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

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
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 03rd?
  - 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
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.**

<table>
<thead>
<tr>
<th>Major Emotions</th>
<th>Minor Emotions</th>
<th>Hazards</th>
</tr>
</thead>
<tbody>
<tr>
<td>affection</td>
<td>humor, laughter</td>
<td>envy</td>
</tr>
<tr>
<td>loneliness,</td>
<td>pain</td>
<td>revenge,</td>
</tr>
<tr>
<td>crying</td>
<td></td>
<td>anger,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>compassion,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>selfish</td>
</tr>
<tr>
<td></td>
<td></td>
<td>guilt</td>
</tr>
<tr>
<td>2. Primary Rank</td>
<td>6. Scenic</td>
<td></td>
</tr>
<tr>
<td>pride</td>
<td>pleasing</td>
<td></td>
</tr>
<tr>
<td>humiliation</td>
<td>scenery</td>
<td></td>
</tr>
<tr>
<td></td>
<td>excitement,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>boredom</td>
<td></td>
</tr>
<tr>
<td>3. Romantic</td>
<td>7. Sexual</td>
<td></td>
</tr>
<tr>
<td>monogynic love</td>
<td>sexual pleasure</td>
<td></td>
</tr>
<tr>
<td>infatuation</td>
<td>lust</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Parental</td>
<td>8. Eating</td>
<td></td>
</tr>
<tr>
<td>maternal love</td>
<td>pleasing taste</td>
<td></td>
</tr>
<tr>
<td>grandmaternal</td>
<td>hunger</td>
<td></td>
</tr>
<tr>
<td>love</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
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<th>Diagnostic Questions</th>
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<tbody>
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<td>Do you consider sex important?</td>
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<tr>
<td>Are you overweight?</td>
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<tr>
<td>Do you feel envy most days?</td>
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<tr>
<td>Do you get angry most days?</td>
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<tr>
<td>Do you feel sorry for others most days?</td>
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  primary rank emotions

12:00pm – 12:30pm  lunch break

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  parental emotions  
  humour  
  scenic sensations  
  sexual sensations  
  eating sensations  
  hazards
The social emotions are the first priority.

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

<table>
<thead>
<tr>
<th>more hours of affection</th>
<th>more people</th>
<th>- exercise with others instead of alone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>- change careers to be with others</td>
</tr>
<tr>
<td></td>
<td>more hours per person</td>
<td>- meet friends twice a week instead of once</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- spend all Saturday with family, not just the afternoon</td>
</tr>
<tr>
<td></td>
<td>more alternatives sources</td>
<td>- watch a familiar face on TV instead of reading</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- listen to oldies music while commuting</td>
</tr>
<tr>
<td>more affection per hour</td>
<td>more familiar people</td>
<td>- switch from casual friends to old friends</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- instead of partying with new people, spend time with family</td>
</tr>
<tr>
<td></td>
<td>more intimate interaction</td>
<td>- eat facing each other instead of the TV</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- make it habit to make eye contact</td>
</tr>
<tr>
<td></td>
<td>synchronize with sources</td>
<td>- sing, dance or tap along to music</td>
</tr>
</tbody>
</table>
A spreadsheet can help analyze how much affection you get.

