

# The Happiness Class

November 26, 2017

morning session: managing happiness  
social emotions, primary rank emotions

# Sunday November 26

10:30am	–	10:45am	last week - questions/comments
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10:45am – 12:00pm  
social emotions  
primary rank emotions

12:00pm – 12:30pm  
lunch break

12:30pm – 2:00pm  
romantic emotions  
parental emotions  
humour  
scenic sensations  
sexual sensations  
eating sensations  
hazards

- network: U of T
- username: hhwireless
- password: massey

## Last Week

### Questions? / Comments?

- about last week's class
  - revenge, criminal guilt, compassion, selfish guilt?
  - pleasing scenery? excitement? boredom?
  - pleasing taste? hunger? disgust?
  - startle? fear?
- Q & A class Dec 03<sup>rd</sup>?
  - will decide at the end of today
  - expect many questions to be answered today
- about other stuff?
  - handouts okay? password: Debates
  - if you didn't get an email this week, see me

# The focus and format are changing this week.

- change focus from learning individual emotions to evaluating and proactively managing happiness
  - both yours and those around you
- change format from teaching to discussion
  - specifically encouraging you to ask questions
  - to confirm your understanding of emotions
  - to analyze your happiness
- change from The Happiness Menu to The Happiness Checklist
  - chart on last or back page of Menu

driving  
analogy

For all emotions  
we will follow four steps.

1. group related emotions together
2. rank groups by importance to happiness
3. identify goal for each group
4. provide diagnostic tool to monitor progress

details bound to vary by person,  
but four step process won't

# The Happiness Checklist

groups and prioritizes emotions.

major emotions	1. social	affection loneliness, crying	Do you cry more than once a week?	diagnostic questions
	2. primary rank	pride humiliation	Is your rank up, flat or down?	
	3. romantic	monogynic love infatuation	Which stage of romance are you in?	
	4. parental	maternal love grandmaternal love	Are you a mother or grandmother?	
minor emotions	5. humor	humor, laughter	Do you enjoy humor >4 hrs/wk?	
	6. scenic	pleasing scenery excitement, boredom	Do you see lush scenery daily? Do you see new scenery annually?	
	7. sexual	sexual pleasure lust	Do you consider sex important?	
	8. eating	pleasing taste hunger	Are you overweight?	
hazards	9. hazards	envy revenge, anger compassion, selfish guilt	Do you feel envy most days? Do you get angry most days? Do you feel sorry for others most days?	

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primary rank emotions

12:00pm – 12:30pm lunch break

12:30pm – 2:00pm romantic emotions  
parental emotions  
humour  
scenic sensations  
sexual sensations  
eating sensations  
hazards

## The social emotions are the first priority.

friends/family	1. social	affection loneliness, crying	Do you cry more than once a week?
career/hobby	2. primary rank	pride humiliation	Is your rank up, flat or down?
dating	3. romance	monogynic love infatuation	Which stage of romance are you in?
children	4. parental	maternal love grandmaternal love	Are you a mother or grandmother?
comedy/gossip	5. humor	humor, laughter	Do you enjoy humor >4 hrs/wk?
scenery/travel	6. scenic	pleasing scenery excitement, boredom	Do you see lush scenery daily? Do you see new scenery annually?
sex	7. sexual	sexual pleasure lust	Do you consider sex important?
food	8. eating	pleasing taste hunger	Are you overweight?
threats	9. hazards	envy revenge, anger compassion, selfish guilt	Do you feel envy most days? Do you get angry most days? Do you feel sorry for others most days?



# Affection will probably be your biggest source of happiness.

- affection is not the strongest positive emotion
  - nothing like the peaks of happiness created by pride, love, infatuation
  - however, affection can grow only moderately strong for family and good friends
- however, over a lifetime it is the most frequently felt positive emotion \*
  - everybody feels affection everyday
  - other major emotions are limited in frequency and duration
    - you only feel pride when your rank increases
    - love only lasts for 33 or 42 months
- if you don't get enough affection, you'll feel growing loneliness
  - not true for other major positive emotions – pride, love, infatuation

