

H.E.R.O. Rising: The Science of Hope, Empowerment, Resilience & Optimism

Text **HOPE** to 55-444

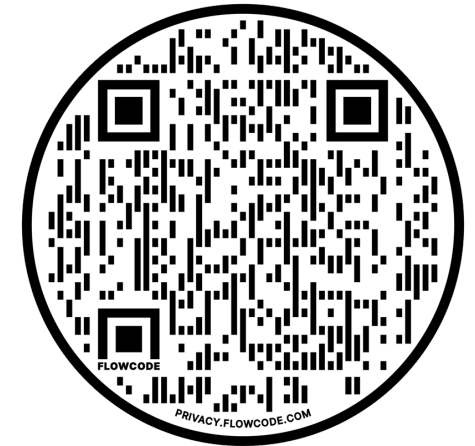
Tomasulo@tc.Columbia.edu



Spirituality Mind Body Institute

TEACHERS COLLEGE COLUMBIA UNIVERSITY

*Daniel J. Tomasulo, Ph.D., TEP, MFA, MAPP
Academic Director & Core Faculty Member
Spirituality Mind Body Institute,
Teachers College, Columbia University, NYC, NY*



Strengths: Humor, Creativity, Perspective, Gratitude, Kindness, Hope, Love

DanTomasulo.com



Coherence

<https://www.heartmath.com/>

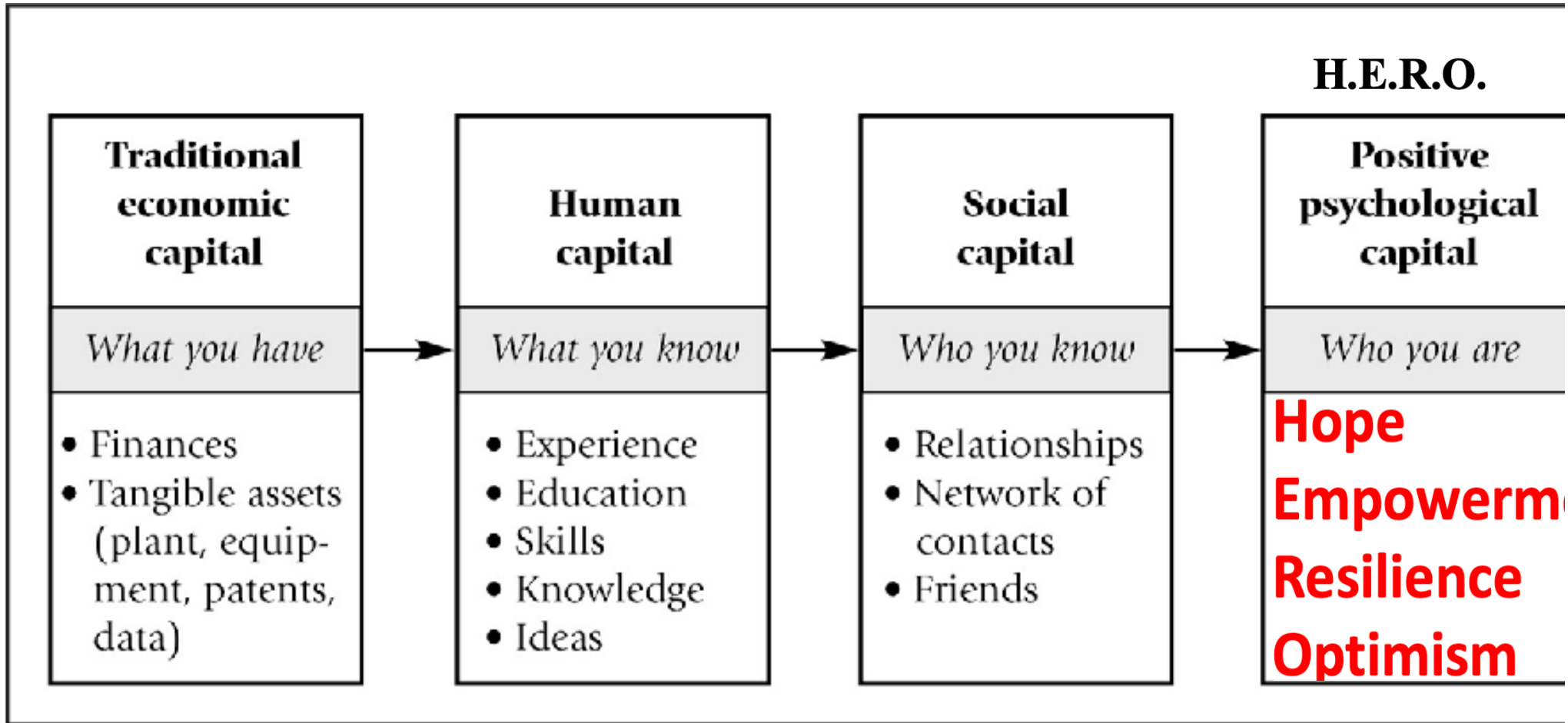


APA 2011 Convention Aug 4-7
WASHINGTON DC 2011





HOPE
Empowerment
Resilience
Optimism



Research shows the number 1 trait for engagement, productivity, and well-being is hope)

People are losing hope—and
they are losing it faster than at
any time in history.

A conceptual image featuring two dark silhouettes of hands, one on the left and one on the right, reaching towards each other and holding the word "HOPE" in a bold, sans-serif font. The word is positioned centrally between the hands. The background is a bright, hazy sky with soft, white clouds, suggesting a sunrise or sunset. The overall mood is one of optimism and shared purpose.

HOPE

**...is the only positive emotion that
requires negativity and/or
uncertainty to be activated.**

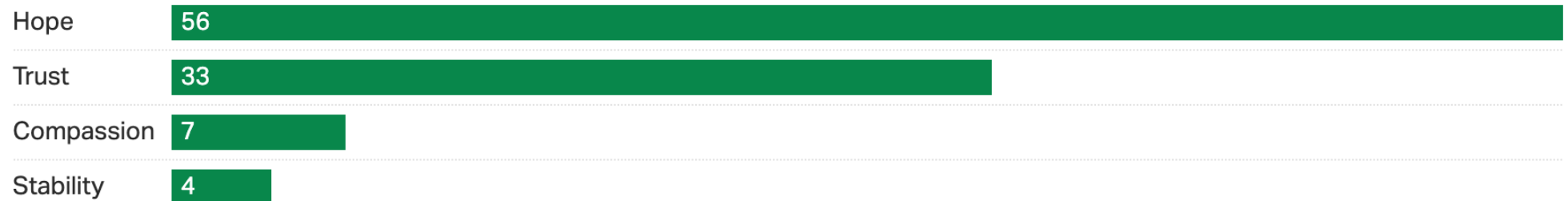


Let's talk about uncertainty

The Four Leadership Needs of Followers – Distribution

Now, please list three words that best describe what this person contributes to your life.

% of responses



[Get the data](#) • [Download image](#)

GALLUP®

Gallup's latest study, *2025 Global Leadership Report: What Followers Want*
<https://www.gallup.com/analytics/656315/leadership-needs-of-followers.aspx>



INTERACTIVE DATA

Key Findings

56%

of desired leadership attributes focus on hope, the primary need of followers worldwide.

64%

of followers emphasize the need to see hope from organizational leaders.

38%

Only 33% of followers thrive without a hopeful leader, but thriving rises by five points to 38% when the need for hope is met.

34%

of respondents working for an employer say workplace leaders have the greatest positive impact on their lives.

Gallup's latest study, *2025 Global Leadership Report: What Followers Want*

<https://www.gallup.com/analytics/656315/leadership-needs-of-followers.aspx>

Tools for Sustaining the Positivity Effect

Your task is not to foresee the future, but to enable it.

—Antoine de Saint-Exupéry



Hope, Gratitude, and Love for Peace

Dan Tomasulo and Devon Fetrow Tomasulo

Without inner peace, outer peace is impossible. We all wish for world peace, but world peace will never be achieved unless we first establish peace within our own minds.

Geshe Kelsang Gyatso

2024

Tomasulo, D., Tomasulo, D.F. (2024). Hope, Gratitude, and Love for Peace. In: Niemiec, R.M. (eds) *Peace Psychology and Character Strengths*. Peace Psychology Book Series. Springer, Cham.
https://doi.org/10.1007/978-3-031-66928-6_14

Submit an article

Journal homepage

Brief Report

Promoting hope: preliminary investigation into a college-level hope curriculum

Crystal I. Bryce , PhD , Kathryn Goetzke, MBA, Veronica O'Brien, MA , Paul Espinoza, BA & Dan Tomasulo, PhD

Received 03 Nov 2022, Accepted 30 Jan 2024, Published online: 05 Mar 2024

“ Cite this article  <https://doi.org/10.1080/07448481.2024.2317189>



 Full Article

 Figures & data

 References

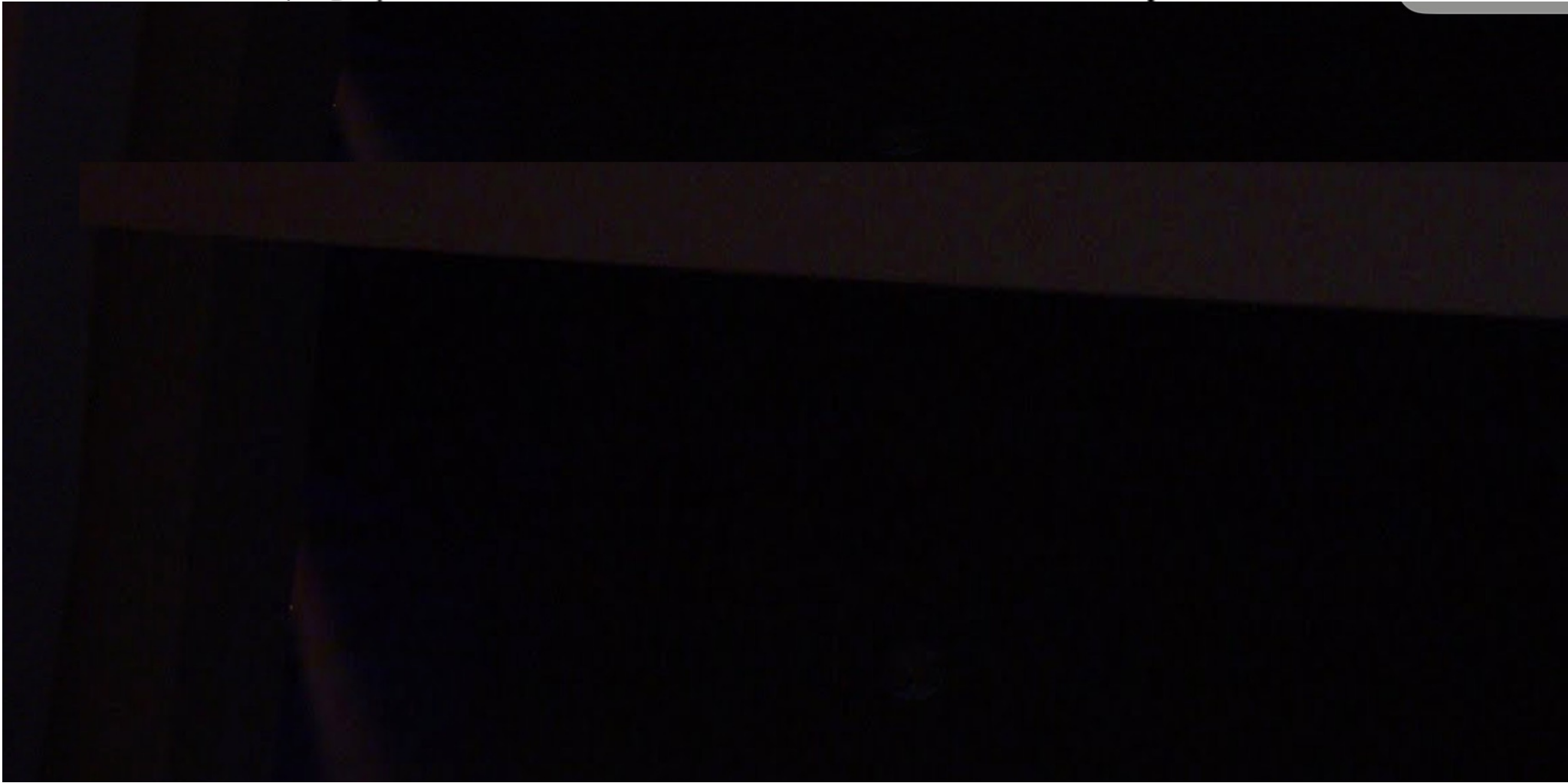
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Read this article

OUR LIFE



H O P E



®

IS

Teachable

H O P E



IS A

STRENGTH



Interventions Leading to Eunoia (Normal Mental Health)

Past > Present > Future



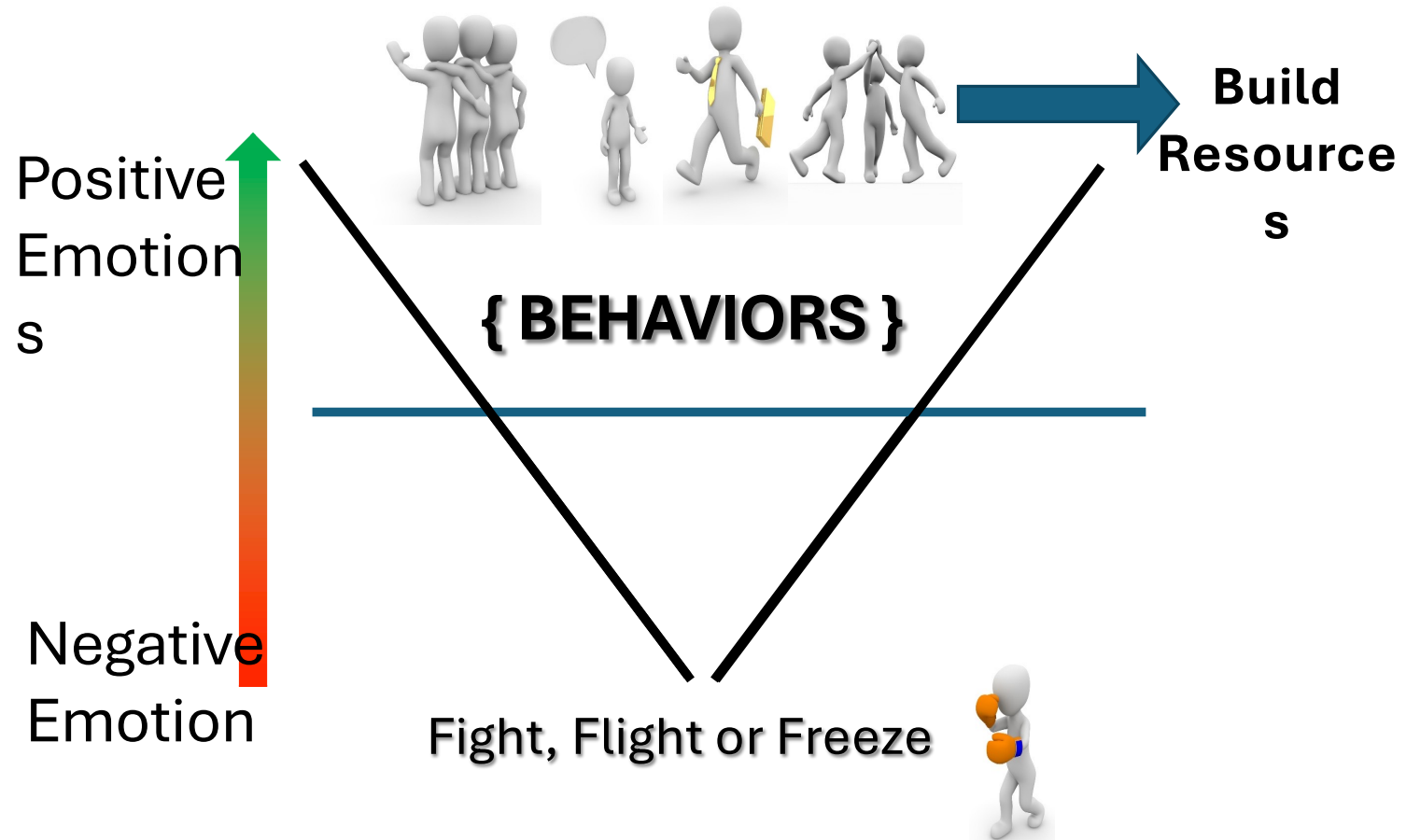
Harmony Triad



Gratitude is merely the secret
hope of further favors.

