

Cognitive approach to happiness

HOW IS HAPPINESS RELATED WITH EMOTIONS?

Positive emotions are a major source of change and progress, predicting both people's life judgments and their ability to live well. Positive emotions are linked to increased life satisfaction, but life satisfaction is static and does not contribute to a positive feedback loop of its own. In other words, a general appreciation or approval of one's life is insufficient; lived experiences such as delight and interest are what initiate the process of exploring, learning, connecting, and eventually building new resources. Those resources can eventually be used to better one's life and make them happier by providing additional avenues for enjoyment.



HOW IS HAPPINESS RELATED TO GOAL SETTING?

Setting and working towards goals can contribute to happiness, as it gives us a sense of meaning and purpose. Successful pursuit of meaningful goals is important for the development and maintenance of our psychological well-being.

- > goals give you direction
- > achieving a goal gives you satisfaction

When we reach a goal we set for ourselves, we feel happy. In turn, this happiness motivates more goal-directed behaviors. It is something of a feedback loop.

According to [psychologytoday.com](https://www.psychologytoday.com), "The research on goal pursuit and well-being reveals an interesting cycle between progress on our goals and our reports of happiness and life satisfaction (generally referred to as "subjective well-being" or SWB)".



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HOW IS HAPPINESS RELATED WITH WEALTH [MONEY]?

Having more money gives us a bigger sense of control over our lives, which allows us to focus our attention on other things and be happier, instead of constantly worrying whether we have enough money in the bank to live the next day. Having money gives us more choices to explore, allows us to plan ahead for our future. However we cannot equate happiness with money, we should see it more as a thing that can aid us in our pursuit of happiness. The material things that we spend our money on can make us happy for a while, but it's often better to spend money on experiences such as travel etc., because they tend to make us happier.



HOW IS HAPPINESS RELATED TO PERSONALITY?



The relationship between happiness and personality is very complex. It is closely related to the belief that there are five basic dimensions of personality often referred to as “the Big Five”. The five broad traits described in this theory are: extraversion, agreeableness, openness, conscientiousness, and neuroticism.

According to studies the Big Five explain from 39 to 63 percent of the variation in well-being between people.

Some of the traits are considered to be more likely to experience higher rates of happiness than others (Common believe that extraverts are happier and more emotionally stable). Nevertheless, recent studies presented that each of the big five traits can be divided into two “aspects” and, it turns out, one of each pair is more predictive of well-being than the other.

Extraversion includes enthusiasm (being friendly and sociable) and assertiveness (dominating social situations).

Neuroticism includes withdrawal (tending toward depression and anxiety) and volatility (tending toward anger).

Conscientiousness includes industriousness (being hard-working and self-disciplined) and orderliness (being organized and preferring routines).

Agreeableness includes compassion (being caring and empathic) and politeness (being respectful).

Openness to experience includes openness (being creative and appreciating beauty) and intellect (being curious and reflective).

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- Kira M. Newman is the managing editor of Greater Good. Her work has been published in outlets including the Washington Post. (n.d.). Does your personality predict your happiness? Greater Good. Retrieved November 24, 2021, from https://greatergood.berkeley.edu/article/item/does_your_personality_predict_your_happiness.