\* for some, pleasing taste may be more frequent than affection

# The goal for social emotions is maximize affection.

- affection is the smartest source of happiness
  - requires little work or money, unlike career, romance or children
  - gets stronger with time, unlike pride, love or infatuation
  - has no downside risk, like pride, love or infatuation
- maximizing affection also minimizes loneliness
  - unlikely to stop loneliness entirely
  - will minimize how often and how strong it is
- maximizing affection does not prevent maximizing other positive emotions
  - affection requires socializing
  - pursuing pride, love or infatuation usually involves socializing
  - by comparison, trade-offs do exist between career, romance, children
- maximizing affection is good for your health
  - longevity, recovery, survival are all helped by affection
  - not true for other emotions – they usually harm your health

## There are six ways to get more affection.

more  
hours of  
affection

- more people
  - exercise with others instead of alone
  - change careers to be with others
- more hours per person
  - meet friends twice a week instead of once
  - spend all Saturday with family, not just the afternoon
- more alternatives sources
  - watch a familiar face on TV instead of reading
  - listen to oldies music while commuting

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more  
affection  
per hour

- more familiar people
  - switch from casual friends to old friends
  - instead of partying with new people, spend time with family
- more intimate interaction
  - eat facing each other instead of the TV
  - make it habit to make eye contact
- synchronize with sources
  - sing, dance or tap along to music

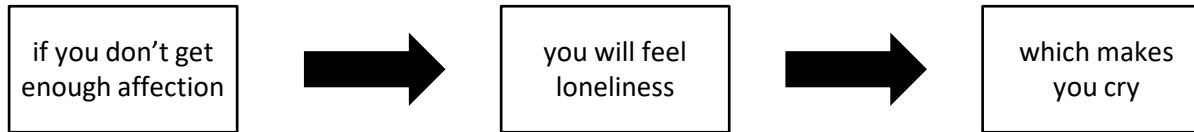
## A spreadsheet can help analyze how much affection you get.

Sources		Avg Daily Hours Of Interaction		Adjustments			Total	
		Mon-Fri	Sat-Sun	familiarity	intimacy	effect		
Close People	Spouse	Intimate	1.0	2.0	1.0	1.0	1.0	9.0
		Not	0.5	1.0	1.0	0.5	1.0	2.3
	Child A	Intimate		1.0	1.0	1.0	1.0	2.0
		Not	1.0	1.0	1.0	0.5	1.0	3.5
Friend A	Intimate			1.0	1.0	1.0		
	Not		1.0	1.0	0.5	1.0	1.0	
Medium People	Friend B	Intimate	1.0		0.8	1.0	1.0	4.0
		Not			0.8	0.5	1.0	
	Colleague A	Intimate	2.0		0.8	1.0	1.0	8.0
		Not	1.0		0.8	0.5	1.0	2.0
Relative A	Intimate		2.0	0.8	1.0	1.0	3.2	
	Not			0.8	0.5	1.0		
Distant People	Other Friends	Intimate	0.5		0.6	1.0	1.0	1.5
		Not		2.0	0.6	0.5	1.0	1.2
	Other Colleagues	Intimate			0.6	1.0	1.0	
		Not	2.0		0.6	0.5	1.0	3.0
	Other Relatives	Intimate			0.6	1.0	1.0	
		Not		1.0	0.6	0.5	1.0	0.6
Alt's	Television		1.0	1.0	0.8	1.0	0.8	4.5
	Pets		0.6	1.0	0.8	1.0	0.6	2.5
	Music		0.5	1.0	1.0	1.0	0.4	1.8
Total Affection Per Week							50.0	

# How can you tell if you're getting more affection?

- it's difficult to know when you're feeling affection
  - not like feeling pleasing taste or sexual pleasure
  - difficult to mentally isolate from other positives
- impossible to know if you feel more affection than last week
  - can estimate hours, but not intimacy or familiarity
- makes it difficult to monitor progress or know when to stop
  - want to move onto other priorities
- fortunately, there is an indirect way to monitor affection

## Use crying to monitor affection



- for a few months, track how often you cry each week
  - include all crying – normal or release of suppressed
  - include attempts to cry that are suppressed
- a year later, track how your crying frequency has changed
  - if crying is up, you feel less affection
  - if crying is down, you feel more affection
- how will you know how when you're getting enough affection?
  - when weekly crying frequency is zero?