~ Francois de La Rochefoucauld

What About POSITIVE EMOTIONS?



Slide Borrowed from my friend [Johannes Eichstaer](#)

Life is a balance
between

**holding
on**

&

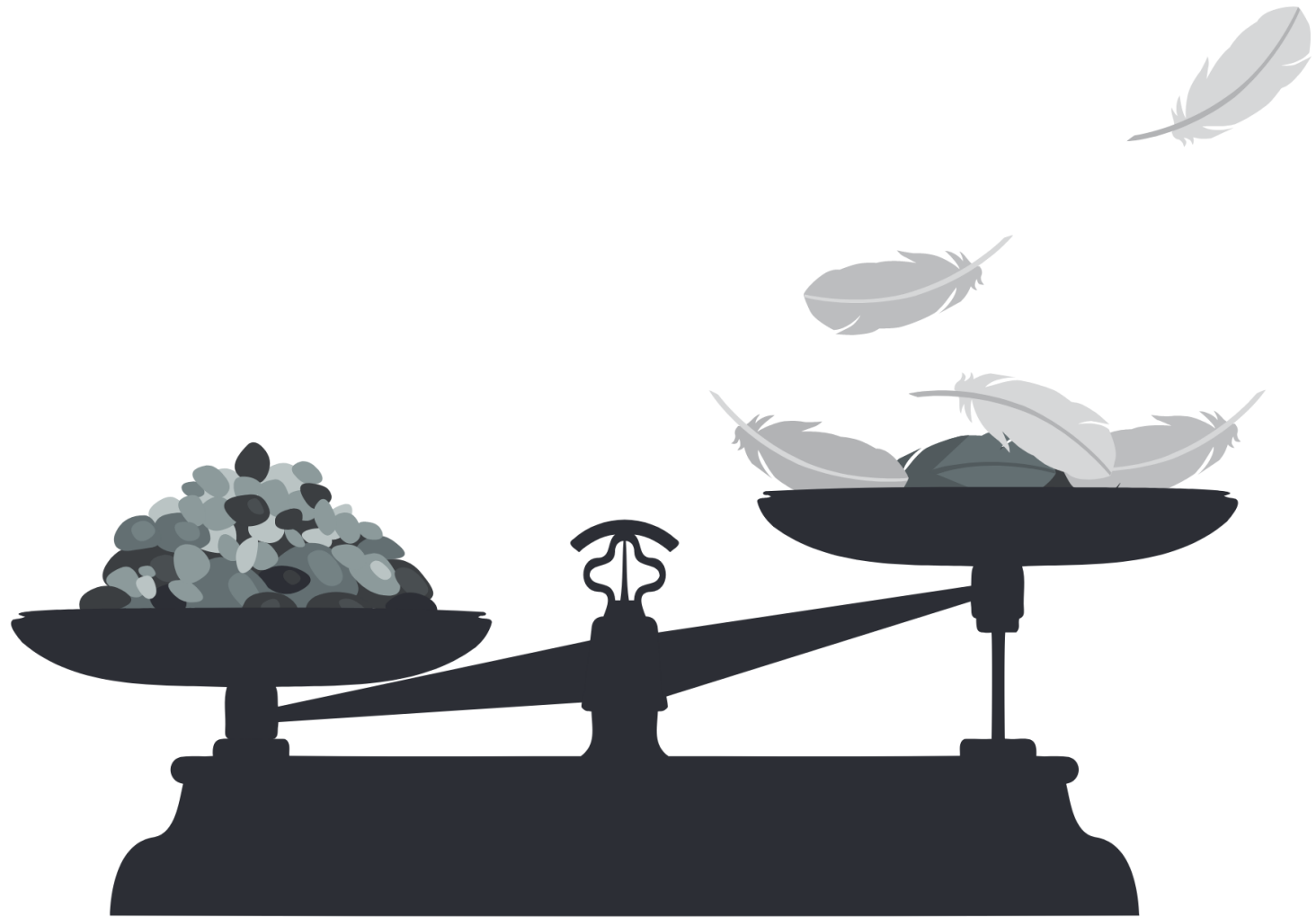
**letting
go**

Rumi

outofstress.com

Pebbles & Feathers



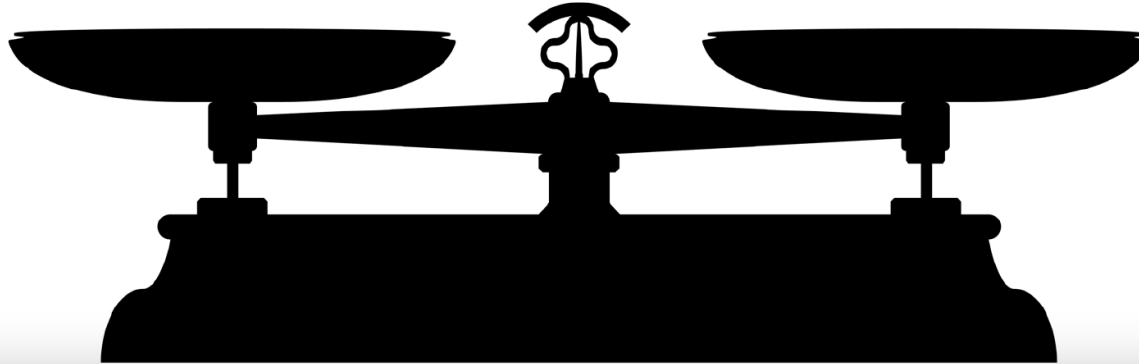


Pebbles

Worried or
Disturbed by others or
Feeling at fault or
Nervous or
Angry/Disapproving or
Unprepared or
Easily Distracted or
Resentful or
Apprehensive or
Unwilling or
Mostly Struggling or
Fearful and afraid or

Feathers

Curious
Engaged
Emotionally sturdy
Ready
Fulfilled
Grateful
Paying attention
Insightful
Emotionally passionate
Thoughtful
Mostly satisfied
Loving and caring





**Not being depressed
isn't the same as
being happy.**

GRATITUDE

Changing the way you look at things



*"Every sign of
gratitude is a sign
of hope"*

— Jeffrey Burton
Russell

**You will have 1 minute to
make a list of everything
you did yesterday. Try to
recall as much as you can.
Please write this list down.**

**Now Look at yesterday
through the lens of
gratitude. List 3 specific
things that happened
yesterday you have
gratitude for.**

**Talk to your neighbor
about your
gratitude**



Your day just got better.

How did this happen?

Gratitude

Cognitive



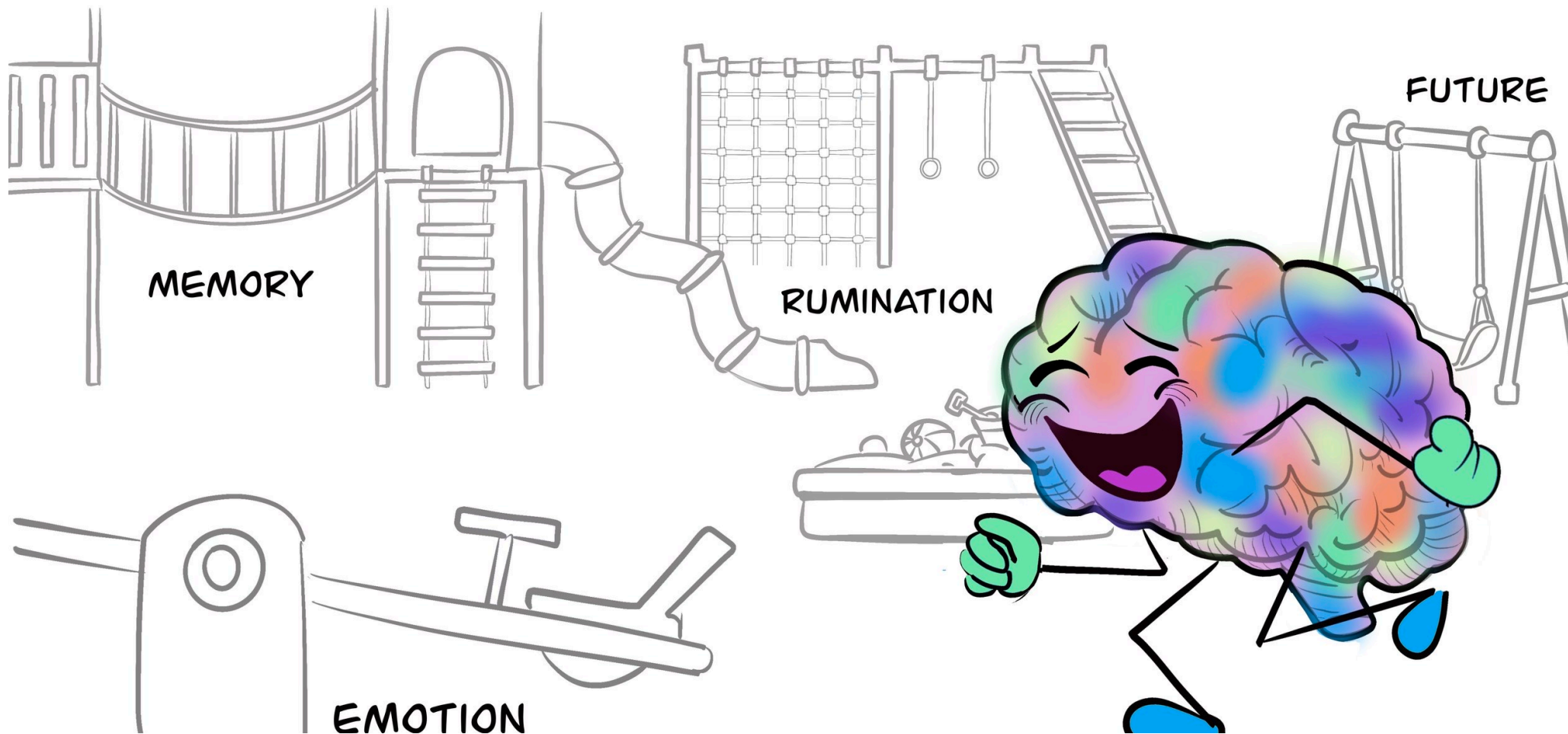
Expressive



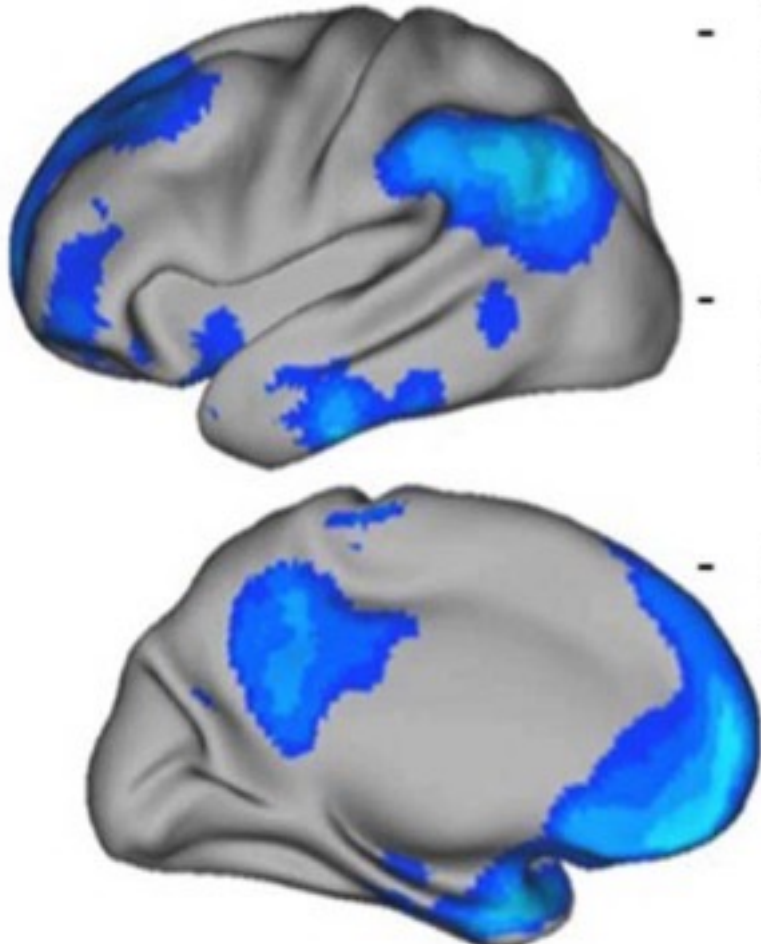
Interactive / Integrative



DEFAULT MODE NETWORK



The Brain's "Default Network"



- Inversely correlated with attention to external stimuli
- Associated with thinking of the past and imagining the future
- Proposed memory-related functions

Wamsley, E. J. (2013). Dreaming, waking conscious experience, and the resting brain: report of subjective experience as a tool in the cognitive neurosciences.

POSITIVITY RESONANCE







Gratitude & Glimmers

“When you appreciate the good—the good will appreciate.”

Tal Ben-Shahar





HOPE

Empowerment

Resilience

Optimism

m i c r o



“Wash One Dish”



Self-Efficacy & Empowerment

Belief in Yourself Creates Power in the World

What is Self-Efficacy?

Self-efficacy is your belief in your **capacity to execute** behaviors needed to produce specific outcomes.

It's not about having skills—it's about believing you can *use* them effectively, even in challenging situations.

"People with high self-efficacy don't just cope with challenges—they shape their environment through their actions."

— Albert Bandura

The Empowerment Effect

Self-efficacy is the **psychological foundation** of empowerment. Here's how:

1. Agency → You take initiative rather than wait

2. Resilience → You persist through obstacles

3. Influence → You shape your circumstances

The Result

Empowerment emerges when you believe you can act effectively—transforming potential into impact.

Character Strengths: The Engine of Self-Efficacy

Your **character strengths** are the psychological resources that fuel all four sources of self-efficacy.

They're not just traits—they're *pathways to action* that enable mastery, learning, connection, and emotional resilience.

When you activate your signature strengths, you simultaneously build self-efficacy and create the conditions for empowerment.

The Connection

Character strengths provide the *how* of building self-efficacy—the specific capacities you deploy to create mastery, learn from others, give and receive support, and manage your inner states.

Strengths Supporting Each Source

Mastery Experiences → Perseverance, Bravery, Creativity, Curiosity

Vicarious Learning → Social Intelligence, Love of Learning, Humility

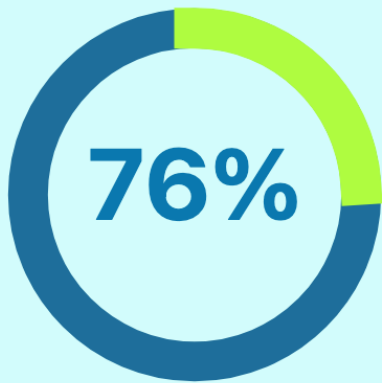
Social Persuasion → Kindness, Teamwork, Leadership, Gratitude

Emotional States → Self-Regulation, Gratitude, Love Hope, Zest, Spirituality

Cultivate your character strengths to amplify self-efficacy and unlock empowerment.