<table>
<thead>
<tr>
<th>Sources</th>
<th>Avg Daily Hours Of Interaction</th>
<th>Adjustments</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mon-Fri</td>
<td>Sat-Sun</td>
<td>familiarity</td>
</tr>
<tr>
<td>Close People</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spouse</td>
<td>Intimate</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td></td>
<td>Not</td>
<td>0.5</td>
<td>1.0</td>
</tr>
<tr>
<td>Child A</td>
<td>Intimate</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td></td>
<td>Not</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Friend A</td>
<td>Intimate</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td></td>
<td>Not</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Medium People</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friend B</td>
<td>Intimate</td>
<td>1.0</td>
<td>0.8</td>
</tr>
<tr>
<td></td>
<td>Not</td>
<td>0.8</td>
<td>0.5</td>
</tr>
<tr>
<td>Colleague A</td>
<td>Intimate</td>
<td>2.0</td>
<td>0.8</td>
</tr>
<tr>
<td></td>
<td>Not</td>
<td>0.8</td>
<td>0.5</td>
</tr>
<tr>
<td>Relative A</td>
<td>Intimate</td>
<td>2.0</td>
<td>0.8</td>
</tr>
<tr>
<td></td>
<td>Not</td>
<td>0.8</td>
<td>0.5</td>
</tr>
<tr>
<td>Distant People</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Friends</td>
<td>Intimate</td>
<td>0.5</td>
<td>0.6</td>
</tr>
<tr>
<td></td>
<td>Not</td>
<td>2.0</td>
<td>0.6</td>
</tr>
<tr>
<td>Other Colleagues</td>
<td>Intimate</td>
<td>0.6</td>
<td>1.0</td>
</tr>
<tr>
<td></td>
<td>Not</td>
<td>2.0</td>
<td>0.6</td>
</tr>
<tr>
<td>Other Relatives</td>
<td>Intimate</td>
<td>0.6</td>
<td>1.0</td>
</tr>
<tr>
<td></td>
<td>Not</td>
<td>1.0</td>
<td>0.6</td>
</tr>
<tr>
<td>Alt's</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Television</td>
<td>1.0</td>
<td>1.0</td>
<td>0.8</td>
</tr>
<tr>
<td>Pets</td>
<td>0.6</td>
<td>1.0</td>
<td>0.8</td>
</tr>
<tr>
<td>Music</td>
<td>0.5</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td><strong>Total Affection Per Week</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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

- if you don’t get enough affection
  - you will feel loneliness
  - which makes you cry

- 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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<tr>
<th>Emotion</th>
<th>Rank</th>
<th>Description</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>friends/family</td>
<td>1. social</td>
<td>affection, loneliness, crying</td>
<td>Do you cry more than once a week?</td>
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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.
Focus on **year-to-year** changes, not day-to-day changes in rank.

- **pride**
  - compliment
  - promotion
- **humiliation**
  - criticism
  - termination

- **day-to-day changes in rank**
- **year-to-year changes in rank**
You feel pride and humiliation from past and future events.
There are nine possible scenarios your current situation falls into.

- Valley
- Down plateau
- Worst
- Past
- Future
- Good
- Neutral
- Bad
- Past
- Future
- Best
- Up plateau
- Peak
- Past
- Future

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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**.

<table>
<thead>
<tr>
<th>Status</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>pride:</td>
<td>– actual</td>
</tr>
<tr>
<td>humiliation</td>
<td>– none</td>
</tr>
<tr>
<td>typically:</td>
<td>– common when entering middle age</td>
</tr>
<tr>
<td></td>
<td>– potential start of a mid-life crisis</td>
</tr>
<tr>
<td></td>
<td>– just before dieting and self-improvement stops</td>
</tr>
<tr>
<td>important:</td>
<td>– doesn’t conflict with romance or parenting</td>
</tr>
<tr>
<td></td>
<td>– helps to expect happiness decline – avoid misdiagnosis</td>
</tr>
</tbody>
</table>
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
  – end of addiction
  – 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, unchecked addiction
- **important**: stopping this should be a high priority, best to plateau first to stop humiliation, then try to improve rank to feel pride
The bad scenario

is the second unhappiest.

<table>
<thead>
<tr>
<th>pride:</th>
<th>none</th>
</tr>
</thead>
<tbody>
<tr>
<td>humiliation</td>
<td>imagined</td>
</tr>
<tr>
<td>typically:</td>
<td>retirees</td>
</tr>
<tr>
<td></td>
<td>people beginning an addiction</td>
</tr>
<tr>
<td></td>
<td>people not handling a mid-life crisis well</td>
</tr>
<tr>
<td>important:</td>
<td>critical to stop this becoming worst scenario</td>
</tr>
<tr>
<td></td>
<td>important to remember that humiliation stops</td>
</tr>
</tbody>
</table>
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?
Sunday November 26

10:30am – 10:45am  last week - questions/comments

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