

The Happiness Class

November 19, 2017

**morning session:
revenge, anger, criminal guilt,
compassion, selfish guilt**

Sunday November 19

10:30am	–	10:45am	last week - questions/comments
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10:45am – 12:00pm
revenge, anger, criminal guilt
compassion, selfish guilt

12:00pm – 12:30pm
lunch break

12:30pm – 2:00pm
pleasing scenery, excitement, boredom
pleasing taste, hunger, disgust
startle, fear

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

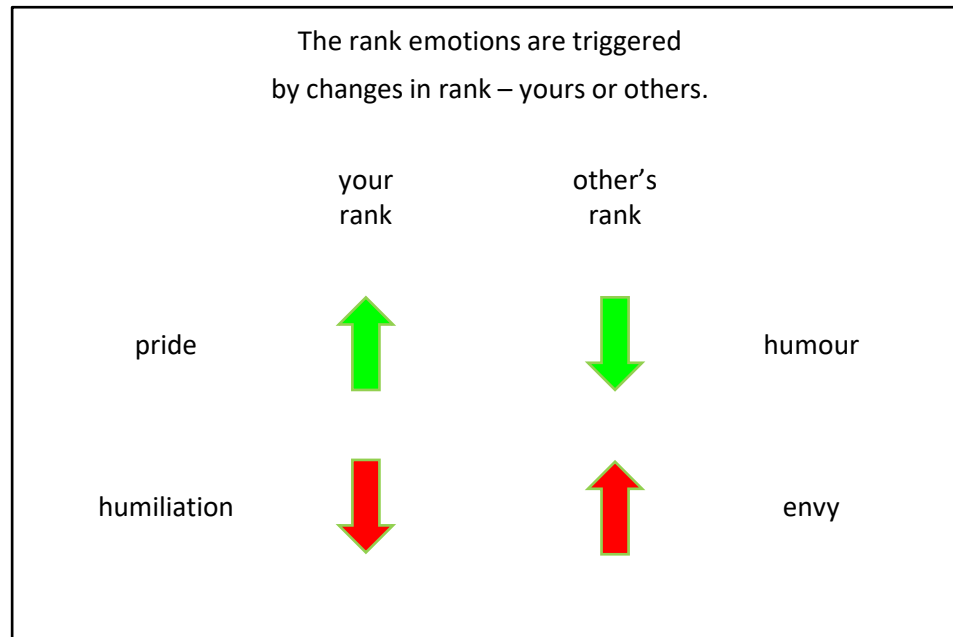
Last Week

Questions? / Comments?

- last week's presentations
 - sorry about errors – fixed, reposted
 - arrow colours, pages 64/65, focused
 - my motivation chart was correct
- about pride, humiliation, humour or envy?
 - placeholder
- Q & A class Dec 03rd?
 - is the class interested?
 - if possible, email me questions
- about other stuff?
 - handouts okay? password: Debates
 - if you didn't get an email, see me

Last Week

The colors on this chart are now correct.



A corrected presentation has been reposted to the Handouts page on the website.

Last Week

These charts were not wrong.

Pride is triggered by higher rank, not high rank.

	high rank	higher rank
top	X	X
nearly-top	✓	✓
above middle	X	✓
middle	X	✓
below middle	X	✓
nearly-bottom	X	✓
bottom	X	✓

X not motivated
✓ motivated

If pride was triggered by high rank, it would only motivate the nearly-top ranked to improve. Only the nearly-top rank would be rewarded for improving one rank. The top-ranked would feel pride without doing anything and everybody below nearly-top rank would not feel pride if they improved one rank.

Humiliation is triggered by lower rank, not low rank.

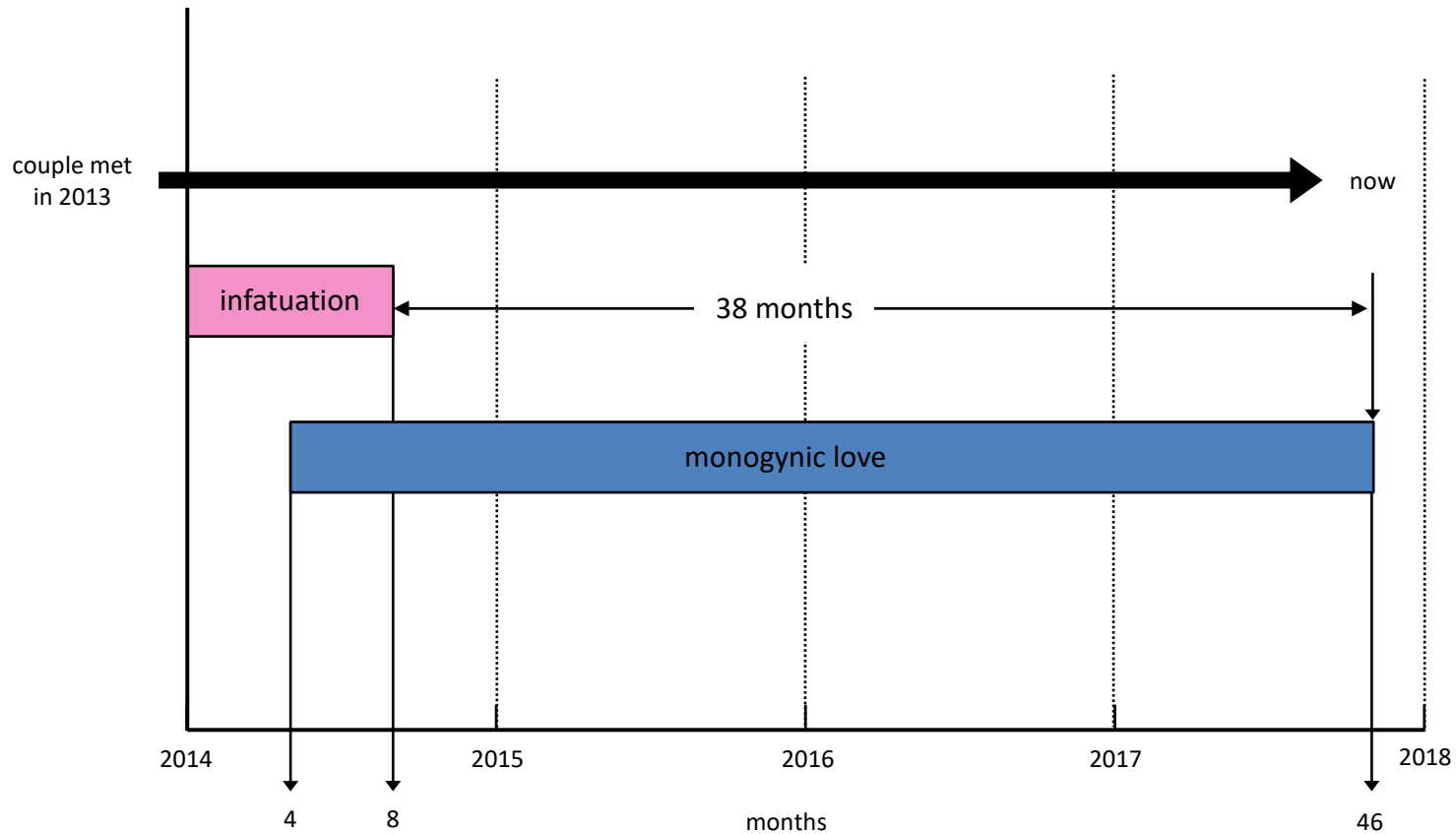
	low rank	lower rank
top	X	✓
nearly-top	X	✓
above middle	X	✓
middle	X	✓
below middle	X	✓
nearly-bottom	✓	✓
bottom	X	X