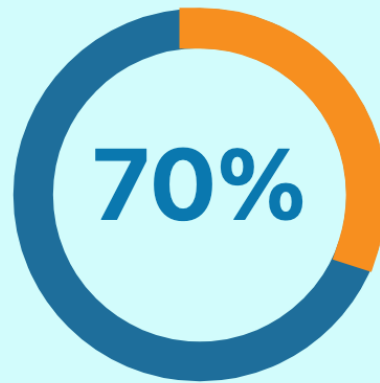
Why Strengths Matter More Than Ever

Across the globe, people are struggling to enjoy their lives due to an array of mental health challenges while the desire to feel good is rated as a priority for many. Globally, 79% of respondents rated wellness as a priority while 42% of those said it was a top priority in their lives. (McKinsey)



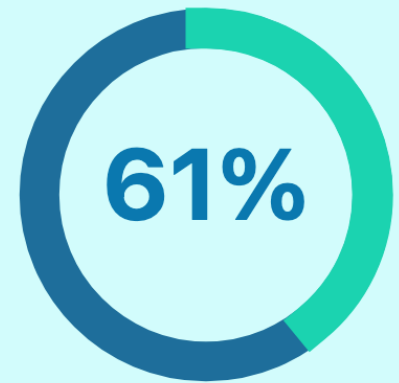
of workers report a mental health symptom

U.S. Surgeon General



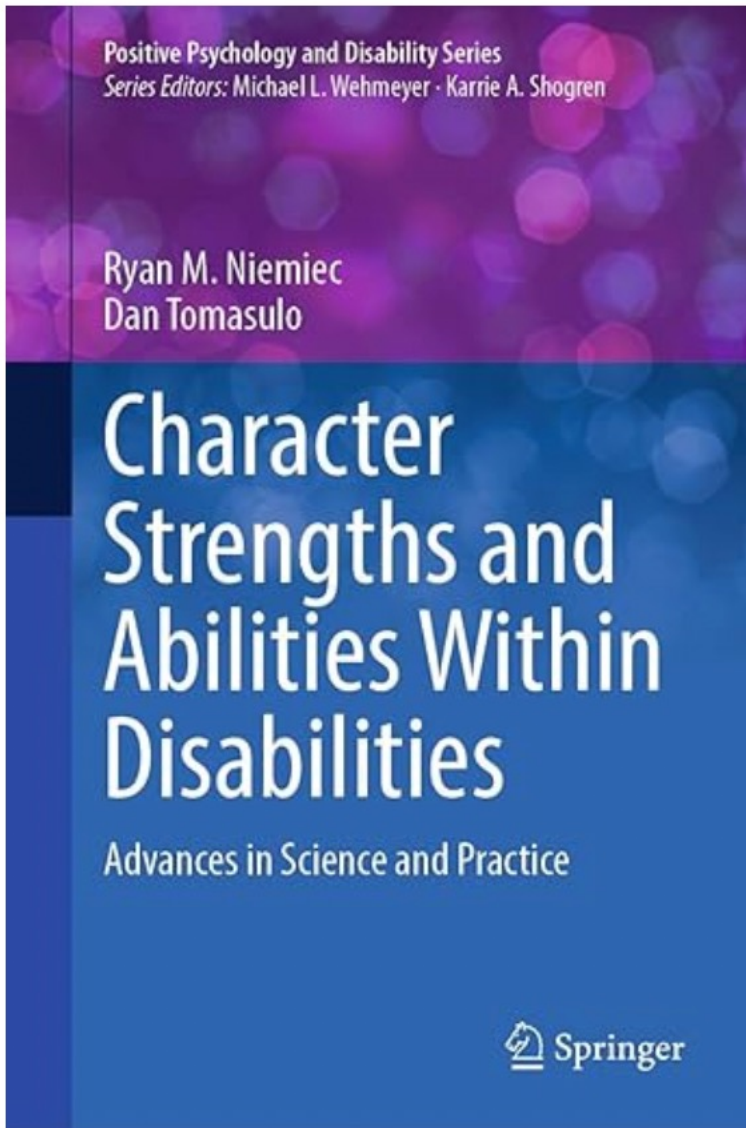
of chronic illnesses have a mental health component

FactMR



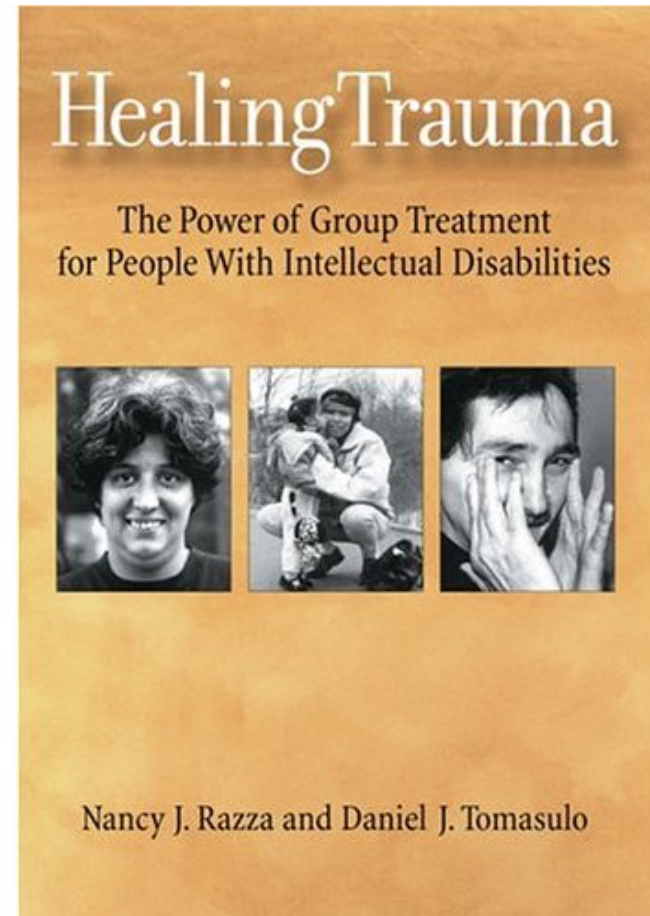
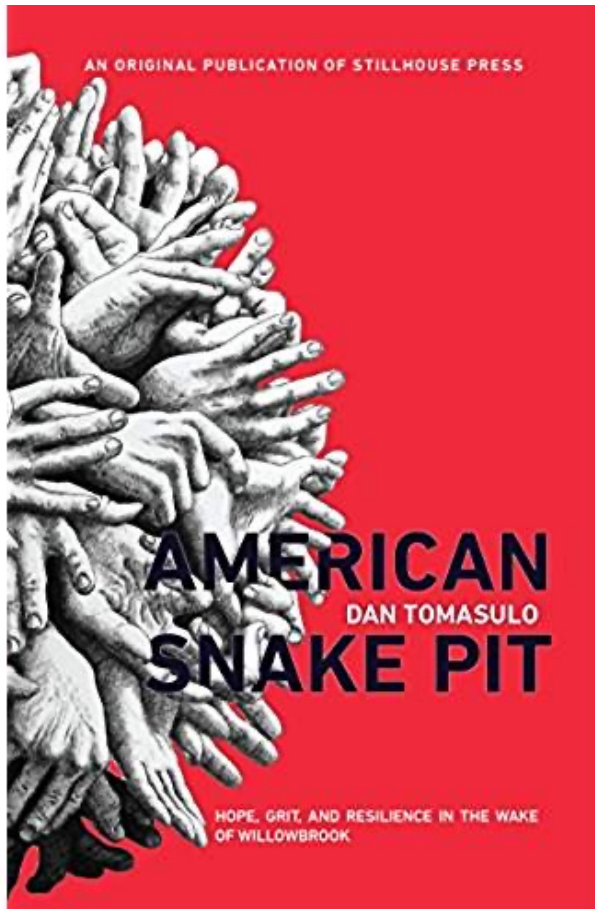
of U.S. adults struggle with anxiety and depression

FactMR



Integrating positive psychology with IDD-MH through character development.

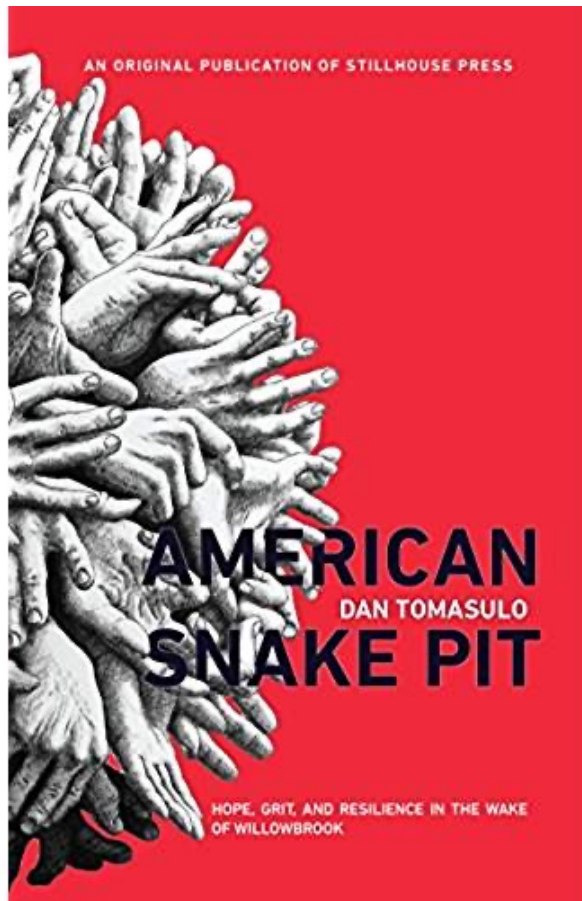
Wrong To Strong





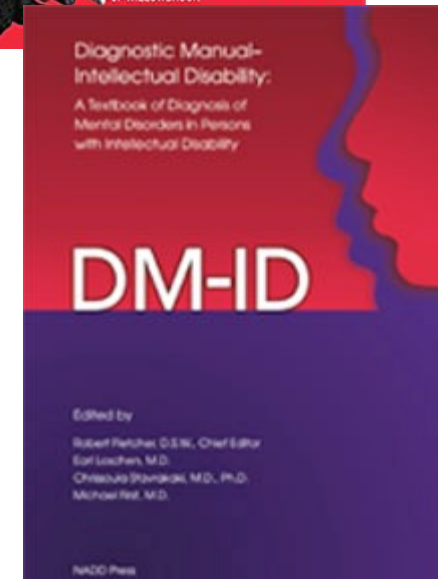
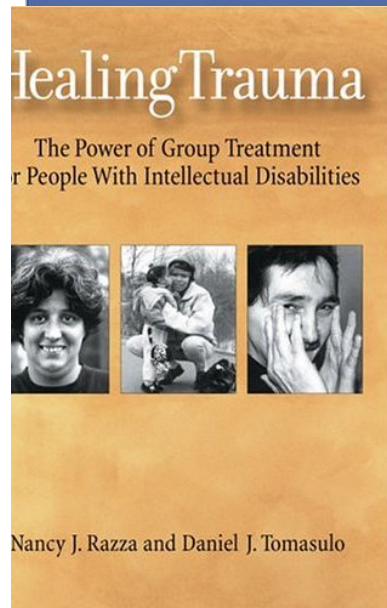
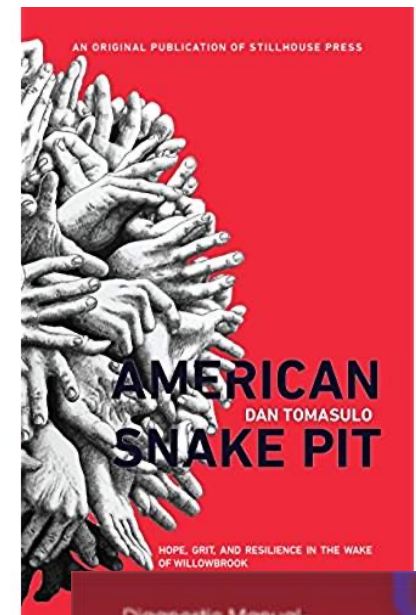
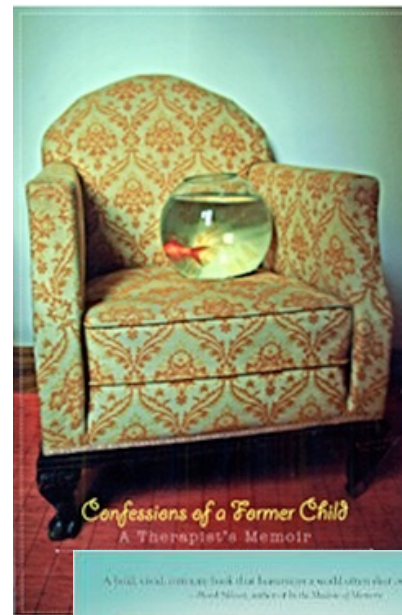
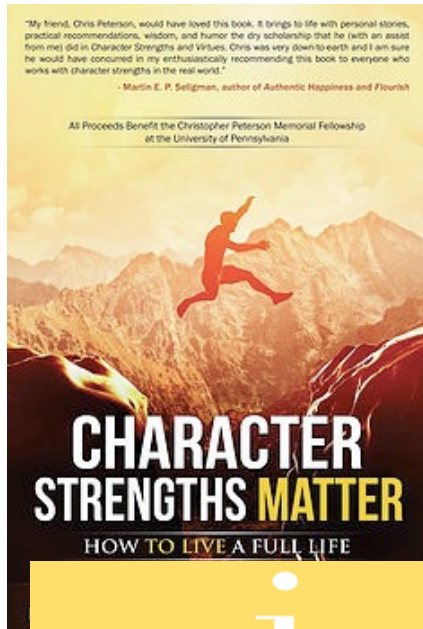
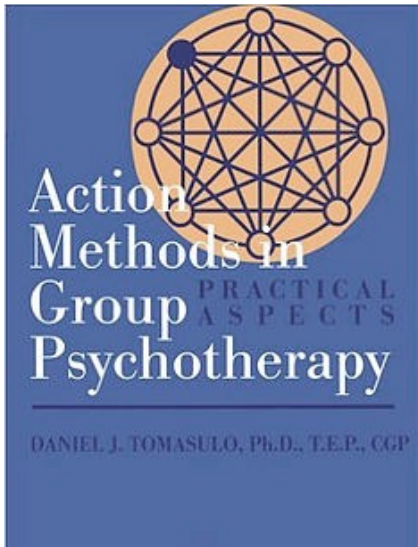
*Positive Group
Psychotherapy
Modified For
Adults With
Intellectual
Disabilities*

Tomasulo, D. (2014). Positive Group Psychotherapy for Adults with Dual Diagnosis: A Proposed Model, *Journal of Intellectual Disabilities*



This must-read new book tells the story of what is possible when the conditions and the system change from promoting evil to encouraging goodness. **From my viewpoint, this is the formula for hope.**

~Philip Zimbardo, Ph.D., Professor Emeritus, Stanford University and New York Times bestselling author, **THE LUCIFER EFFECT**



- ❖ Installation of Hope
- ❖ Universality
- ❖ Imparting Information
- ❖ Belonging/Cohesiveness
- ❖ Catharsis
- ❖ Support
- ❖ Existential Factors
- ❖ Interpersonal Learning
- ❖ Altruism
- ❖ Simulation of primary family
- ❖ Corrective emotional experience
- ❖ Development of Social Skills
- ❖ Feedback & Confrontation
- ❖ Group as a microcosm

VIA Character Strengths

Individual
Dynamics



Therapeutic Factors

Group
Dynamics



STRENGTH SPOTTING IN P-IBT

Character Strengths, Therapeutic Factors,
and Measurable Well-Being Outcomes in Adults with Intellectual Disabilities

Dan Tomasulo, Ph.D., MFA, MAPP, TEP

Academic Director, Spirituality Mind Body Institute

Teachers College, Columbia University

2025 IPPA Outstanding Practitioner Award

n = 37

participants

10 weeks

YAI 2025

WHAT IS P-IBT?

Positive Psychology

Integrates the VIA Classification of Character Strengths and positive interventions as the primary therapeutic currency of group work.

Interactive Behavioral Therapy (IBT)

Adapts Yalom's group psychotherapy mechanisms — universality, interpersonal learning, installation of hope — for adults with intellectual disabilities.

Strength Spotting

Facilitators observe and name character strengths as they emerge in real time — transforming the group into a living mirror for participants' own capacities.

Designed for IDD

Built around the reality that the VIA-IS questionnaire is inaccessible for this population. P-IBT makes strengths visible through action, not self-report.