# Keep increasing affection until you cry once a week or less.

- the ideal is never crying
  - never crying means never feeling loneliness
- the ideal is not possible today – not on an ongoing basis
  - requires feeling strong affection more than 100 hours/week
  - requires being with family on a full-time basis – as we once did
- instead of the ideal of never crying, aim for a crying frequency of once a week or less
  - when I get 50 hours of affection a week, I cry about once a week
  - when I get more than 50 hours, I cry less than once a week
  - since 50 hours of affection is a realistic target, so is crying once a week
- vary the goal according to how easily you cry compared to others
  - if you cry most days, aim for once every three days
  - if you rarely cry, aim for once every three months

## Go backward a year or two to learn how your affection has changed.

- look for 2-3 significant changes in affection
  - change in sources
  - changes in time you spent
  - changes in familiarity or intimacy
- if there are significant changes:
  - did they increase or decrease the affection you felt?
  - when did the change occur and for how long?
- if change occurred, it could help explain changes in happiness
  - if you lost an important work colleague, you would have been down – not suffering depression or unhappy with marriage
- if no change occurred, it would help isolate other issues
  - if you've felt unhappy but not had changes in affection, the source of your unhappiness is something else



## Go forward a year or two to forecast how your affection will change.

- for each current source consider the future:
  - will your romantic situation change?, will a child leave home?
  - will your work take you on the road?, will your friends be changing?
- if you know you'll be losing affection, plan to replace it
  - if you're ending a romance, spend more time with family
  - if a child is leaving home, spend more time with friends
  - if work will take you on the road, spend more time with family on weekends
  - if you will lose friends, begin cultivating new friends
- if you know you'll be gaining affection, learn from it
  - see if you feel generally happier or less unhappy
  - don't mistakenly attribute it to another emotion
- vary the timeframe to consider other events bound to change affection
  - shorter term: vacations and trips suddenly reduce affection
  - longer term: avoiding a long commute substantially increases affection
  - very long term: who will be your long-term sources?

# Who will be your long-term sources of affection?

- affection is key to happiness during the last third of life
  - other major positive emotions are rarely felt
- key to affection's strength is the familiarity of the other person
  - long-term sources trigger much stronger affection than someone you've only known for a few years
- if you don't have long-term sources, your happiness will be capped
  - you'll only be able to feel weak-moderate affection
- you must start cultivating long-term sources before the last third
  - if you wait until you're old, it will be too late
- who are the best long-term sources?

# The best long-term sources are friends – not family.

- most people expect family to be their best long-term sources
  - typically the people you've known the longest
    - siblings in particular because parents die and children diverge
  - consequently, people rely on siblings and don't cultivate friendships
- however, sibling familiarity can be matched by long-term friendships
  - spend more time with friends over many years
  - long-term friends can make you feel equally strong affection
- friendships are better sibling relationships for two reasons
  - nobody feels envy – almost unavoidable among siblings
  - everybody tries harder because it's voluntary
- decision to focus on friends over siblings must be made early enough
  - need to start finding and cultivating friends mid-life
  - otherwise affection won't grow strong enough to match siblings

## Consider the affection and loneliness that those around you feel.

- estimate the affection they feel
  - approximate hours per week, quality of interaction
  - if less than 50 hours probably lonely
- look for crying
  - particularly during emotional moments – sad movie
  - if cry easily or frequently, confirms loneliness diagnosis
- like you, the primary driver of their happiness will be affection
  - if getting enough, they have a foundation of happiness
  - if not getting enough, will not be chronically lonely
- if they are lonely, there are two ways you can help
  - just spend time with them – even just talking on phone
  - you can share this analysis with them

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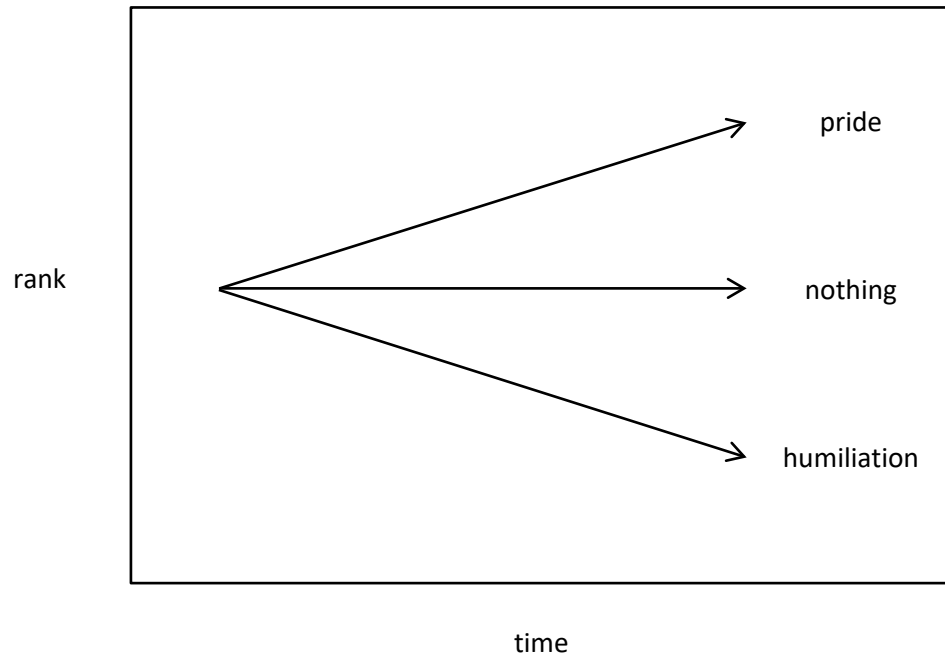
The primary rank emotions  
are the second priority.