If humiliation was triggered by low rank, it would only motivate the nearly-bottom ranked to maintain their rank. Only the nearly-bottom rank would be punished for falling one rank. The bottom-ranked would feel humiliation even if they maintain their rank and everybody above nearly-bottom rank would not feel humiliation if they drop one rank.

Steven Mnuchin, the U.S. Treasury Secretary, is a happy slave to Louise Linton.



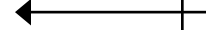
Ms. Linton is about to
lose her happy slave.



Sunday November 19

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

10:45am – 12:00pm revenge, anger, criminal guilt
compassion, selfish guilt

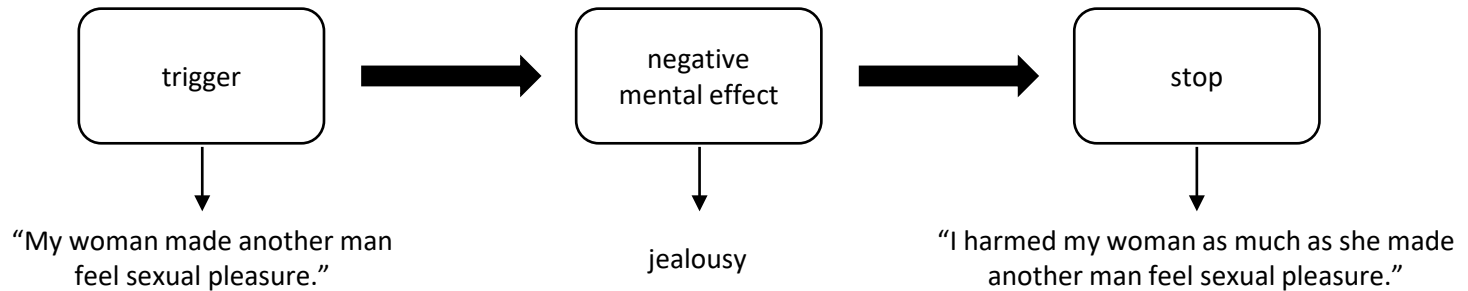


12:00pm – 12:30pm lunch break

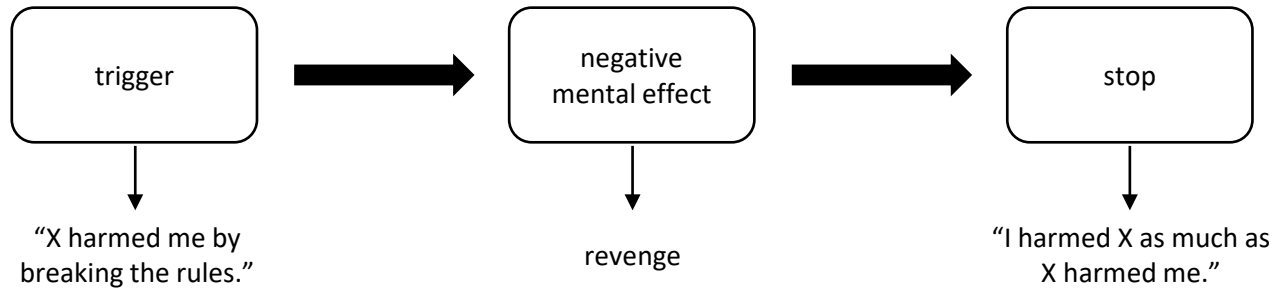
12:30pm – 2:00pm pleasing scenery, excitement, boredom
pleasing taste, hunger, disgust
startle, fear

You feel revenge
when you're mad at somebody.

Do you remember that jealousy has
a trigger and a stop?



Like jealousy, revenge has a trigger and a stop.

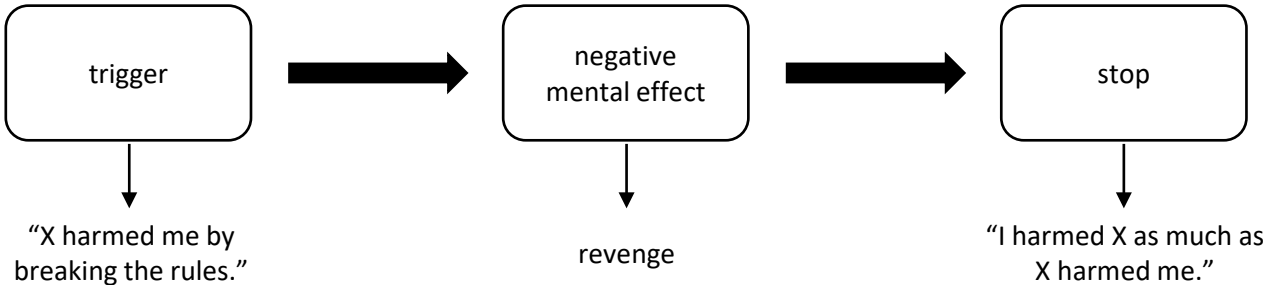


This why we believe that eye-for-an-eye punishment is fair.