Developed by Dan Tomasulo | Presented at Johns Hopkins, YAI National Conferences, University of New Mexico

CHARACTER STRENGTHS: 1,236 INSTANCES — TOP PROFILE

#1

Authenticity

101

Courage

#2

Kindness

100

Humanity

#3

Bravery

84

Courage

#4

Curiosity

83

Wisdom




#5

Hope

81

Transcendence

VIRTUE CATEGORY LEADERS

-  Courage (Authenticity, Bravery)
-  Humanity (Kindness, Social Intel., Intimacy)
-  Wisdom (Curiosity, Love of Learning, Perspective)

185 instances
combined
227 instances
combined
199 instances
combined

THE HARMONY TRIAD

Hope (Rank 5) · Gratitude (Rank 9)
Kindness + Intimacy (Ranks 2 & 8)

*All 3 predictors of spiritual
well-being emerged naturally*

HEADLINE FINDING: LIFE SATISFACTION SIGNIFICANTLY INCREASED

SWLS
Total Score

22.37

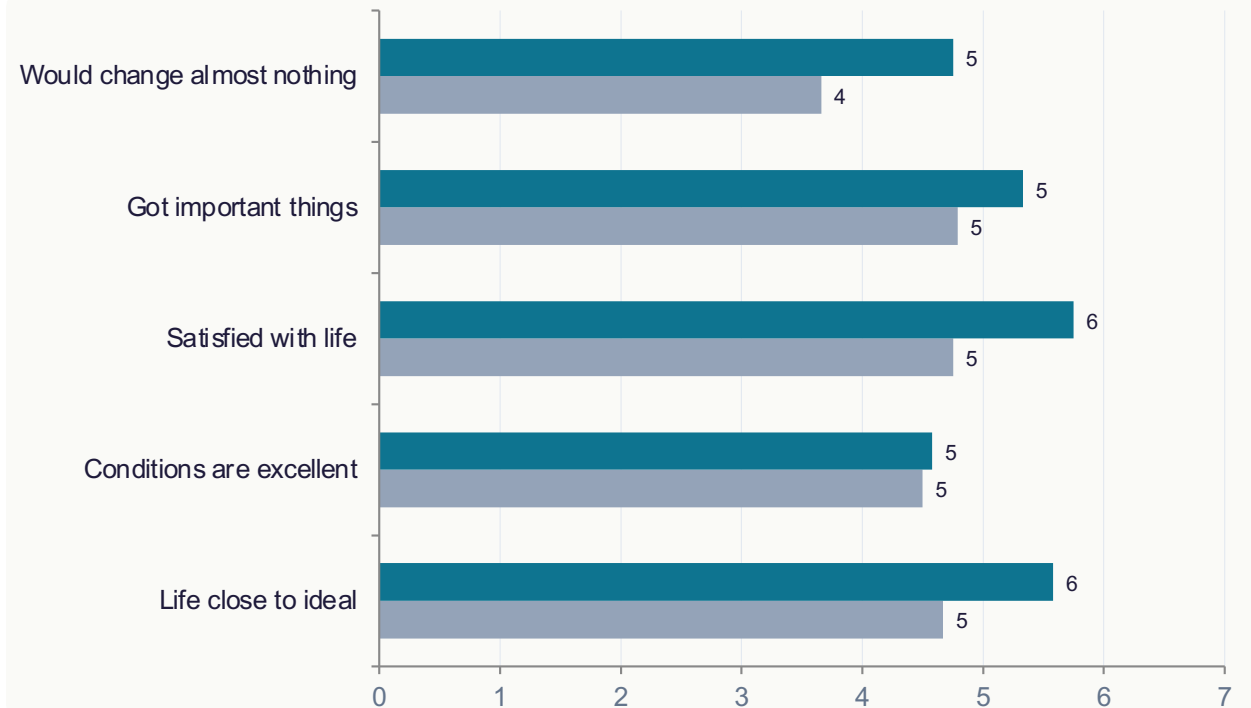
PRE

25.99

POST ($p < .05$)

+3.62

Gain



Scale: 1 (Strongly Disagree) — 7 (Strongly Agree) | $*p < .05$ | $n=12$

Participants moved from "slightly satisfied" to "satisfied" — with the largest gains in life acceptance and ideals alignment.

HOPE: STABLE AS A FOUNDATION, NOT ABSENT AS AN OUTCOME

CHS Score

27.91

P R E

27.91

P O S T

**No Change
(0.00)**

Hope Was Already Active

Hope appeared 81 times across group sessions — the 5th most expressed strength. CHS stability reflects a healthy baseline already present, not a ceiling on growth.

Present-Tense Focus

P-IBT's dominant strengths — Authenticity, Kindness, Bravery, Curiosity — are all present-moment capacities. The model builds the conditions hope requires rather than targeting hope directly.

Life Satisfaction Rose Significantly

The best predictor of future hope is present satisfaction. The +3.62 SWLS gain may be laying the groundwork for hope gains that would emerge with longer follow-up.

The Children's Hope Scale was not designed for adults. Future iterations should use the Adult Dispositional Hope Scale (Snyder, 1991).

SYNTHESIS: WHAT THE DATA TELLS US

01

Character Strengths Are Abundant

1,236 instances in 10 weeks. Adults with intellectual disabilities do not have absent strengths — they have had absent mirrors.

03

Life Satisfaction Measurably Improved

SWLS +3.62, $p < .05$. Participants feel their lives are closer to their ideal. This is the signature outcome of positive psychological intervention.

05

Observer Ratings Miss the Story

ASPeCT-DD decline reflects authenticity growth misread as behavioral regression. We need assessment tools that measure genuine flourishing in this population.

02

The Group Is a Healing Environment

Interpersonal Learning, Self-Understanding, and Universality dominated the therapeutic factor profile — the deepest levels of group psychotherapy, accessible to this population.

04

The Harmony Triad Emerges Naturally

Hope, Gratitude, and Love-adjacent strengths all appeared in the upper half of the distribution — consistent with the Harmony Triad's role in predicting spiritual well-being.

06

Hope is a Foundation, Not a Gap

81 in-group hope instances. CHS stability reflects healthy baseline, not absence. Present-tense strength expression is the path to future hope.

IMPLICATIONS & FUTURE DIRECTIONS

For Clinical Practice

Name strengths in real time as they emerge. 'What I just witnessed was your Bravery.' The group becomes a mirror; strength spotting is the core mechanism.

For Assessment

The NSI (Narrative Strengths Interview) — eliciting character strengths through story, not rating scales — addresses the measurement gap revealed by ASPeCT-DD results.

For Program Design

Temperance strengths (Prudence: 9, Self-Regulation: 9) were the least expressed. A targeted module on emotional regulation as character strength — not behavioral compliance — is indicated.

For Research

Longer-term follow-up, adult hope scale administration, and observer training in authentic expression vs. behavioral compliance would strengthen future evaluations.



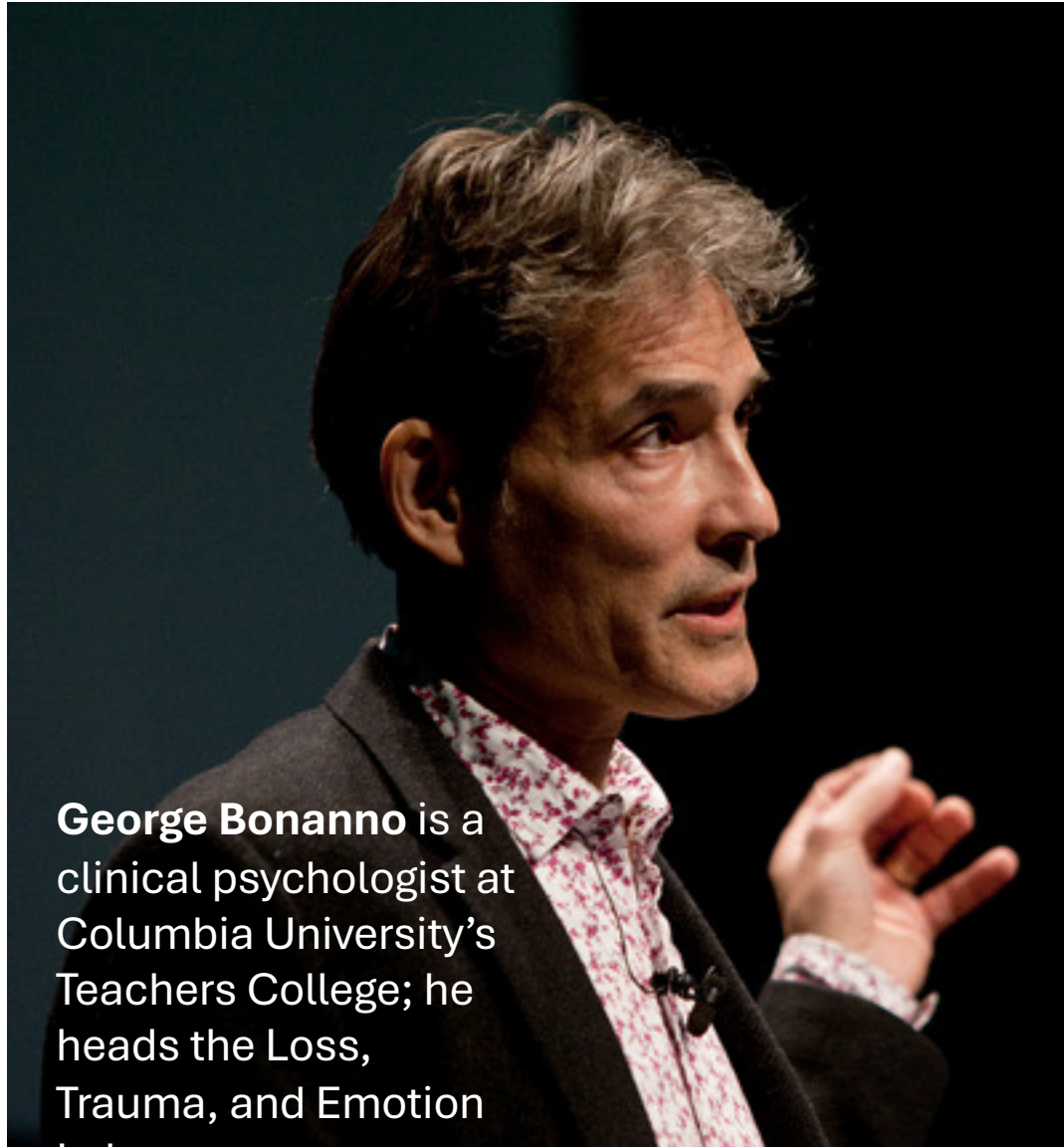
Where does HOPE & RESILIENCE begin?



HOPE
Empowerment
Resilience
Optimism

Let's talk about resilience.





George Bonanno is a clinical psychologist at Columbia University's Teachers College; he heads the Loss, Trauma, and Emotion

Living through adversity doesn't guarantee that you'll suffer going forward. What matters is whether that adversity becomes traumatizing.

- Why do some people use the system so much more frequently or effectively than others?
- Do you conceptualize an event as traumatic, or as an opportunity to learn and grow?
- “Events are not traumatic until we experience them as traumatic,”
- Coined term: **PTE, or potentially traumatic event.**
- Every frightening event has the potential to be traumatic or not to the person experiencing it.



A **flexible mindset** develops when you can reflect on the answers to four essential questions during a difficult time:

- What is Happening?
- What do I need to do?
- What am I able to do?
- Is it working?

Bonanno, G. A. (2021). *The end of trauma: How the new science of resilience changes how we think about PTSD* (1st ed.). New York, NY: Basic Books, Inc.

Flexible Mindset: The Core of Resilience

Training Adaptability Through
Improv and Role-Playing

Why Cognitive Flexibility Predicts Resilience

The Research Foundation

- **Affective flexibility** is significantly correlated with resilience across multiple measures
- **Cognitive flexibility mediates** the relationship between self-regulation and resilience in students
- Flexible thinkers adapt appraisals and coping mechanisms more effectively under stress

Key Mechanism

The ability to shift attention flexibly between affective and non-affective information predicts better stress outcomes.

Rigid thinking patterns → Emotional stagnation → Blocked post-traumatic growth

Improv & Role-Playing as Training Modalities

Improvvisational Theater Training

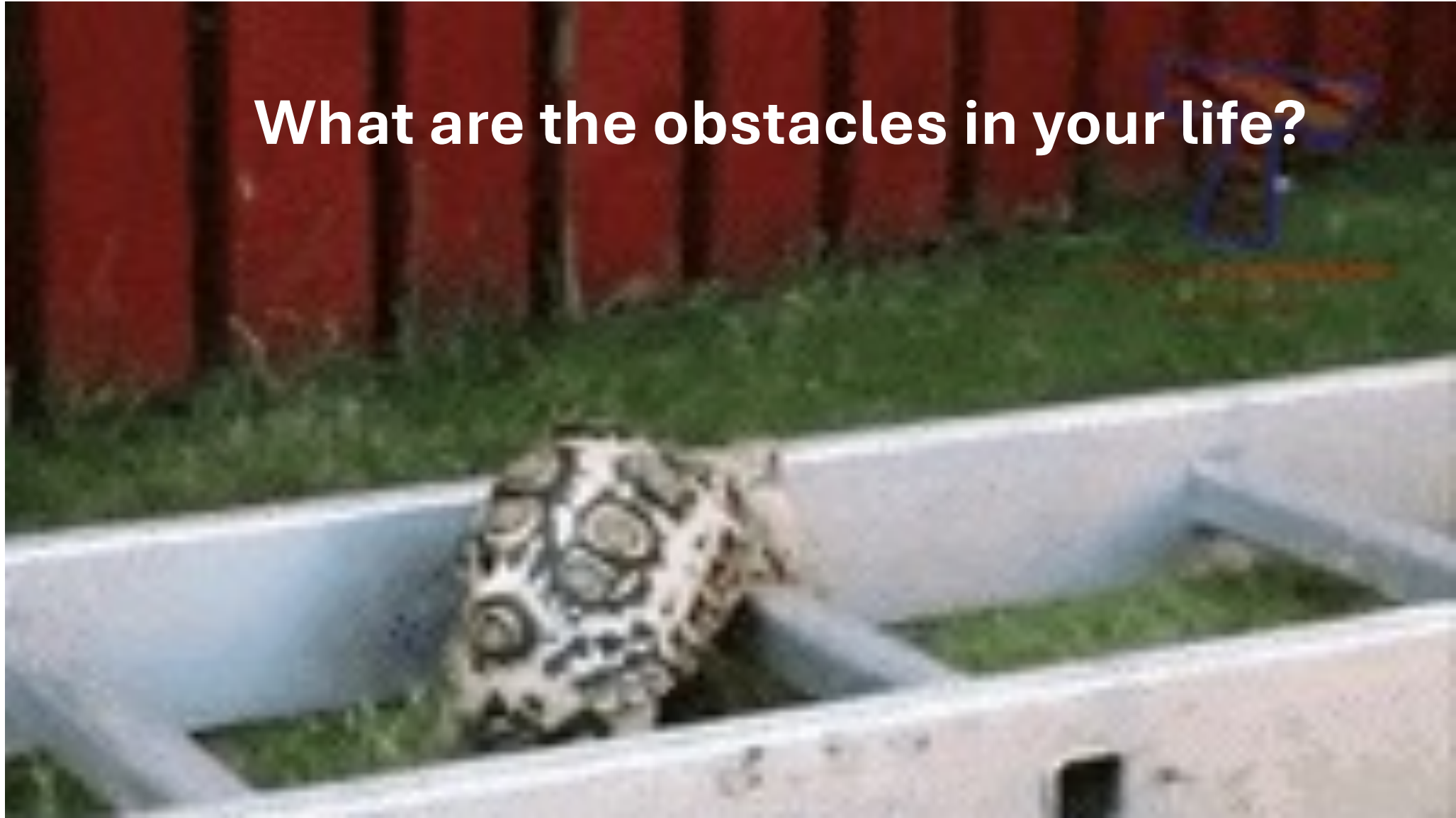
- Enhances **divergent thinking** and creative flexibility
 - Improves **attentional abilities** and cognitive stimulation
 - Requires **real-time adaptation** to unexpected events
-

Psychodrama & Role-Playing

- Develops **schema mode flexibility** and perspective-shifting
- Role reversal builds empathy and **cognitive simulation**
- Activates emotional, cognitive, and behavioral learning

References: Hainselin et al. (2018). Improving teenagers' divergent thinking with improvisational theater. *Frontiers in Psychology*. | Keisari et al. (2025). Improv as cognitive activity. *Frontiers in Aging Neuroscience*. | Orkibi et al. (2022). Integrating cognitive behavioral group therapy and psychodrama for social anxiety. *Front Psychol*.