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career/hobby	2. primary rank	pride humiliation	Is your rank up, flat or down?
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## Pride and humiliation are the strongest emotions you feel throughout your life.

- pride and humiliation are among the strongest emotions you'll feel
  - will be the peaks and valleys of your happiness
  - along with the romance and parental emotions
- you feel pride and humiliation throughout your life and on daily basis, unlike romance and parental emotions,
  - daily – compliments or criticism
  - lifelong – promotions or termination
  - romance – only while in love or infatuated
  - parental – only while children are < 33 months
- almost have no choice to feel pride and humiliation
  - very difficult to not be affected by rank – monks and nuns closest
  - not true for romance and parental emotions – they can be ignored

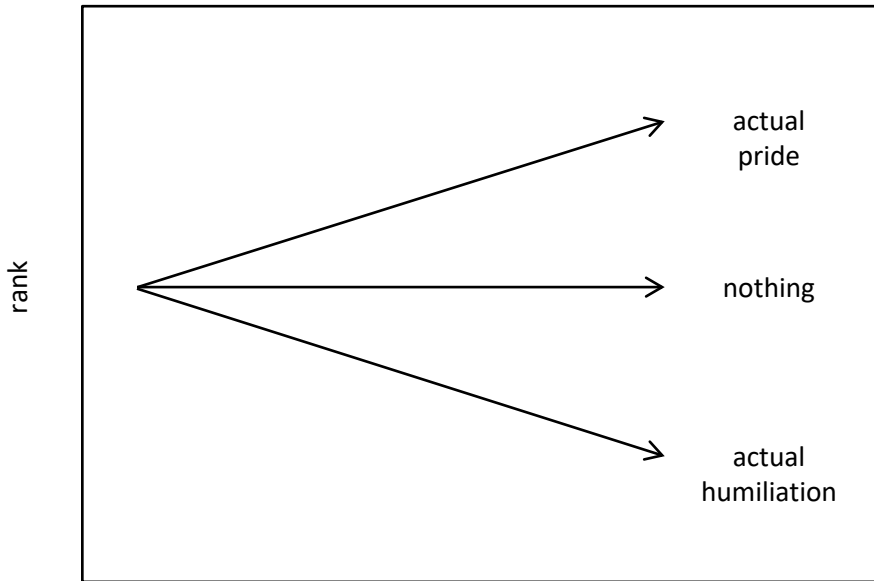
The direction of your rank is an easy way gauge pride and humiliation