- a passerby bumps you as you walk by on the sidewalk — revenge —> • you swear at the passerby
- a mugger steals your money ————— revenge —> • you report the mugger to the police
- a speeding driver rear ends your car and injures you — revenge —> • you sue the driver for pain and suffering
- a friend tells others a secret you confided ————— revenge —> • you tell others a secret your friend confided to you

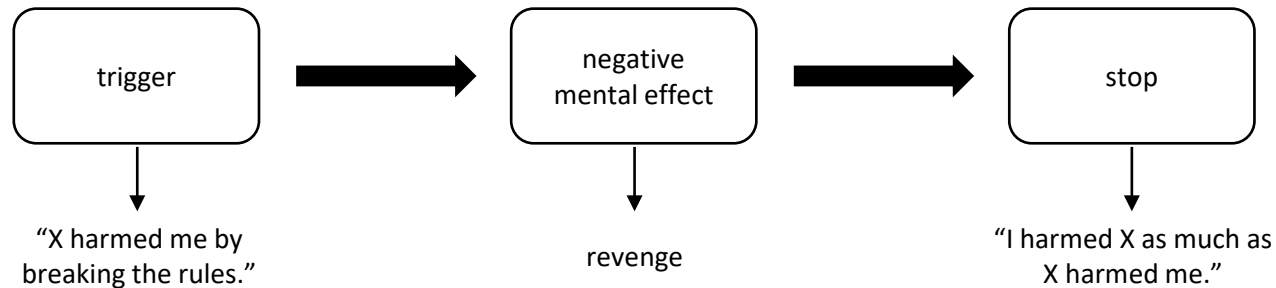
After getting somebody back, you don't feel good – you just stop feeling bad.

You don't feel revenge if you
are harmed without rule breaking.



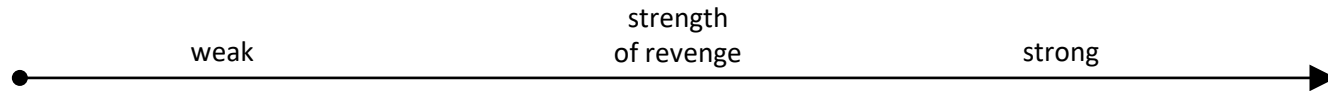
- a passerby bumps you as you walk by on the sidewalk — revenge —> • you swear at the passerby
- an opposing player in a contact sport bumps you —> nothing
- a mugger steals your money —> revenge —> • you report the mugger to the police
- a competitor steals your client —> nothing

You don't feel revenge if you are not harmed by rule breaking.



- a driver changes lanes without signalling forcing you to slam on the brakes → revenge → • you swear at the driver
- a driver changes lanes without signalling but it does not affect your driving → nothing
- a date fails to show for dinner leaving you to eat alone in a restaurant filled with couples → revenge → • you refuse to have dinner again
- a date fails to show for dinner leaving you to meet a new person who you enjoy dinner with → nothing

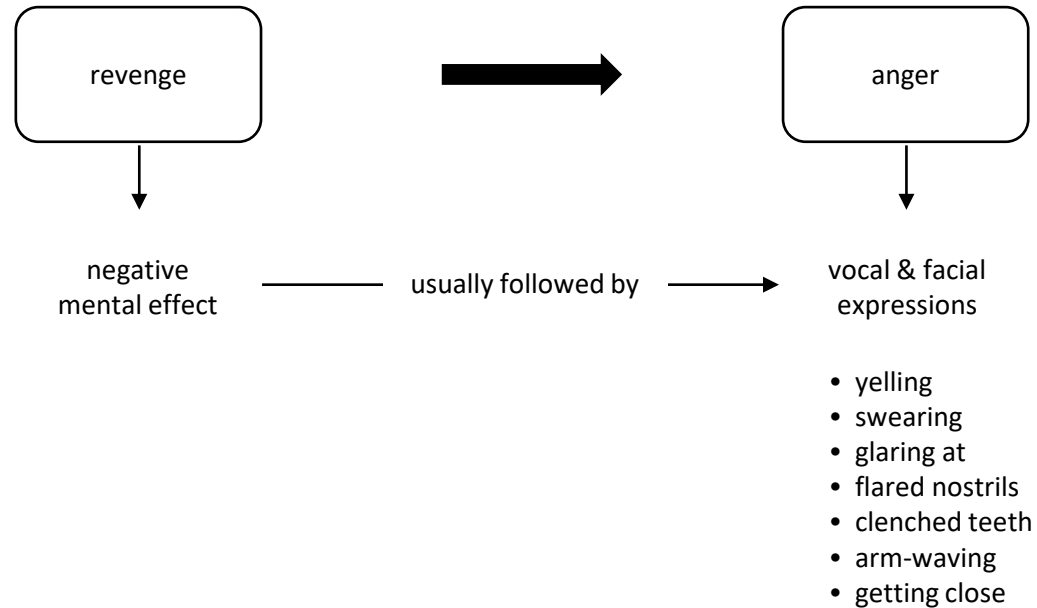
The more you are harmed, the stronger revenge feels.



- a passerby bumps you → • a passerby knocks you down
- a mugger steals your money → • a mugger steals your money and gives you a black eye
- a speeding driver rear ends your car → • a speeding driver rear ends your car and injures you
- a friend tells others you're cheating → • a co-worker tells others you're stealing

Revenge gets stronger to increase
the pressure on you to retaliate.

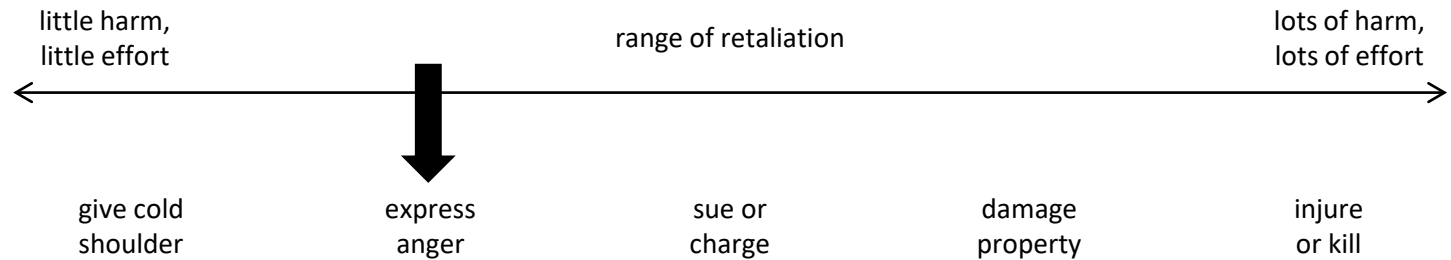
Revenge and anger are different.