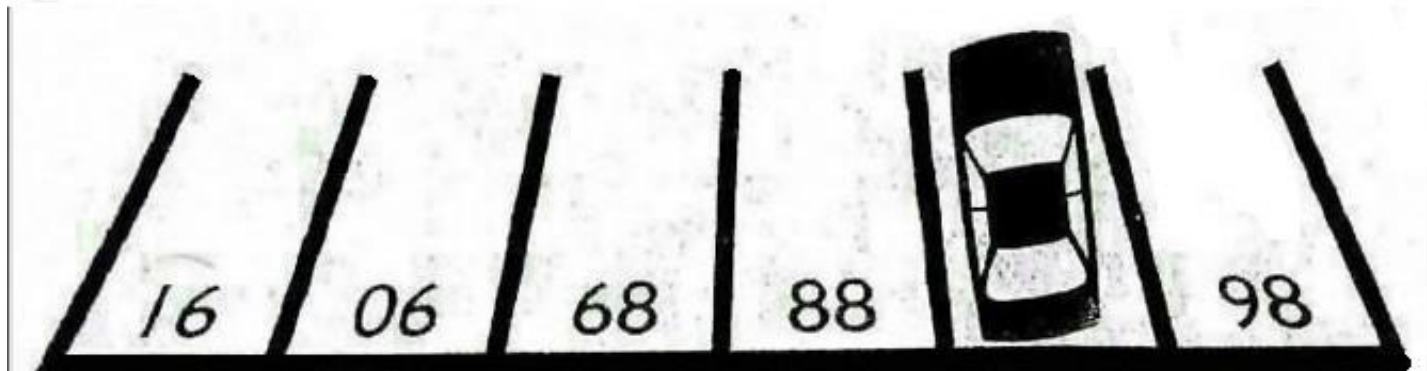
What are the obstacles in your life?



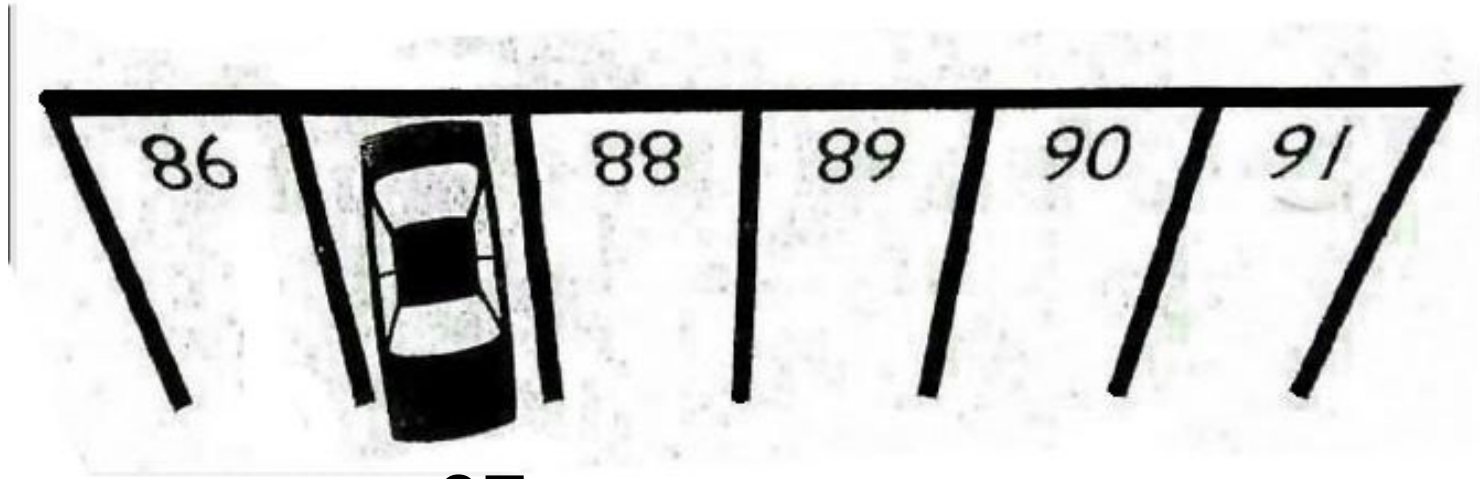
Einstellung Effect

When Prior Knowledge Harms
Performance

Maths puzzle

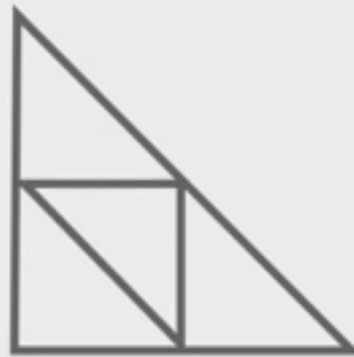
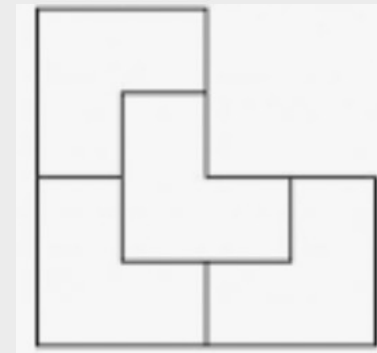
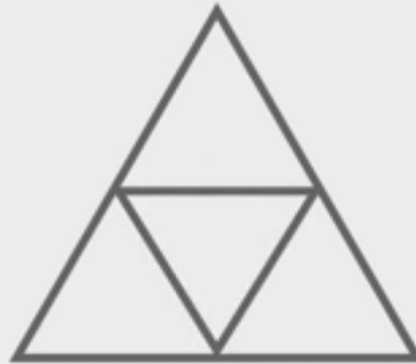
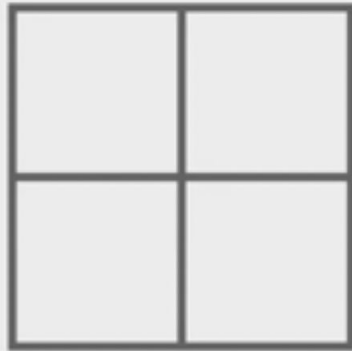


What is the number covered by the car parked in the bay



87

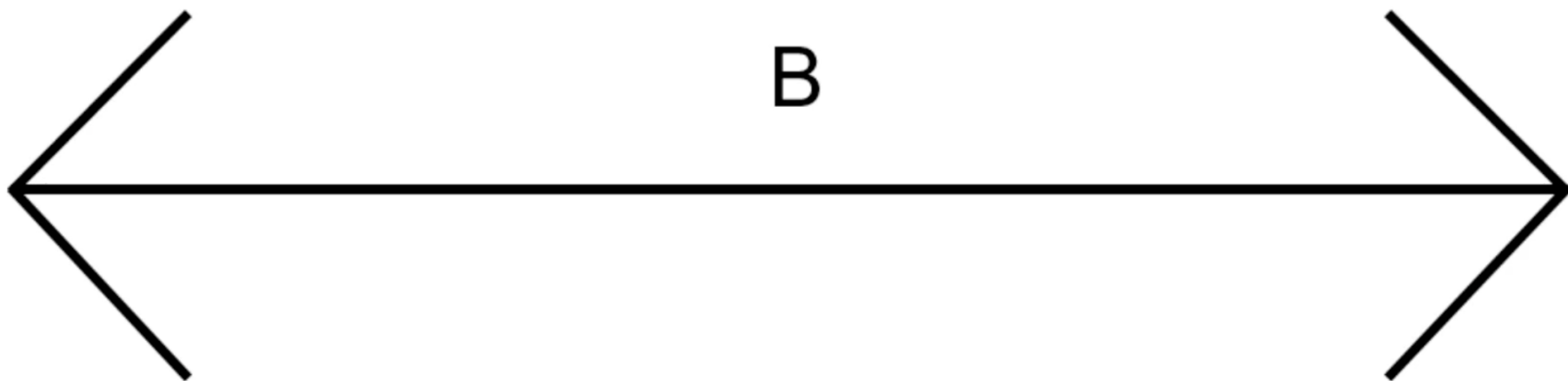
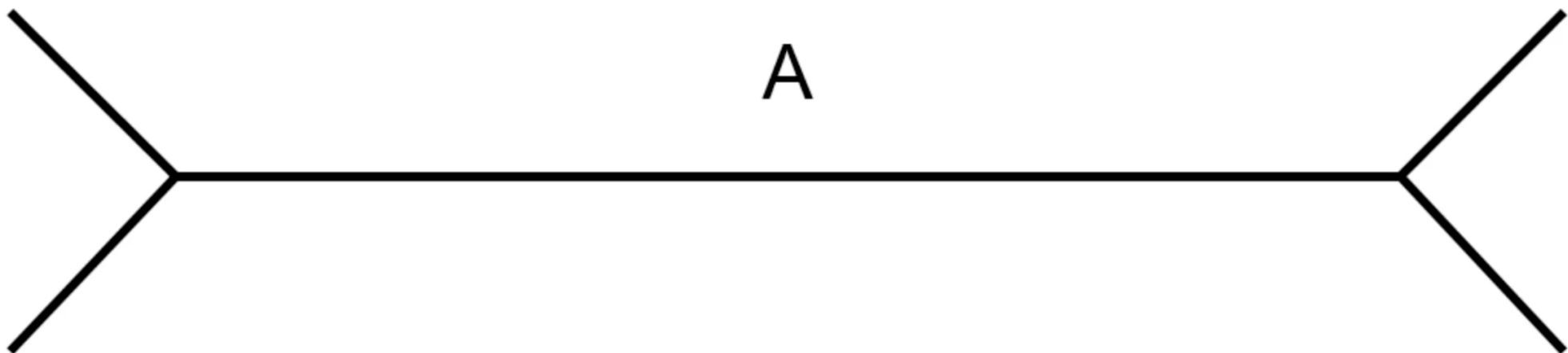
CUT INTO FOUR IDENTICAL PIECES



The Famous **Müller-Lyer** Illusion

Which line is longer?

1. A
2. B
3. They are of equal length



GO TO WWW.MENTRI.COM AND USE THE CODE 2020 2000

Which line is longer?

1st | A

2nd | B

3rd | They are of
equal length

Which Line is Longer?



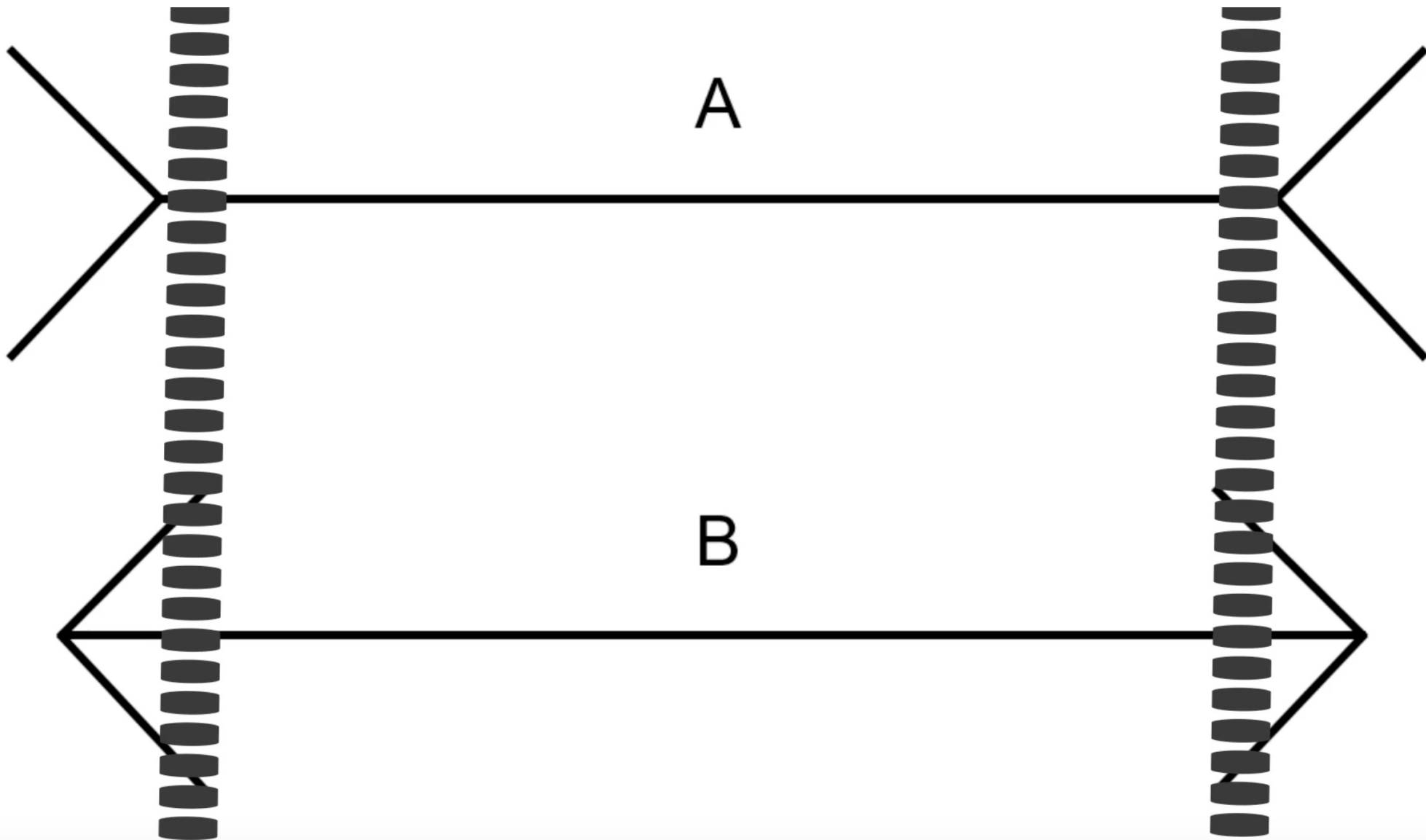
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0 of 1 responded

The Famous **Müller-Lyer** Illusion

Which line is longer?

1. A
2. **B**
3. They are of equal length

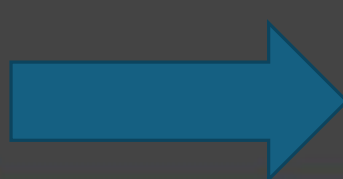




HOPE
Empowerment
Resilience
Optimism

Optimism Vs Pessimism

	"Bad" Situation	"Good" Situation
Pessimist	Permanent Pervasive Personal	Temporary Isolated incident External cause
Optimist	Temporary Isolated incident External cause	Permanent Pervasive Personal



BELIEFS

Short Version

<i>Optimistic</i>	<i>Pessimistic</i>
Temporary <i>"I'm exhausted"</i>	Permanent <i>"I'm all washed up"</i>
Specific <i>"This conference is bad"</i>	Pervasive <i>"All conferences are bad"</i>
Internal <i>"My skill got me here"</i>	External <i>"My teammates skill..."</i>

OPTIMISM

"I have a feeling tomorrow will be better"

HOPE

"I resolve to make tomorrow better"

The Distinction Between Optimism and Hope

"Grit depends on a different kind of hope. It rests on the expectation that **our own efforts can improve our future. 'I have a feeling tomorrow will be better'** is different from **'I resolve to make tomorrow better.'**"

— Angela Duckworth

Grit: The Power of Passion and Perseverance (2016)

”

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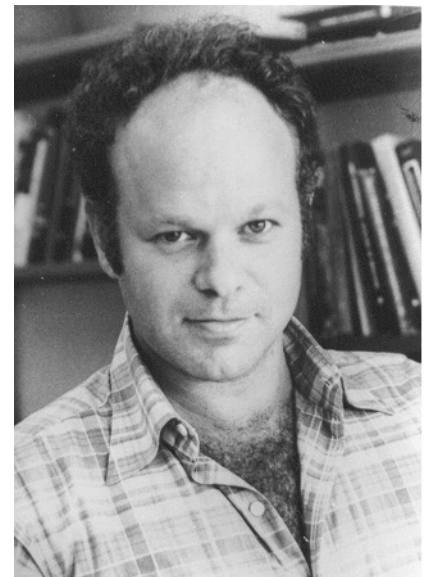
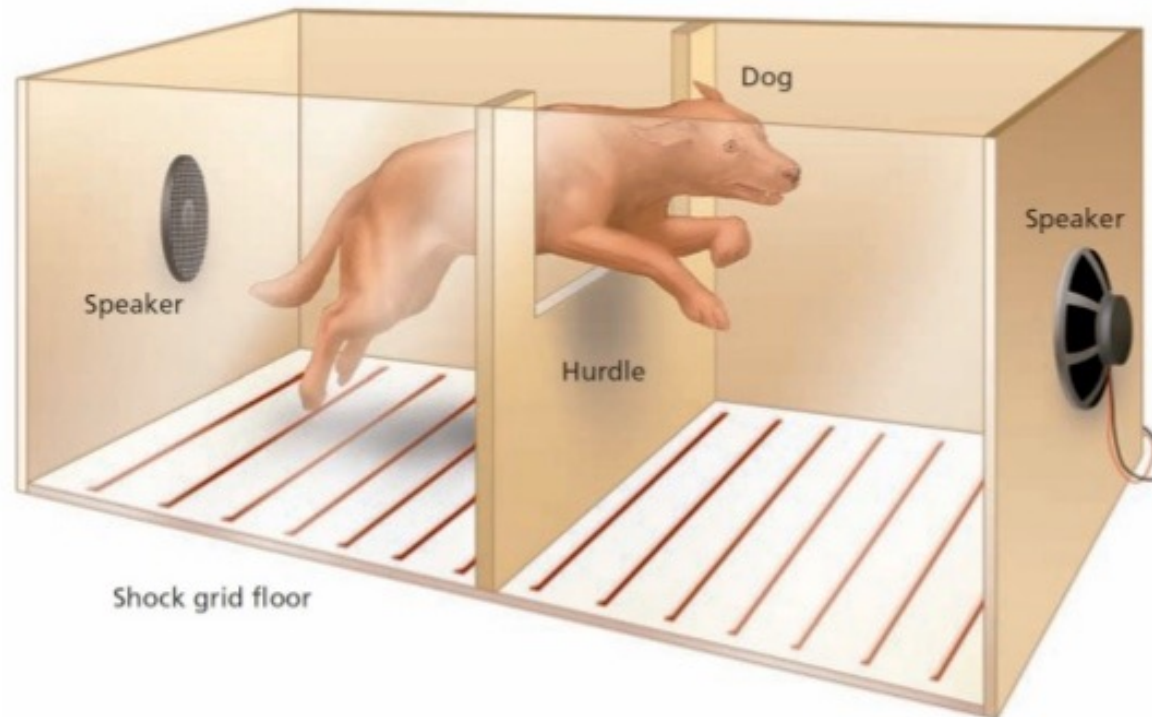
OPTIMISM IS A STRATEGY FOR MAKING A BETTER FUTURE. BECAUSE UNLESS YOU BELIEVE THAT THE FUTURE CAN BE BETTER, IT'S UNLIKELY YOU WILL STEP UP AND TAKE RESPONSIBILITY FOR MAKING IT SO. IF YOU ASSUME THAT THERE'S NO HOPE, YOU GUARANTEE THAT THERE WILL BE NO HOPE.”