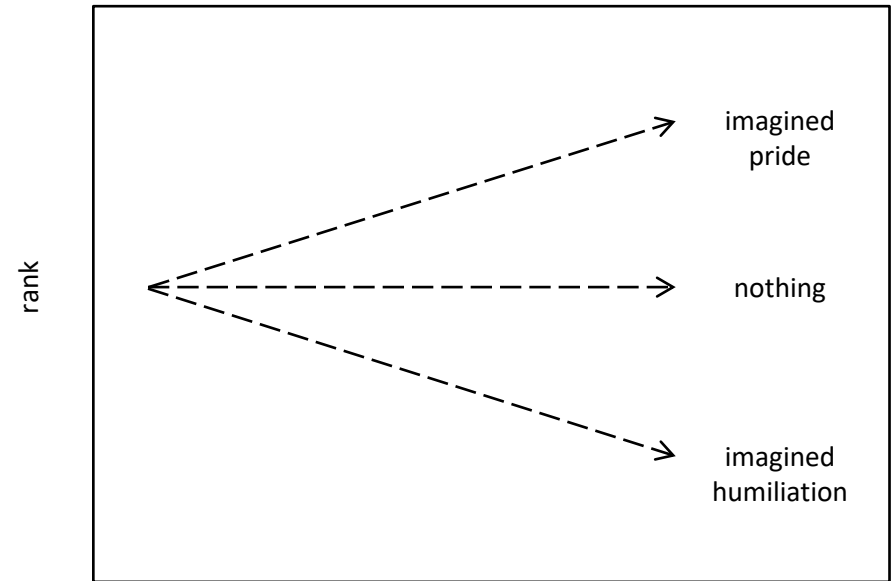




You feel pride and humiliation  
from past and future events.

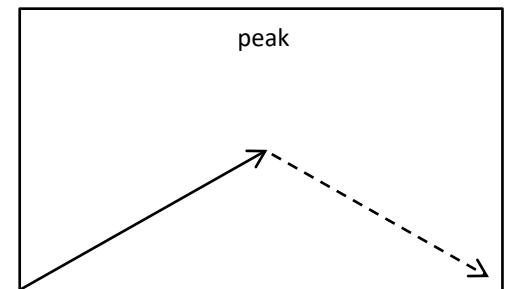
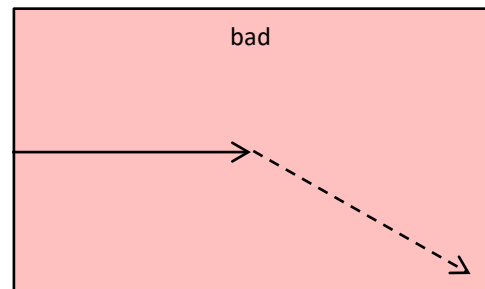
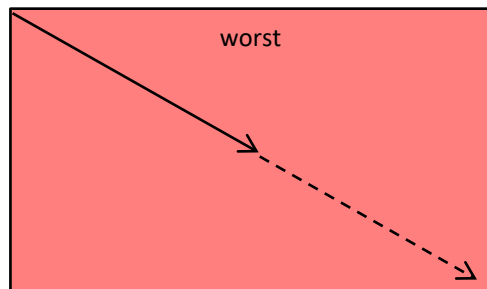
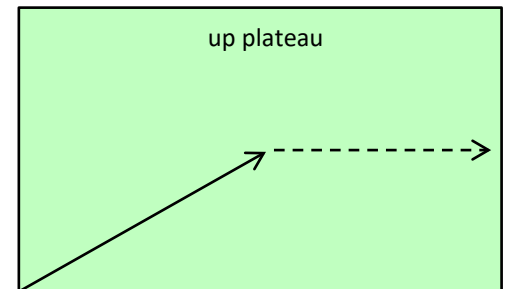
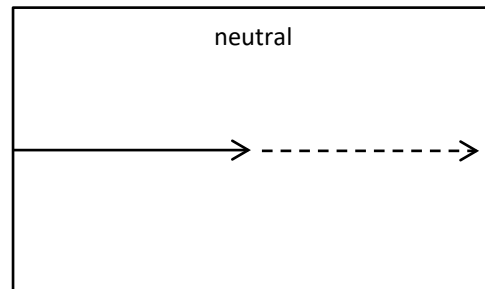
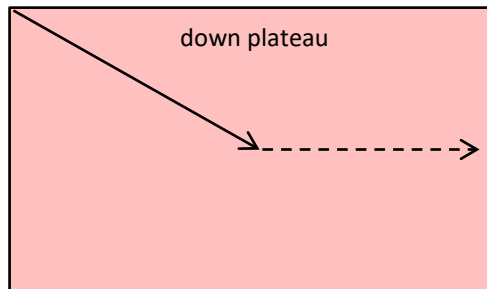
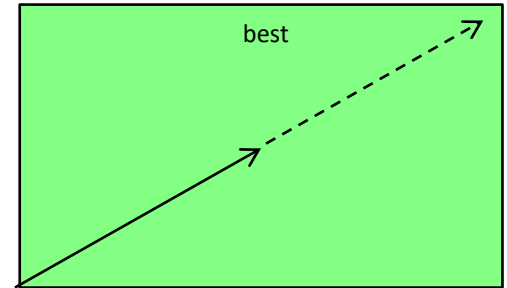
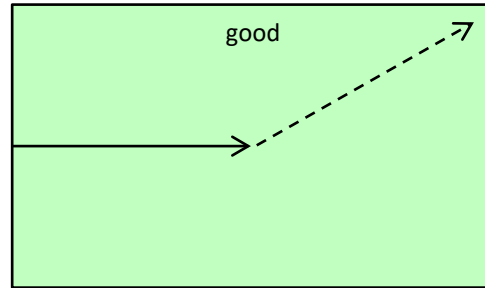
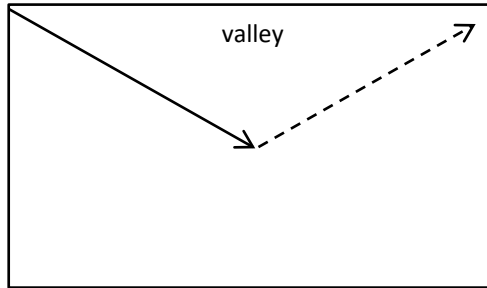