Anger is a voluntary expression.

- anger seems like an involuntary reaction to revenge
 - follows immediately upon feeling revenge
 - does not require any thinking
- seems involuntary because it's a deeply ingrained habit
 - like walking or talking
- proof that anger is voluntary:
 - people don't always express anger when feeling revenge
 - people sometimes express anger without feeling revenge

Anger is one of many ways to retaliate and stop revenge.



Anger is a smart way to stop revenge.

- suggest violence by showing size, weapons and preparedness
 - glaring at somebody, raising voice, making fist
- suggests being coerced by the emotion of revenge to retaliate
 - acting like you don't care what happens to you
 - not speaking or thinking in a rationale manner
- credibly makes others fear more harm without having to do anything
 - better than calmly saying "I am being coerced to harm you."
- making others feel fear achieves eye-for-eye retaliation
 - if original harm was minor, frightening others stops revenge

Swearing is just a way to show your teeth.

- when really angry, people choose words that show teeth
 - show teeth: fuck off, motherfucker, cunt
 - not show teeth: piss, shit, moron
 - K sounds, for instance, cause your lips to curl back
- showing your teeth shows your best natural weapons
 - your teeth
- swearing is the equivalent to a dog snarling
 - snarling causes their lips to rise to show their teeth

Unstopped revenge is a big problem.

- if revenge is not stopped, it continues
 - and it accumulates from different interactions accumulates
- commonly occurs with mean bosses and parents
 - subordinates and children cannot retaliate
 - causes employees to go postal
- people with unstopped revenge retaliate against others
 - instead of the boss, subordinates retaliate against their families
 - instead of parents, children retaliate against other children or pets
 - targets are usually chosen for their inability to retaliate
 - a small infraction is used to justify disproportionate retaliation
- unstopped revenge creates haters, trolls, random violence

Hunger can add to unstoppable revenge

- avoid being hungry when feeling unstoppable revenge
 - hunger is an additional negative which adds to revenge
 - makes it harder to not retaliate

Everybody has a list.

- a list of people who burned them somehow
 - made them feel unstoppable revenge
 - grudges
- unstoppable revenge is permanent
 - does not fade with time or forgiveness
 - it's doing it's job of seeking justice
 - karma
- Don Rickles was asked how his friend Frank Sinatra was doing given that Frank was getting older and was rumored to be losing his memory. Rickles responded by saying "Oh, he's got Sicilian Alzheimer's. He only remembers the grudges."

Revenge makes groups more efficient by reducing rule breaking.

- revenge discourages potential rule breakers
 - potential rule breakers know everyone feels revenge
 - expect others to always retaliate – even when it harms them
 - potential line cutters go the back of the line
- reducing rule breaking increases a group's efficiency
 - don't need a cop at the theatre
 - people stop at red lights, people don't need security, . . .
 - groups that evolved revenge grew faster than those that didn't
 - remember that infatuation makes group emotions possible
- revenge made larger group sizes possible
 - not needed in small groups – everybody knows everybody
 - in larger groups you don't know everybody – cheaters can hide

Revenge

harms you.

- retaliating rarely a good idea
 - no point in getting back at strangers you'll never see again
 - being mugged in a foreign city
- when retaliating is a good idea, you don't need an emotion to realize it
 - through rationale thought alone you will conclude it's a good idea
 - if I'm mugged by the same guy every Friday
- revenge fools you into thinking retaliation is always a good idea
- although it feels good, retaliating usually harms you and your genes
 - time meeting with police, risk of injury, criminal prosecution, legal costs
 - if I get in a fight with a rude driver, I am risking injury to myself and my ability to support my family

It's good that others retaliate.

- because most people retaliate, there are fewer rule breakers
 - no policeman needed at lineups or queues
- road ragers are good!
 - because of them, there are fewer bad drivers
 - I thank them for their service!
- let others play the role of punisher
 - and enjoy the unseen benefit of fewer rule breakers

Losing it is normal and healthy.

- everyone loses it – gets very angry or mad at others
 - yelling, profanity, say mean things, break something
- if it happens frequently, you may wonder if you have anger management problem
 - “a normal person would not harm themselves by acting so crazy”
- that starting point for self-analysis causes you to look inwards
 - you assume you’re abnormal and look for faults to fix
- you don’t have an anger management problem if you lose it
 - you are just feeling revenge, a normal and healthy emotion
- realizing that you’re normal changes the response to losing it
 - instead of looking inwards for faults to fix, you’ll look outwards to better understand this malware called revenge

Four steps can help you avoid or mitigate revenge.

- step 1: avoid revenge situations
 - avoid situations where you are likely to encounter rule breakers
 - don't commute at rush hour, don't socialize with rule breakers
 - the best way to avoid revenge
- step 2: avoid the revenge conclusion
 - try to avoid concluding rule breaking and harm to you
 - if others fail to use their turn signal, try to reason that there's no harm
 - the least helpful way to avoid revenge
- step 3: do nothing
 - develop the habit of doing and saying nothing when you first feel revenge
 - do not even imagine retaliating – otherwise you might be overcome by impulse
 - the best way to mitigate the harm revenge can cause you
- step 4: retaliate after thoughtful planning
 - if feelings of revenge pre-occupy you, you should retaliate
 - find approach that minimizes harm to you – a dish best served cold
 - give dashcam footage of tailgaters to the police instead of doing brakestands

Stop others feeling revenge towards you.