– NOAM CHOMSKY

What Is *Learned Helplessness*?

Figure 5.11 Seligman's Apparatus

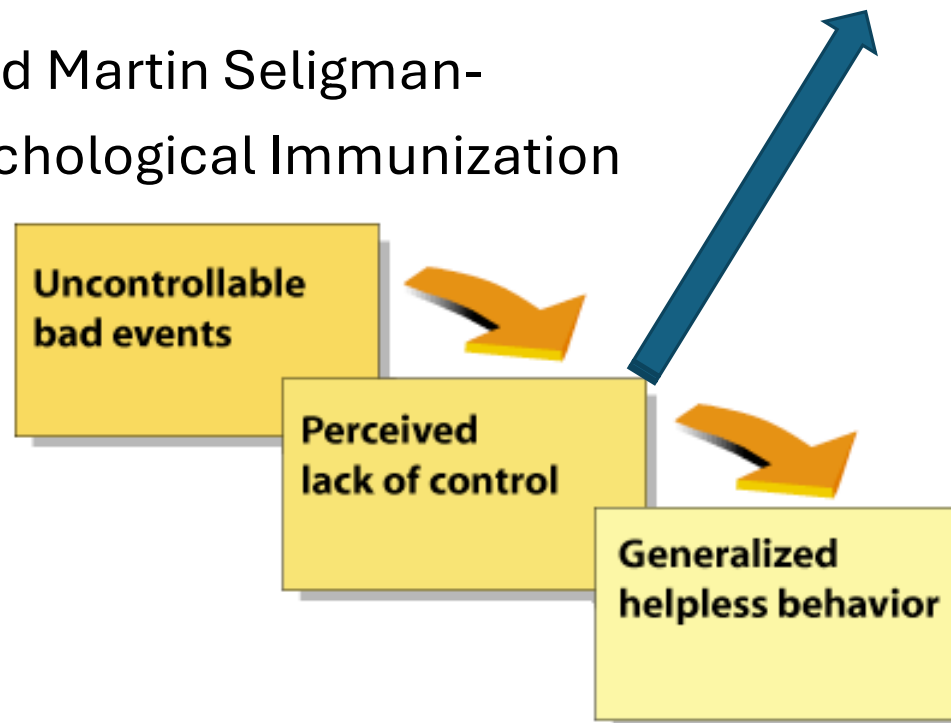
In Seligman's studies of learned helplessness, dogs were placed in a two-sided box. Dogs that had no prior experience with being unable to escape a shock would quickly jump over the hurdle in the center of the box to land on the "safe" side. Dogs that had previously learned that escape was impossible would stay on the side of the box in which the shock occurred, not even trying to go over the hurdle.



NOT BASED ON WHAT WAS LEARNED-
IN THE PAST—BUT RATHER ON RISK

***Learned* Helplessness?** ASSESSMENT OF THE **FUTURE**

- Jonas Salk and Martin Seligman-
the shift to Psychological Immunization



Living Well by Flowing Well

The Science of Deep Engagement and Well-Being

Research by Tse, Nakamura & Csikszentmihalyi

Tse, D. C., Nakamura, J., & Csikszentmihalyi, M. (2021). Living well by "flowing'well: The indirect effect of autotelic personality on well-being through flow experience. *The Journal of Positive Psychology*, 16(3), 310-321.

The Well-Being Gap

17%

of U.S. adults are flourishing

26.5%

globally are "very happy"

Most people aren't achieving high levels of well-being.

The question is: What are flourishing people doing differently?

Making Flow Happen

"A state of deep engagement and enjoyment—when action and awareness merge, time distorts, and you lose self-consciousness"



Complete
concentration



Distorted time
perception



Sense of control



Autotelic
experience

The Secret: Autotelic Personality

Autotelic personality describes people who naturally experience flow frequently across many activities.

The word comes from Greek: *auto* (self) + *telos* (goal).

These individuals find activities intrinsically rewarding—the doing itself is the goal.

Key Insight

It's not about finding your one passion—it's about developing the capacity to flow in many activities.

The Seven Traits of Autotelic Personality

1. Curiosity – Approaching the world with wonder

2. Persistence – Staying with challenges

3. Low self-centeredness – Getting out of your own way

4. Intrinsic motivation – Doing things for their own sake

5. Enjoying challenges – Seeing difficulty as invitation

6. Transforming boredom – Making tedious tasks engaging

7. Attentional control – Focusing fully on the present

These traits can be developed—you're not stuck with what you have

Autotelic Traits → Character Strengths

How Flow Personality Maps to VIA Character Strengths

1. Curiosity

→ **Curiosity** (Interest, Novelty-Seeking)

2. Persistence

→ **Perseverance** (Persistence, Grit)

3. Low Self-Centeredness

→ **Humility** (Modesty)

4. Intrinsic Motivation

→ **Zest** (Enthusiasm, Vitality)

5. Enjoying Challenges

→ **Bravery** (Courage)

6. Transforming Boredom

→ **Creativity** (Ingenuity, Originality)

7. Attentional Control

→ **Self-Regulation** (Self-Control)

Your Strengths and Problems

- Name a problem. Stressor or conflict that you successfully overcame /resolved.
- What character strengths did you use to manage or resolve it?
- Internal? Relational? External?

Get feedback from your partner about what else they heard.

Exercise 1 -Strong Mindfulness Practice: Obstacle Management

Choose one obstacle in your professional life that you would like to address.

Explore how each of your top 5-7 strengths can help you manage the obstacle.

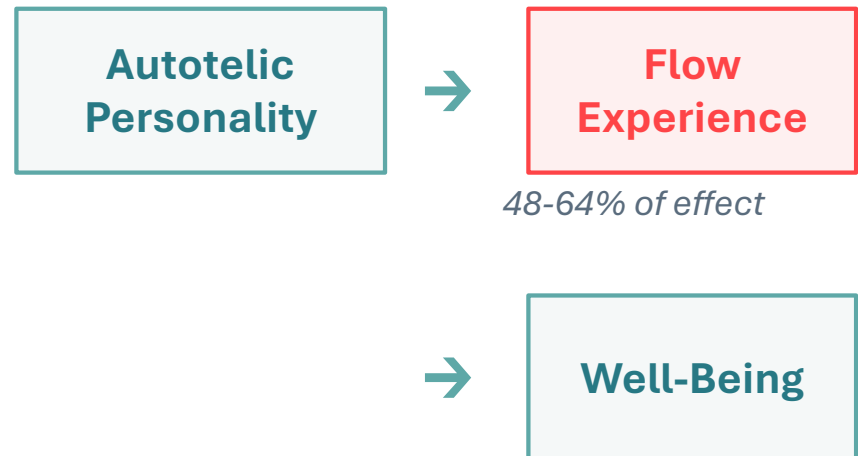
Share this to your partner and then reverse roles.

The Research Findings

Flow mediates the relationship between autotelic personality and well-being

- 48-64% of the effect operates through flow experience
- Study 1: 390 participants
- Study 2: 127 participants, 10-day diary study

The more autotelic you are, the more you experience flow, which leads to greater well-being.



Study 1: Cross-Sectional Evidence

N = 390 participants

One-time survey on MTurk

Key Results:

- Autotelic personality → flow proneness ($\beta = .52$)
- Flow proneness → life satisfaction ($\beta = .35$)
- Flow proneness → flourishing ($\beta = .51$)

The Indirect Effects

48%

of effect on life satisfaction
operates through flow

64%

of effect on flourishing
operates through flow

Study 2: Daily Flow in Action

N = 127 participants

10-day diary study with 4,101 activity reports

This study captured:

- Within-day variations in flow experience
- Daily well-being (affect and flourishing)
- Real-time reports across different activities

Day-to-Day Results

People high in autotelic personality experienced more intense daily flow, which directly elevated their well-being *that same day*.

The effect operates not just globally, but in your everyday micro-moments.

THE KEY INSIGHT

Stop searching for "the one thing" that will make you happy

Instead, cultivate the seven traits so you can find flow in *many* everyday activities.

The good life emerges from flowing through your days.

Your Practical Strategy

1

Before any task, pause and activate curiosity

"What's interesting about this? What can I learn?"

2

Find the challenge within every activity

"How can I make this more engaging? What skill can I practice?"

3

Do it for its own sake

"What's intrinsically rewarding about this moment?"

Practice these daily and watch your capacity for flow expand.

The Compound Effect of Flow

The research shows that the effects compound:

Autotelic traits → More flow



More flow → Greater well-being



Well-being → More capacity for flow

A virtuous cycle that builds over time.

Your Invitation

Begin today. Pick one activity—any activity—and approach it with curiosity, persistence, and intrinsic motivation.

The path to well-being isn't through finding your one passion.
It's through becoming the kind of person who can flow anywhere.

Research: Tse, Nakamura & Csikszentmihalyi (2021)