past events



future events

There are nine possible scenarios  
your current situation falls into.

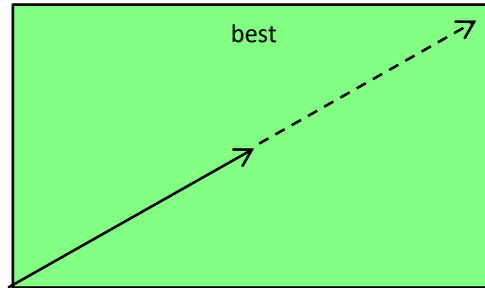


past future

past future

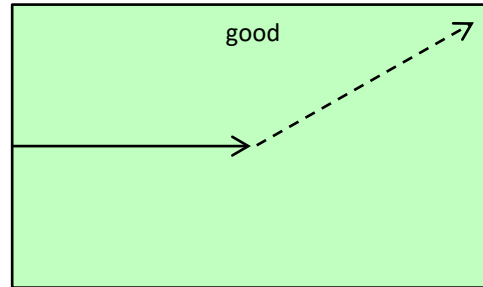
past future

The best scenario  
is the happiest.



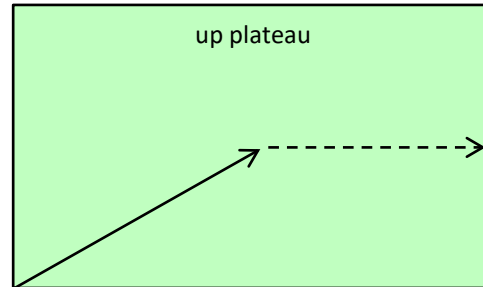
- pride: – actual and imagined
- humiliation – none
- typically: – children, young adults  
– ambitious executives  
– rags-to-riches stories
- important: – must work hard to maintain  
– will conflict with romance/parental emotions

The good scenario  
is the second happiest.



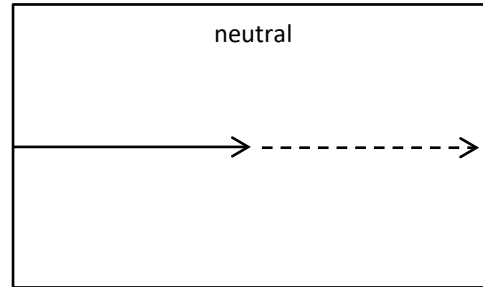
- pride:                   – imagined
- humiliation             – none
- typically:              – people trying to leave a plateau  
                            – ambitious mid-level executives  
                            – lottery ticket buyers  
                            – dieters
- important:             – doesn't conflict with romantic/parental emotions

The up plateau scenario  
is also the second happiest.



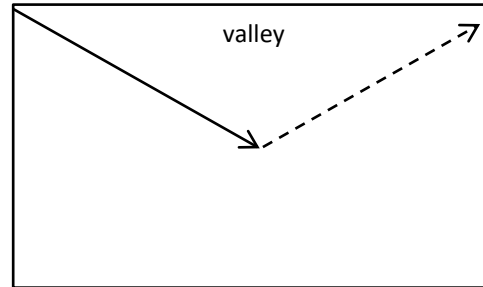
- pride:                   – actual
- humiliation             – none
- typically:               – common when entering middle age  
                              – potential start of a mid-life crisis  
                              – just before dieting and self-improvement stops
- important:              – doesn't conflict with romance or parenting  
                              – helps to expect happiness decline – avoid misdiagnosis

The neutral scenario  
has no effect on happiness.