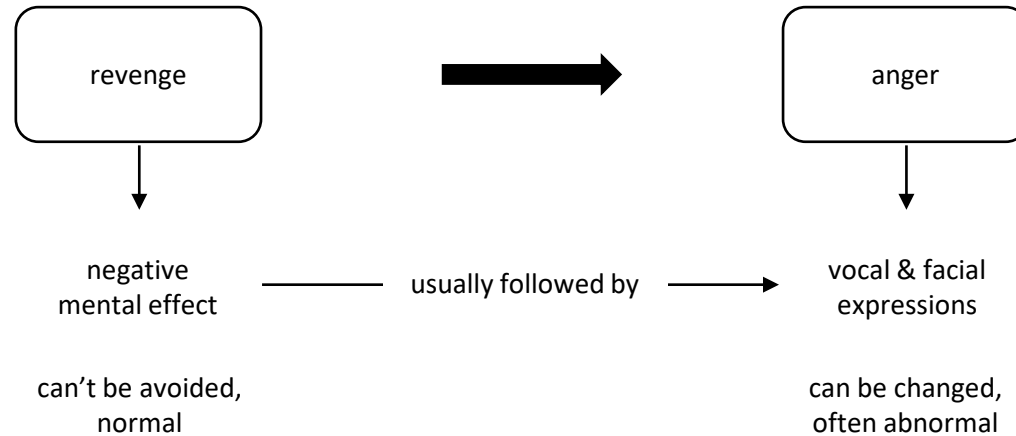
- people who feel unstoppable revenge towards you usually become a problem
 - revenge constantly coerces them to retaliate
 - could range from going postal one day to being passive aggressive everyday
 - obviously, only applies to people who interact with you repeatedly
- it's better to stop their revenge on your terms
 - you will need to suffer retaliation
 - if you control it, it will harm you less
 - removes uncertainty of when and how retaliation will occur
 - removes tension from relationship
- stopping revenge requires eye-for-an-eye retaliation
 - saying sorry because you lied or forgot a meeting
 - paying \$5K to a friend because you carelessly broke something valuable
 - letting somebody punch you because you injured them when in a rage

Saying sorry or apologizing is a smart way to stop revenge.

- it works!
 - it turns off people's revenge like a switch
 - particularly with strangers in a rage – try it sometime
- it works because you feel humiliation
 - that humiliation is what makes people reluctant to apologize
- but humiliation is not a real cost
 - it's not a physical injury or financial penalty
 - and it does not last
- apologizing does not work if you start with “If I offended anyone . . .”
 - says you don't think you did anything wrong
 - so you don't feel humiliation – and the victim still feels revenge

Revenge and anger should be managed differently.

Anger management seems more about revenge than anger.



- step 1: avoid revenge situations
- step 2: avoid the revenge conclusion
- step 3: do nothing
- step 4: retaliate after thoughtful planning

- like all habits, anger can be changed
 - like changing accent, stop smoking
- anger habit formed unconsciously in childhood
 - from parents in particular

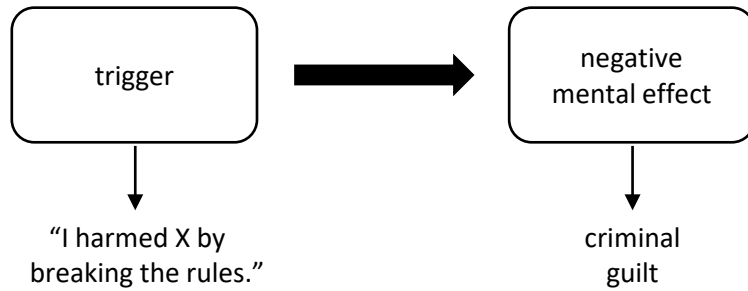
Justice systems do not displace revenge, they rely on it.

- justice system relies victims driving process
 - file criminal complain
 - launch commercial suit
- justice system makes it easier for victims
 - less time, money and labour
 - do not execute punishment
- justice system makes punishment more uniform
 - not as affected by heat of the moment

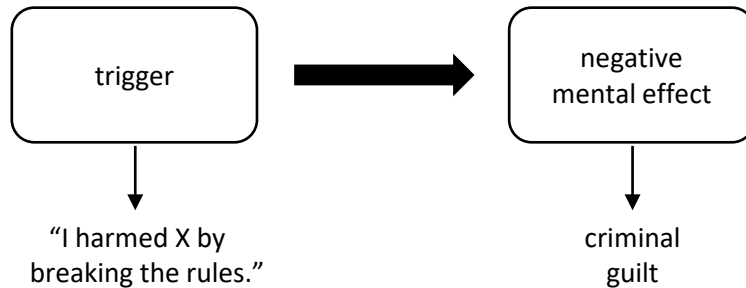
You feel criminal guilt when you
feel bad for harming somebody.

Criminal guilt

just has trigger – no stop.

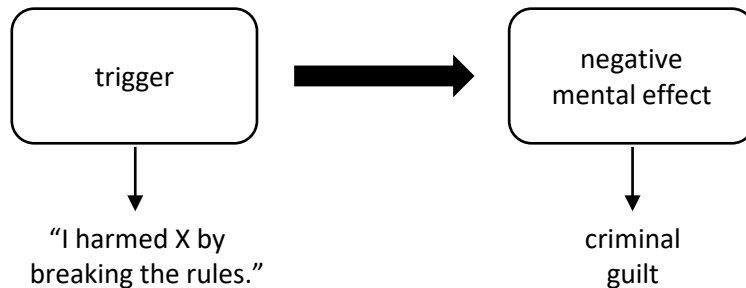


You feel criminal guilt when you harm somebody by breaking the rules.



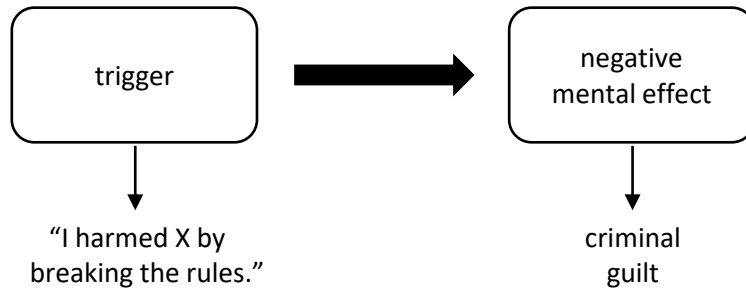
- hit a bicyclist after running a red light → criminal guilt
- hit a bicyclist while driving high → criminal guilt
- knock someone down while texting and walking → criminal guilt
- steal money from somebody → criminal guilt
- hit another car while texting and driving → criminal guilt
- failed to meet a friend because you forgot → criminal guilt

You don't feel criminal guilt if you
harm somebody without breaking the rules.



- hit a bicyclist after running a red light → criminal guilt
- hit a bicyclist after bicyclist runs red light → nothing
- knock someone down while texting and walking → criminal guilt
- knock someone down while playing contact sport → nothing
- hit another car while texting and driving → criminal guilt
- hit another car while avoiding child in traffic → nothing

You don't feel criminal guilt if you break the rules without harming anybody.



You do not feel criminal guilt if you commit a victimless crime: drugs, prostitution or gambling.

- run red light, hit a bicyclist → criminal guilt
- run red light, hit nobody → nothing
- steal money from somebody → criminal guilt
- steal money that nobody notices missing → nothing
- miss meeting because you forgot → criminal guilt
- miss meeting because of accident → nothing
- lying that causes somebody to be fired → criminal guilt
- lying that just hides your forgetfulness → nothing

Shoplifters tell themselves that big corporations will never notice their petty thefts.