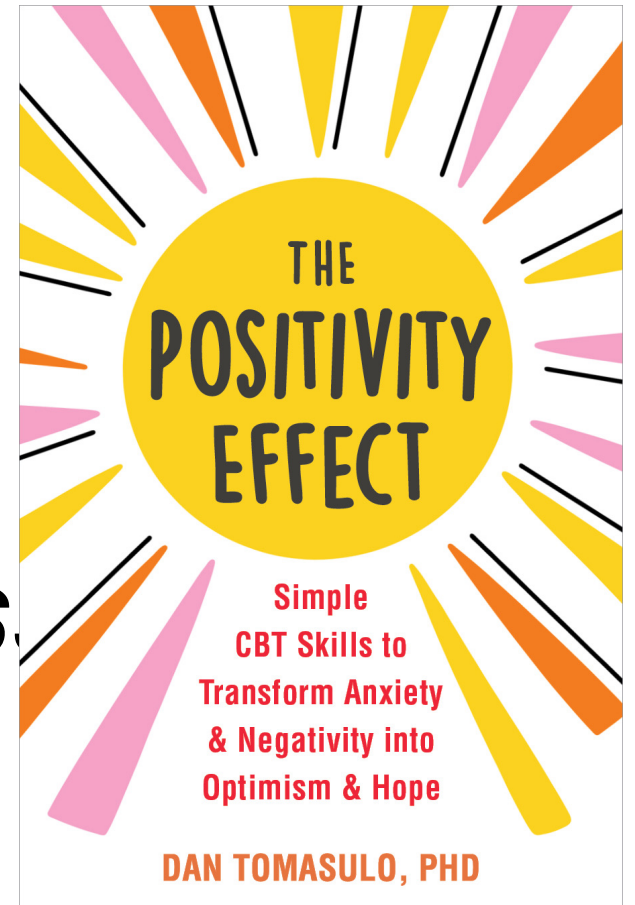
The Journal of Positive Psychology



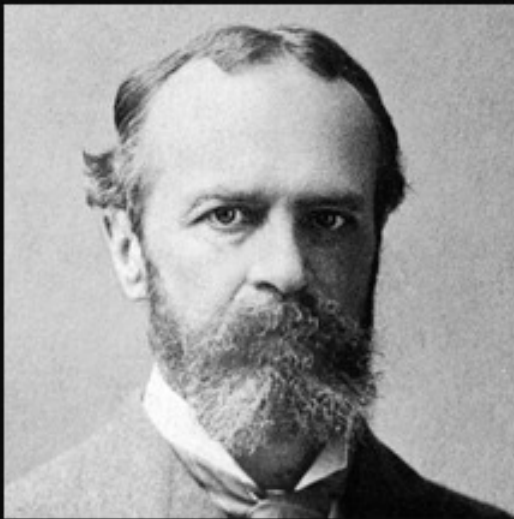
samcannon

7 Thinking Habits
OF
HIGH
HOPE
People

Learned Hopefulness
*The **Positivity** Effect*



Awareness

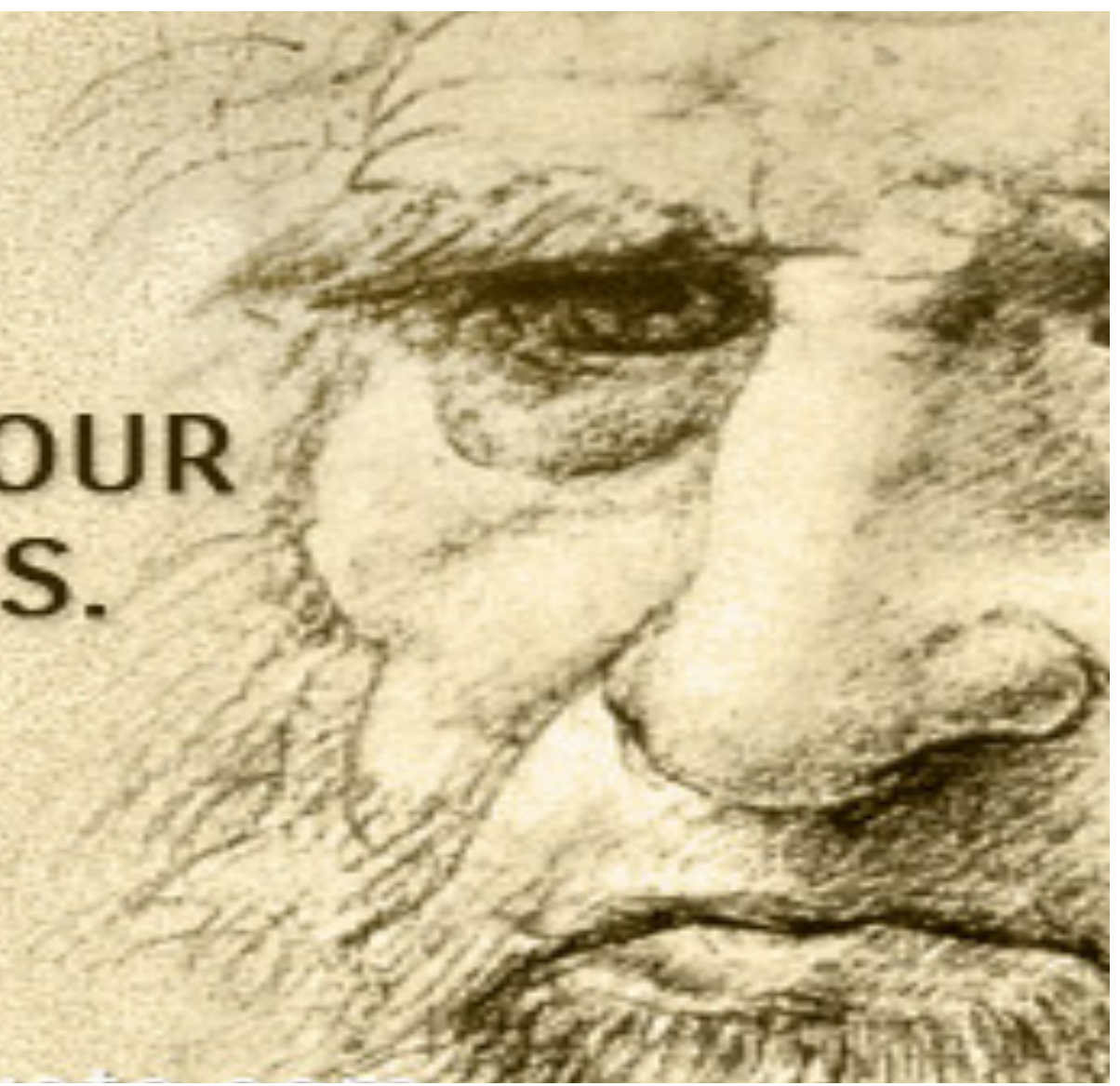


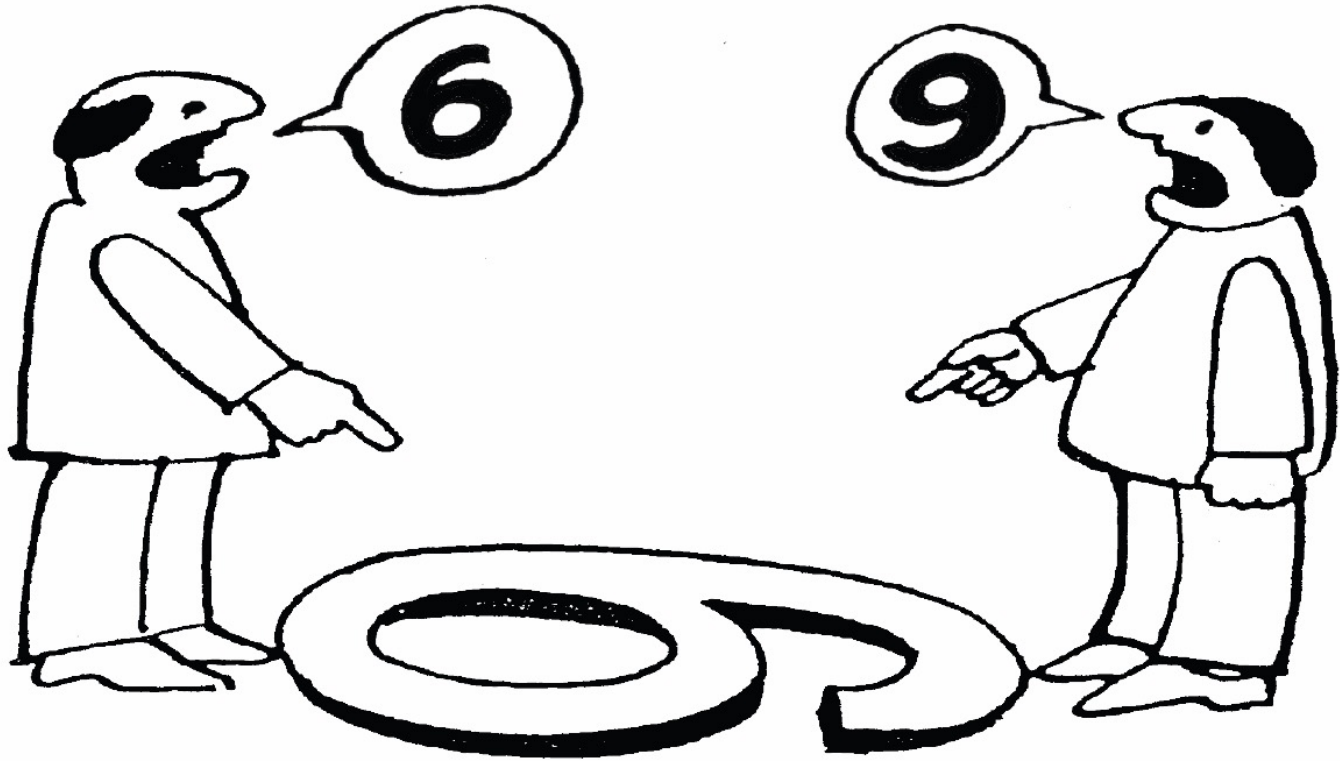
My experience is what I agree to attend to.

~ William James

**ALL OUR
KNOWLEDGE
HAS ITS
ORIGINS IN OUR
PERCEPTIONS.**

Leonardo da Vinci





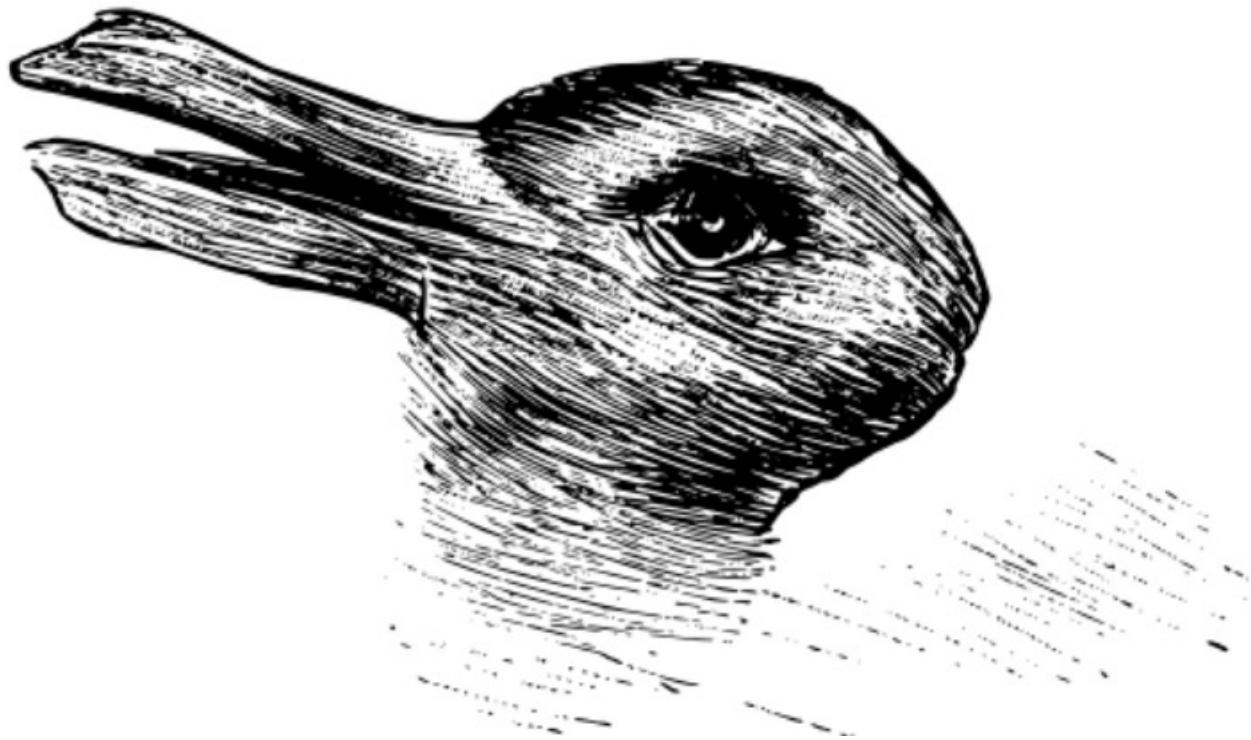
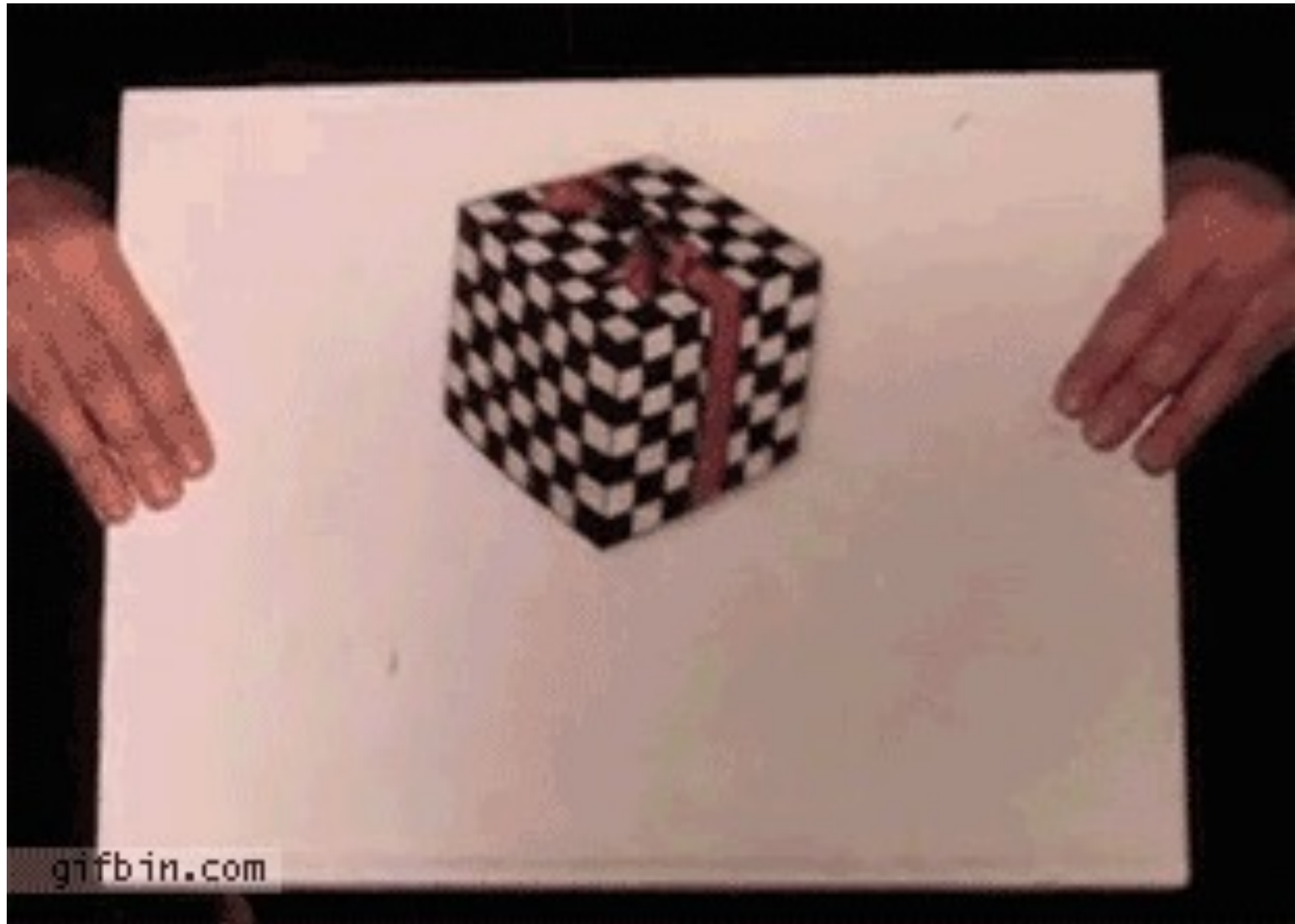




Illustration inspired by Kim Jae Hong



gifbin.com

NO

13

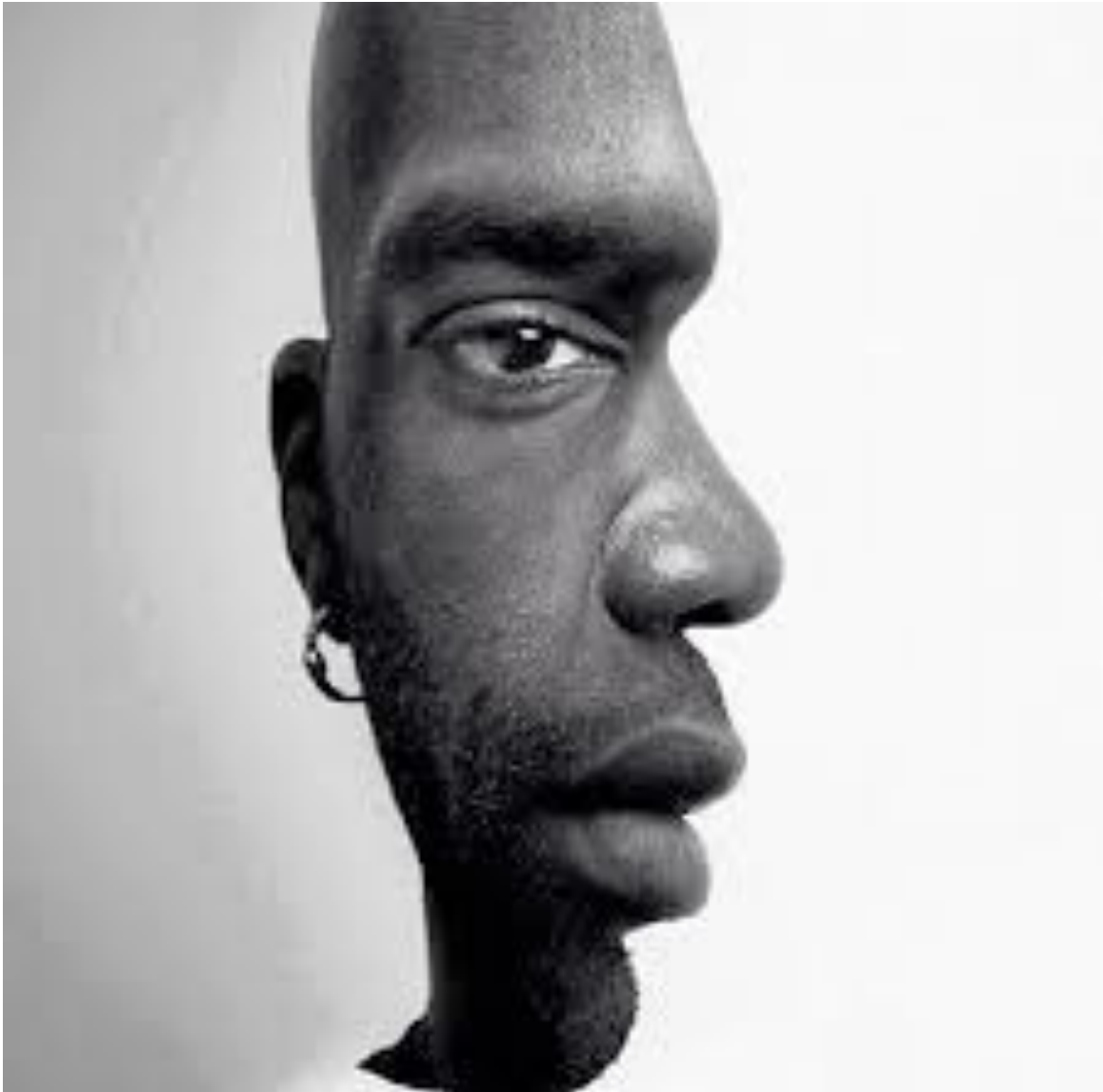
What do you see?



This glass is
completely full

Half with water ---

Half with air

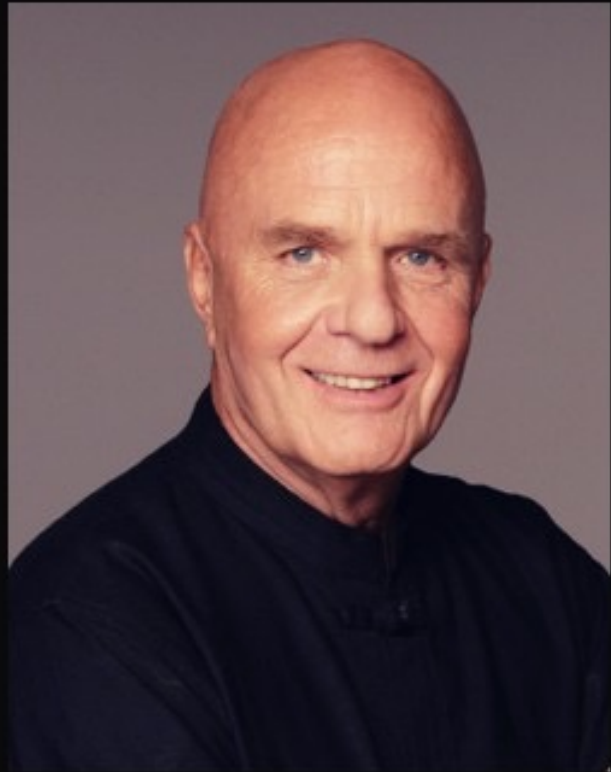


TAKEAWAY

Increasing Psychological Capital
Begins By Being Able to See Things
In Different Ways

“There is Another Way of Looking at the World.” ACIM Lesson 33





If you change the way you look at things, the things you look at change.