- pride: – none
- humiliation – none
- typically : – infants  
– retirees  
– monks, nuns  
– mid-life crisis
- important: – difficult to achieve  
– frees you to focus elsewhere  
– lack of pride often misdiagnosed

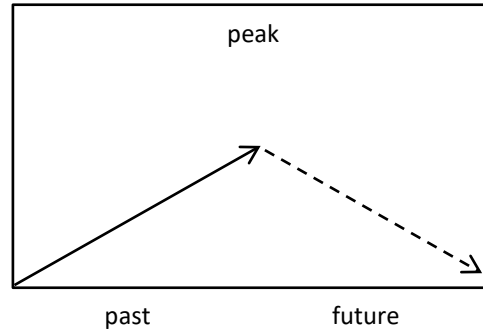
The valley scenario also  
has no net effect on happiness.



- |             |  |
|-------------|--|
| pride:      | – imagined   |
| humiliation | – actual   |
| typically:  | – bad luck<br>– end of addiction<br>– trial-and-error learning |
| important:  | – recognize that humiliation ending soon                       |

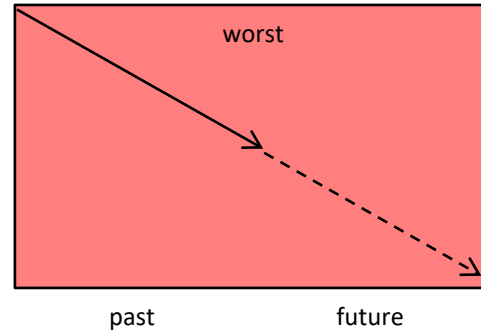


The peak scenario also  
has a no net effect on happiness.



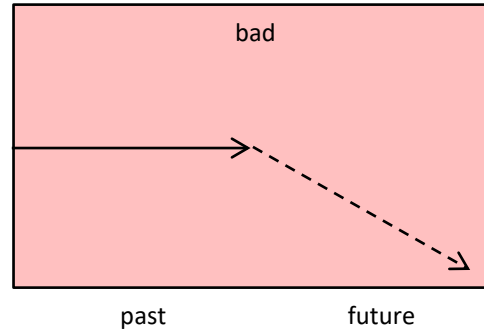
- pride: – actual
- humiliation – imagined
- typically: – over-promoted, took on too much  
– won the lottery or other good luck  
– trial-and-error learning
- important: – important to turn peak into valley and recover  
– ability to stay motivated after peak separates people  
– remembering that humiliation stops helps

The worst scenario  
is the unhappiest.



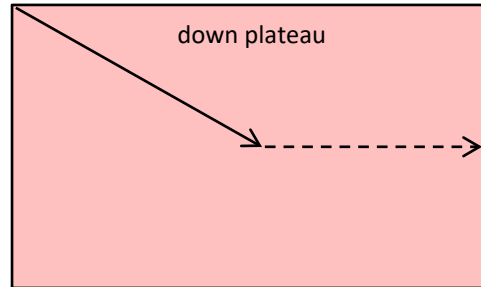
- |             |  |
|-------------|--|
| pride:      | – none   |
| humiliation | – actual and imagined  |
| typically   | – child stars<br>– unchecked addiction   |
| important:  | – stopping this should be a high priority<br>– best to plateau first to stop humiliation<br>– then try to improve rank to feel pride |

# The bad scenario is the second unhappiest.



- pride: – none
- humiliation – imagined
- typically : – retirees  
– people beginning an addiction  
– people not handling a mid-life crisis well
- important: – critical to stop this becoming worst scenario  
– important to remember that humiliation stops

The down plateau scenario  
is also the second unhappiest.



- pride: – none
- humiliation – actual
- typically: – a couple of years after retiring  
– after being fired and being rehired at same level  
– after some bad luck
- important: – critical to ensure decline is stopped to avoid worst  
– recognize that humiliation ending soon  
– will feel like happiness

## Consider how the rank of those around you is changing.

- spouse:            which of the nine scenarios are they in?
- children:            if younger, are they in a positive scenario?
- parents:            is mom or dad retiring soon or recently?
- bosses:            is the new boss in a down plateau scenario?
- colleagues:            who is in a best scenario? worst scenario?
- subordinates:            how are they spread across the nine scenarios?
- friends:            are others also stuck in a neutral scenario?

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