These lies are called white lies.

You feel criminal guilt forever.

- like grief, you will always feel criminal guilt
 - does not fade away
 - cannot be stopped by confessing
 - cannot be stopped by being punished
 - cannot be stopped by forgiveness (unless no harm)
- must be permanent to be effective
 - purpose is to stop future rule breaking
 - if it could be stopped, people would break rules and then stop criminal guilt
 - if it faded away, people would break rules knowing it would fade away
- criminal guilt accumulates over a lifetime
 - each incident of harmful rule breaking is a memory that causes criminal guilt
 - over a lifetime, many such incidents can accumulate to a mountain of guilt
 - this mountain can act like chronic pain or illness to ruin later years
 - prevents some people from ever being able to enjoy serenity

Criminal guilt was the first emotion to reduce rule breaking.

- second emotion was revenge
 - retaliation by victims that revenge motivates
- criminal guilt was first step because it was lowest cost
 - criminal guilt just causes a negative mental effect
 - retaliation causes real harm to victim and rule breaker
- criminal guilt was not enough to keep rule breaking to a minimum
 - otherwise revenge would not evolved
 - both are needed

Sunday November 19

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

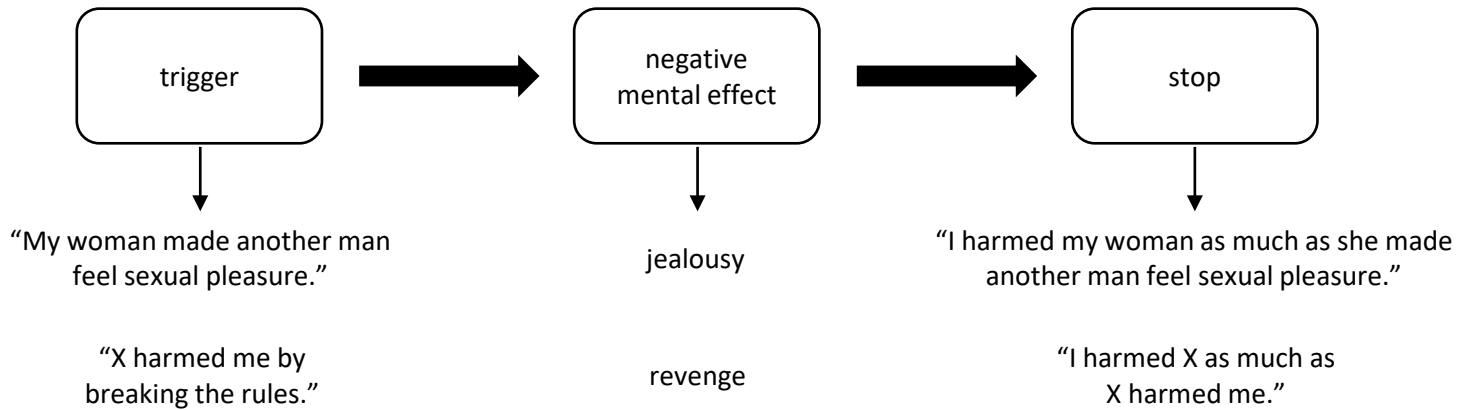
10:45am – 12:00pm revenge, anger, criminal guilt
compassion, selfish guilt ←

12:00pm – 12:30pm lunch break

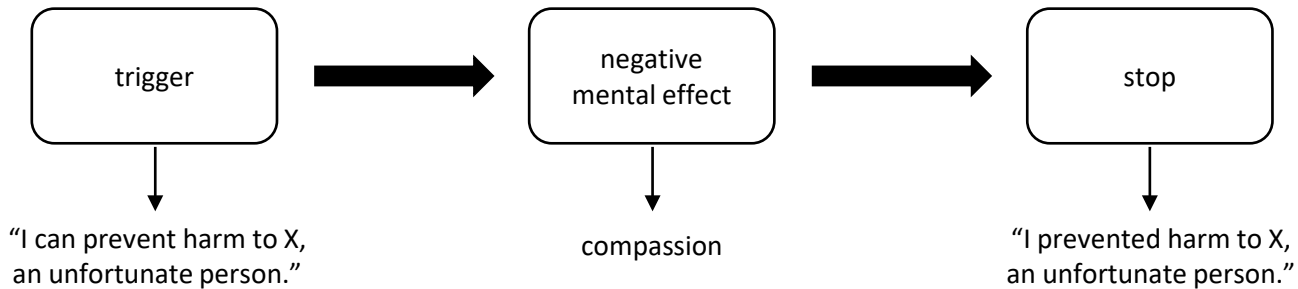
12:30pm – 2:00pm pleasing scenery, excitement, boredom
pleasing taste, hunger, disgust
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You feel compassion when you
feel sorry for somebody.

Do you remember that jealousy and revenge have
a trigger and a stop?

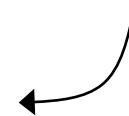


Like jealousy and revenge, compassion has
a trigger and a stop.

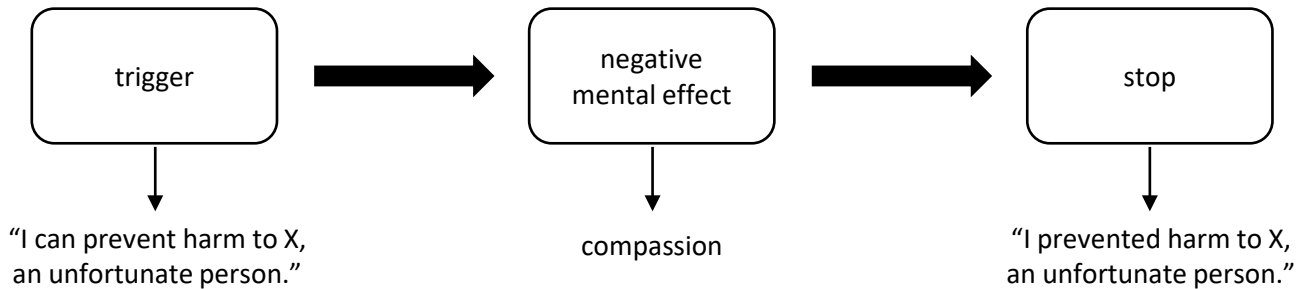


- | | | | | |
|--|-------|------------|--------|---------------------------------------|
| • see amputee begging for money | ————— | compassion | —————> | • give money to the amputee |
| • see an elderly man in burning house | ————— | compassion | —————> | • rescue the elderly man |
| • see a woman knocked down by a falling tree | ————— | compassion | —————> | • call an ambulance for the woman |
| • see a bully abusing a weakling | ————— | compassion | —————> | • stop the bully abusing the weakling |
| • see a dog running loose through traffic | ————— | compassion | —————> | • block traffic and leash the dog |

Compassionate behavior is a positive, but
the emotion of compassion is a negative.

