

**The Legal Profession:
Using Positive Psychology to Promote
Personal and Professional Happiness**

**Professor Denise Riebe
Brooklyn Law School
denise.riebe@brooklaw.edu**

1. True ___ or False ___ ?
Scientific happiness-increase experiments empirically establish that individuals can be trained to be 25% happier in two to ten weeks.

2. Room for change? ____ %

3. Positive psychology "happiness":

a.

b.

c.

4. Increasing happiness: the pleasant life:

a.

b.

c.

d.

e.

f.

P =

P =

P =

5. Increasing happiness: the engaged and meaningful lives:
 - a. Identify "signature strengths"
 - b. Use at work, home, in relationships
 - c. Use in service of something larger than yourself

6. Increasing happiness: more strategies:
 - Education
 - Self-assessment, reflection
 - Eschew comparisons
 - Surprise partner
 - Random acts of kindness
 - Pursue intrinsic goals
 - Get organized, manage time
 - Stop the negatives
 - Active and constructive responding
 - Induce positive emotions
 - Exercise

Signature Strengths: www.viastrengths.org

1. Wisdom and Knowledge

- Creativity [originality, ingenuity]
- Curiosity [interest, novelty-seeking, openness to experience]
- Open-mindedness [judgment, critical thinking]
- Love of learning
- Perspective [wisdom]

2. Courage

- Bravery [valor]
- Persistence [perseverance, industriousness]
- Integrity [authenticity, honesty]
- Vitality [zest, enthusiasm, vigor, energy]

3. Humanity

- Love
- Kindness [generosity, nurturance, care, compassion, altruistic love, "niceness"]
- Social intelligence [emotional intelligence, personal intelligence]

4. Justice

- Citizenship [social responsibility, loyalty, teamwork]
- Fairness
- Leadership

5. Temperance

- Forgiveness and mercy
- Humility/modesty
- Prudence
- Self-regulation [self-control]

6. Transcendence

- Appreciation of beauty and excellence [awe, wonder, elevation]
- Gratitude
- Hope [optimism, future-mindedness, future orientation]
- Humor [playfulness]
- Spirituality [religiousness, faith, purpose]

Assessment I Satisfaction With Life Scale ("SWLS")

Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

The 7-point scale is as follows:

- 1 = strongly disagree
- 2 = disagree
- 3 = slightly disagree
- 4 = neither agree nor disagree
- 5 = slightly agree
- 6 = agree
- 7 = strongly agree

___ 1. In most ways my life is close to my ideal.

___ 2. The conditions of my life are excellent.

___ 3. I am satisfied with my life.

___ 4. So far I have gotten the important things I want in life.

___ 5. If I could live my life over, I would change almost nothing.

Add 1 through 5: = ___ = **SWLS score**

Assessment II Fordyce Emotions Questionnaire

Directions: Use the list below to answer the following question: In general, how happy or unhappy do you usually feel? Check the **one** statement below that best describes **your average happiness**:

- 10. Extremely happy (feeling ecstatic, joyous, fantastic!)
- 9. Very happy (feeling really good, elated!)
- 8. Pretty happy (spirits high, feeling good.)
- 7. Mildly happy (feeling fairly good and somewhat cheerful.)
- 6. Slightly happy (just a bit above neutral.)
- 5. Neutral (not particularly happy or unhappy.)
- 4. Slightly unhappy (just a bit below neutral.)
- 3. Mildly unhappy (just a little bit low.)
- 2. Pretty unhappy (somewhat "blue," spirits down.)
- 1. Very unhappy (depressed, spirits very low.)
- 0. Extremely unhappy (utterly depressed, completely down.)

Directions: Consider your emotions a moment further. **On the average**, what percent of the time do you feel happy? What percent of the time do you feel unhappy? What percent of the time do you feel neutral (neither happy nor unhappy)? Write down your best estimates, as well as you can, in the spaces below. Make sure the three figures add up to 100%.

On the average:

The percent of time I feel happy is _____ %.
The percent of time I feel unhappy is _____ %.
The percent of time I feel neutral is _____ %.
Total: 100 %.

Scoring Information

Assessment I **Satisfaction-With-Life Scale ("SWLS")**

5-9:	Extremely dissatisfied
15-19:	Slightly dissatisfied
20:	Neutral
21-25:	Slightly satisfied
26-30:	Satisfied

Assessment II **Fordyce Emotions Questionnaire**

Average scores:

Happy:	6.92
Time happy:	54 %
Time unhappy:	21 %
Time neutral:	25 %