RELATEDNESS

- Interacting with others
- Connecting with people and connecting people
- Giving to others/being generous
- Feeling loved
- Emotional security
- Acknowledgement and support (mentorship)

SELF-ESTEEM

- Your "set-point" or natural (genetic) confidence level
- Something you can work on through cognitive behavioral therapy, meditation or medications
- Not influenced from the outside world, but apparent when triggered by events from the outside world

What works *against* happiness...

FEAR

- Ignorance
- Misinformation
- Insecurity
- Inexperience
- Fear-mongering
- Mistrust

CONFUSION

- Paradox of choice
- Noise ratio
- Lack of clear information
- Secretiveness
- Half-truths

LONELINESS

- Isolation
- Distrust of others
- Fear of rejection
- Lack of acceptance
- Insecurity

LACK OF CONTROL

- Loss of control over the circumstances of one's life
- Loss of agency (intellectual intuition)
- Withheld information
- Secrecy
- Uncontrollable circumstances

STRUGGLE FOR SURVIVAL

You can't get to **SELF ACTUALIZATION** without...

- first taking care of **Physiological** needs
Hunger
Thirst
- then taking care of **Security** needs
Security
Protection
- taking care of **Social** needs
Sense of belonging
Love
- and lastly, taking care of **Esteem** needs.
Self-esteem
Recognition
Status