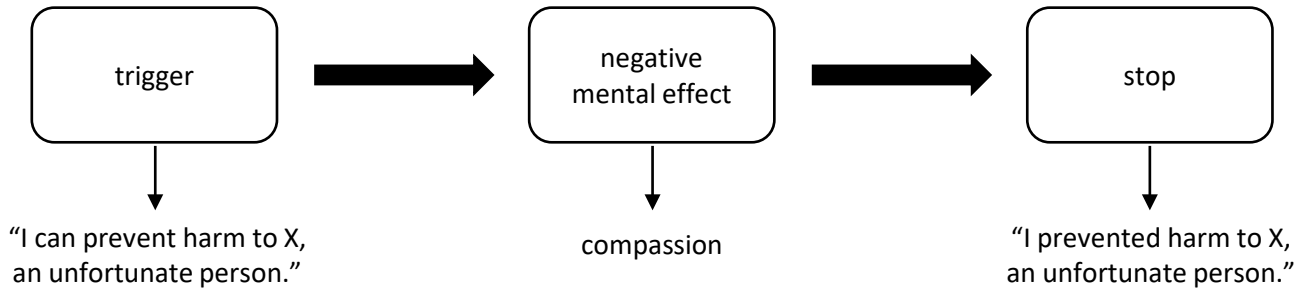


You don't feel compassion if can prevent harm but the person is not unfortunate.



- see amputee begging for money —————→ compassion —————→ • give money to the amputee
- see a healthy man begging for money —————→ nothing
- friend asks for money for rare medical disease —————→ compassion —————→ • give money to your friend
- friend asks for money because gambling ruined him —————→ nothing

You don't feel compassion if the person is unfortunate
but you cannot prevent harm.



- see amputee begging for money —————→ compassion —————→ • give money to the amputee
- see amputee begging for money and you're an amputee —→ nothing
- see an elderly man in burning house —————→ compassion —————→ • rescue the elderly man
- see an elderly man in burning house in a video —————→ nothing

Compassion evolved to provide insurance.

- compassion coerced everyone to help the unfortunate
 - the cost of tragedy was spread from the victim to the entire group
- primary benefit: we didn't need two of everything
 - didn't need two houses filled with clothes and more
 - if house burned down, could count on others to help
- groups that did not need two of everything were more efficient
 - could redirect resources to survive or grow better than other groups
 - instead of building a second home, they could grow more food

Real insurance has displaced compassion for large misfortune.

- homes, cars, health no longer rely on the kindness of strangers
 - you can't get a mortgage without home insurance
 - you can't get a car without car insurance
 - your taxes pay for government health insurance
- universal use of real insurance has reduced triggering of compassion
 - not having insurance is a mistake – not misfortune
 - if you're house burns down I don't feel compassion
- still rely on compassion for small misfortune
 - don't take a second person with you for shopping trips or journeys
 - without compassion, no help if you faint alone in a public place – probably robbed

Compassion harms you.

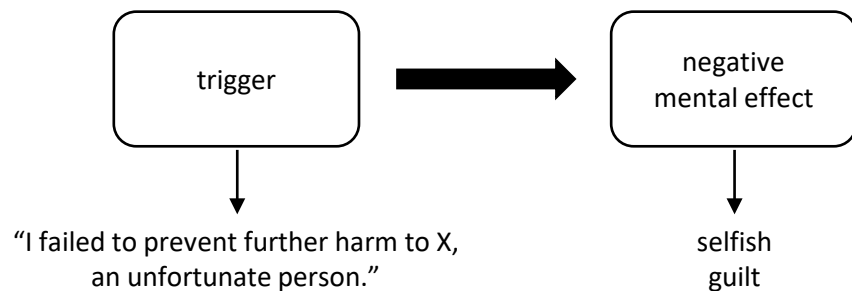
- obviously, we view compassionate behaviour as a positive
 - you're a hero if you save a drowning girl
 - you're a good Samaritan if help somebody who fainted
- however, being a hero harms you
 - heroes drown sometimes
 - good Samaritans are robbed sometimes
- being a hero also harms your family (genes)
 - if you don't come home, your kids don't eat
- occasionally it's good for you to be a hero
 - for example, helping someone who you work with or feeds you
 - in these situations, you don't need an emotion for motivation
- when being a hero is bad for you, compassion overcomes your rationale thought
 - puts a knife in your head until to save somebody
 - if being a hero was good for you, compassion would not have evolved

Four steps can help you avoid compassion.

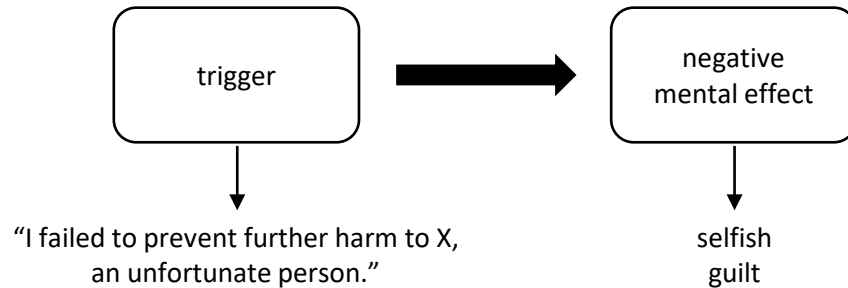
- step 1: avoid compassion situations
 - avoid situations where you are likely to encounter the unfortunate
 - avoid streets with panhandlers, watching news stories of abuse
 - the best way to avoid compassion
- step 2: avoid the compassion conclusion
 - try to avoid concluding that somebody is unfortunate and you can help
 - stop compassion after learning man trapped in fire is an arsonist
 - the least helpful way to avoid compassion
- step 3: do nothing
 - develop the habit of doing and saying nothing when you first feel compassion
 - do not even imagine helping – otherwise you might be overcome by impulse
 - the best way to mitigate the harm compassion can cause you
- step 4: help on the condition it's one-time
 - if feelings of compassion pre-occupy you, you should help the unfortunate
 - but only do so on the condition they agree not to ask you for help again
 - only applies to people you'll see again – not to emergencies involving strangers

You feel selfish guilt when you
feel bad for not helping somebody.