(Wayne Dyer)

izquotes.com

Rebus

“As water given sugar sweetens,
given salt grows salty,
we become our choices.

Each yes, each no continues,”

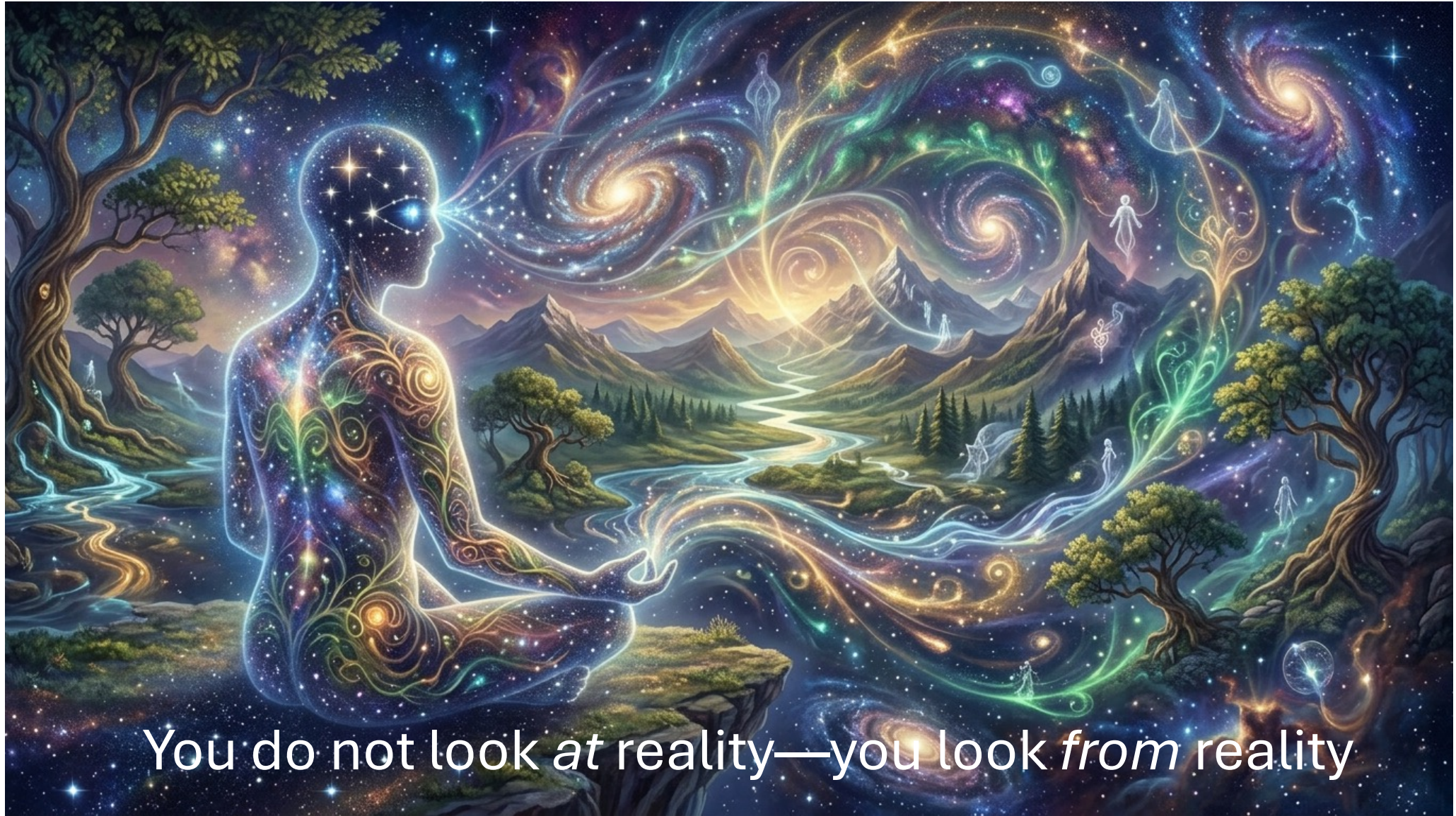
-Jane Hirshfield



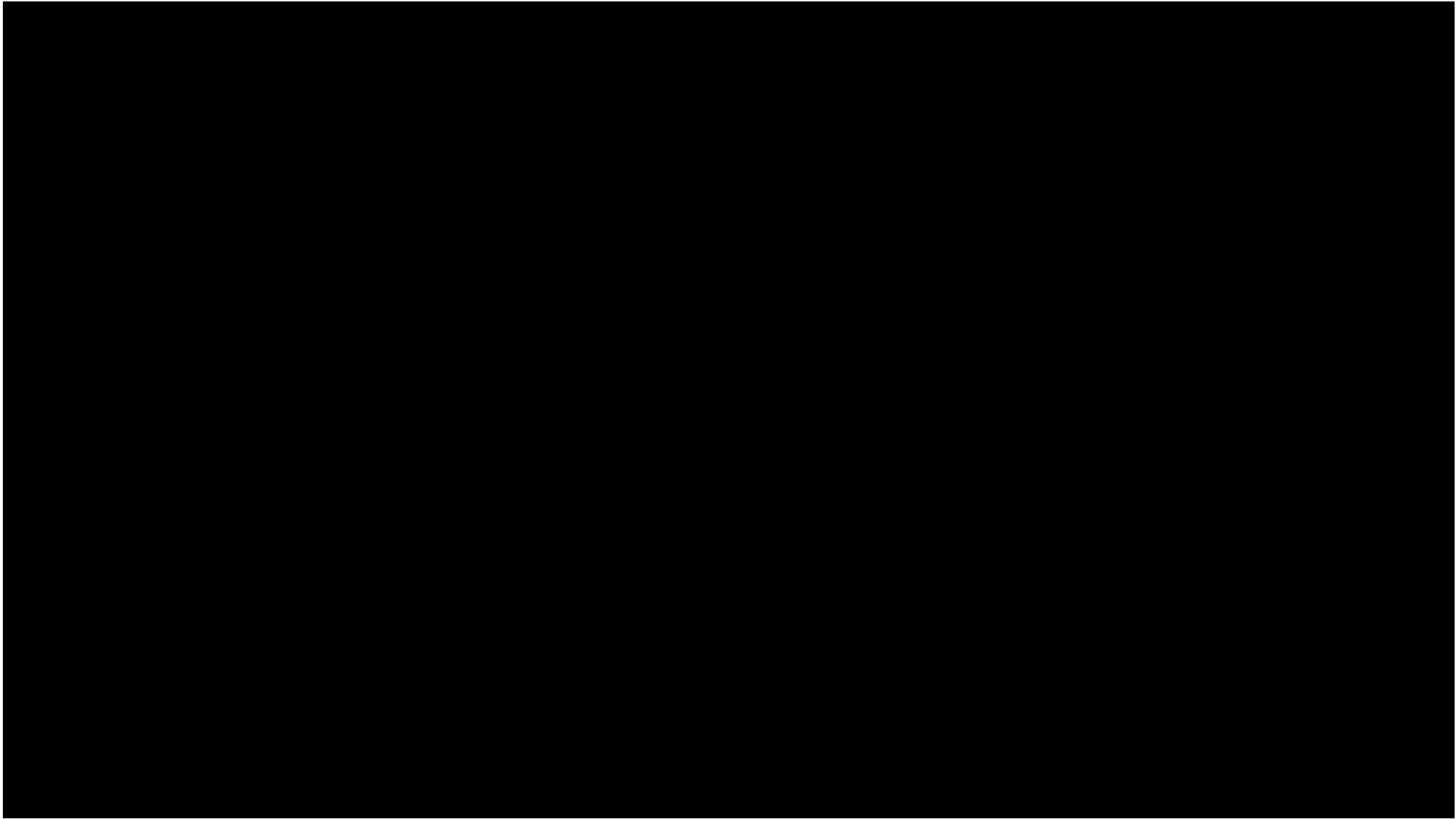
Interventions Leading to Eunoia (Normal Mental Health)

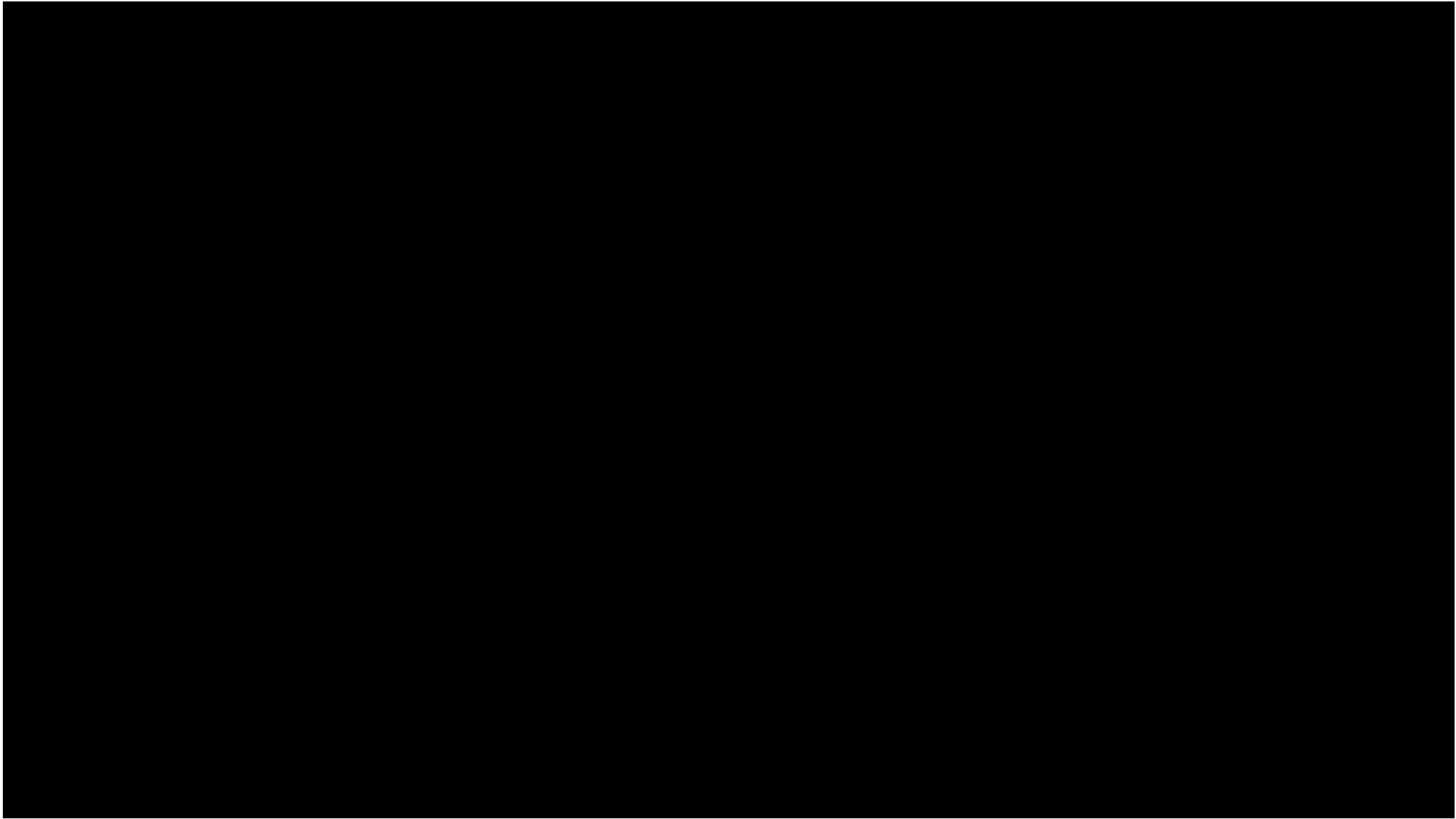


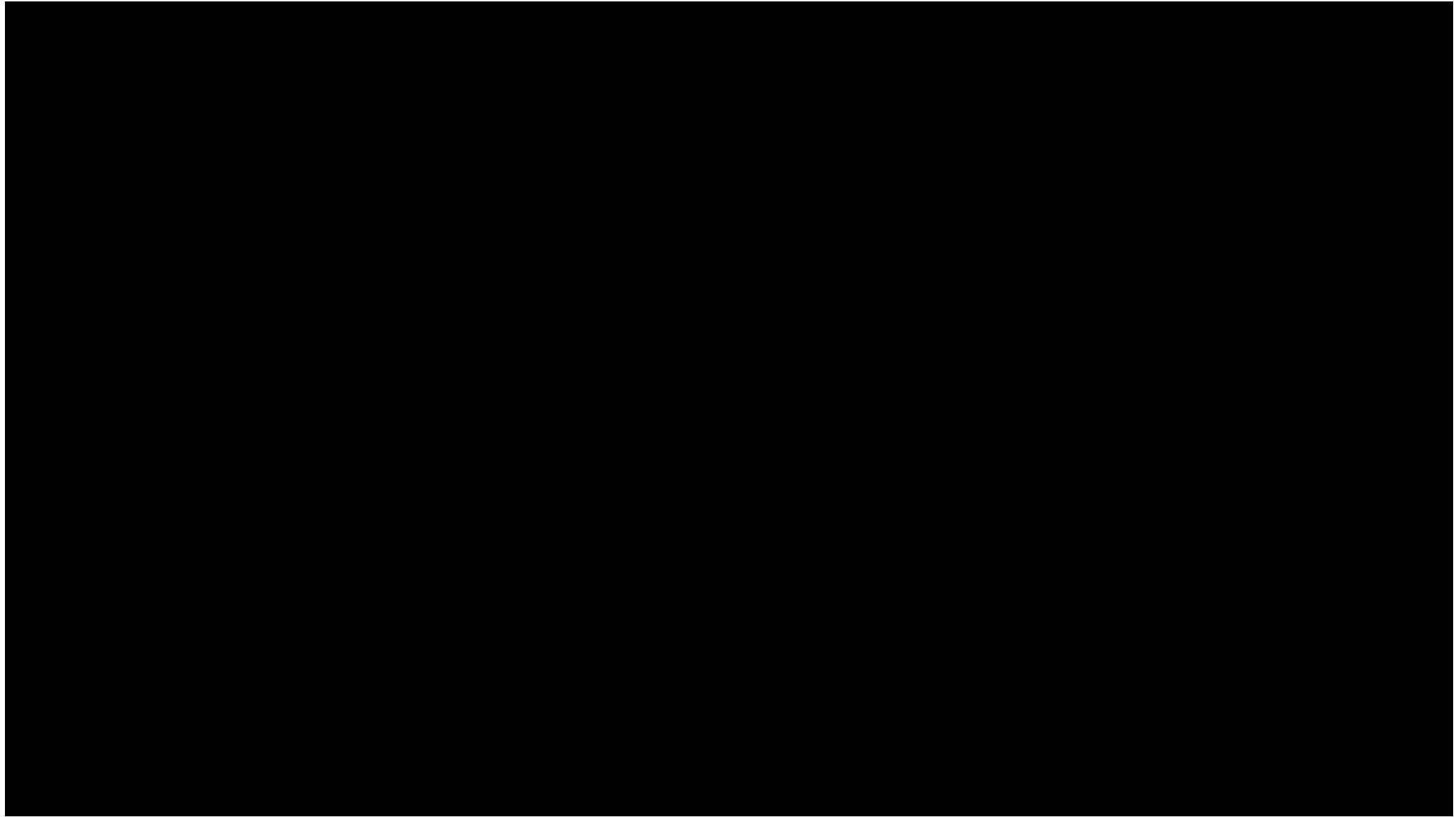
Time-Traveler Interventions (Can be used for past, present, or future.)
Character Strengths, Compassion, Tonglen, Resilience



You do not look *at* reality—you look *from* reality







Shepard Tone Illusion