Like criminal guilt, selfish guilt
just has trigger – no stop.

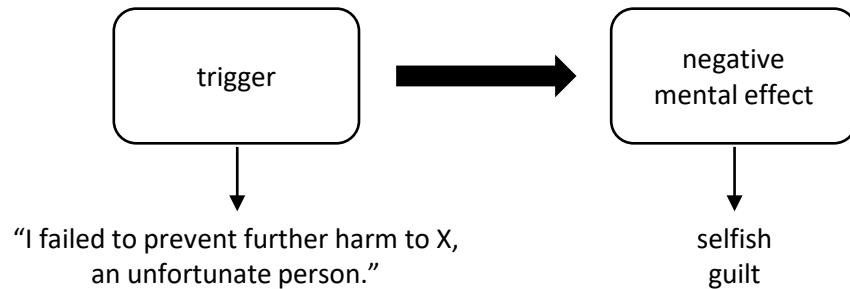


You feel selfish guilt when you fail to help the unfortunate.



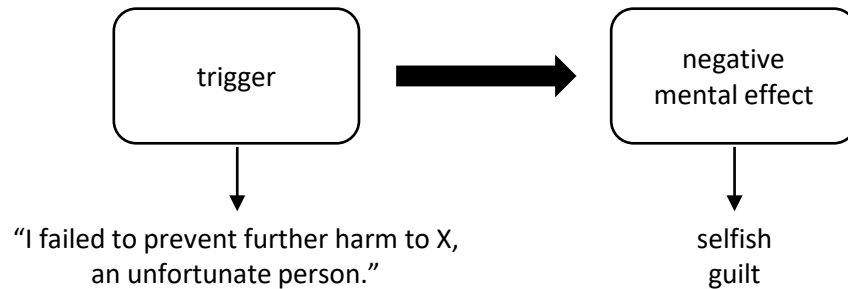
- see amputee begging for money and do nothing → selfish guilt
- see elderly man in burning house and do nothing → selfish guilt
- see woman knocked down by falling tree and do nothing → selfish guilt
- see bully abusing weakling and do nothing → selfish guilt
- see dog running loose in traffic and do nothing → selfish guilt

You don't feel selfish guilt if you fail to help somebody who is not unfortunate.



- fail to help amputee begging → selfish guilt
- fail to help healthy man begging → nothing
- fail to help friend with rare medical disease → selfish guilt
- fail to help friend with gambling addiction → nothing

You don't feel selfish guilt if you
could not help an unfortunate person.



- fail to help amputee begging → selfish guilt
- fail to help amputee begging and you're amputee → nothing
- fail to help elderly man in burning house → selfish guilt
- fail to help elderly man in burning house in video → nothing

You usually feel compassion before selfish guilt, but not always.

- virtually impossible to feel selfish guilt without feeling compassion earlier
 - the triggering circumstances are the same for both emotions
 - you are or were faced with opportunity to help unfortunate
 - unlikely to feel guilty about not helping someone if you didn't feel sorry for them earlier
- exception one
 - old friend calls to catch-up but you put him off because you're busy
 - old friend commits suicide next day
 - didn't realize you should've felt compassion when he called
 - do feel selfish guilt now
- exception two
 - you escape a calamity, but do not help others
 - others do not escape
 - didn't think you could help others during calamity, so didn't feel compassion
 - do feel selfish guilt now – survivor's guilt

Selfish guilt evolved to address the waiting problem.

- people should wait for others to help
 - will stop feeling compassion when others help
 - will not harm self by taking risks or expending resources
- selfish guilt changes this by adding a cost to waiting
 - will be punished by guilt if you do wait

Selfish guilt harms you.

- like compassion, selfish guilt encourages harmful behavior
 - heroes drown sometimes
 - good Samaritans are robbed sometimes
- however, being a hero harms you
 - heroes drown sometimes
 - good Samaritans are robbed sometimes
- being a hero also harms your family (genes)
 - if you don't come home, your kids don't eat
- occasionally it's good for you to be a hero
 - for example, helping someone who you work with or feeds you
 - in these situations, you don't need an emotion for motivation
- when being a hero is bad for you, selfish guilt overcomes your rationale thought
 - punishes you for not saving somebody
 - if being a hero was good for you, selfish guilt would not have evolved

You feel selfish guilt forever.

- like grief and criminal guilt, you will always feel selfish guilt
 - does not fade away
 - cannot be stopped by asking for forgiveness (unless no harm)
- must be permanent to be effective
 - purpose is to stop future waiting for others
 - if it could be stopped, people would wait for others and then stop selfish guilt
 - if it faded away, people would wait for others knowing it would fade away
- selfish guilt accumulates over a lifetime
 - each incident of not helping others is a memory that causes selfish guilt
 - over a lifetime, many such incidents can accumulate to a mountain of guilt
 - this mountain can act like chronic pain or illness to ruin later years
 - prevents some people from ever being able to enjoy serenity
 - survivors' guilt plagues some holocaust survivors

The best way to avoid selfish guilt is to avoid compassion.

- step 1: avoid compassion situations
 - avoid situations where you are likely to encounter the unfortunate
 - avoid streets with panhandlers, watching news stories of abuse
 - the best way to avoid compassion
- step 2: avoid the compassion conclusion
 - try to avoid concluding that somebody is unfortunate and you can help
 - stop compassion after learning man trapped in fire is an arsonist
 - the least helpful way to avoid compassion
- step 3: do nothing
 - develop the habit of doing and saying nothing when you first feel compassion
 - do not even imagine helping – otherwise you might be overcome by impulse
 - the best way to mitigate the harm compassion can cause you
- step 4: help on the condition it's one-time
 - if feelings of compassion pre-occupy you, you should help the unfortunate
 - but only do so on the condition they agree not to ask you for help again
 - only applies to people you'll see again – not to emergencies involving strangers

Sunday November 19

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

10:45am – 12:00pm revenge, anger, criminal guilt
compassion, selfish guilt

12:00pm – 12:30pm lunch break

12:30pm – 2:00pm pleasing scenery, excitement, boredom
pleasing taste, hunger, disgust
startle, fear