**Positive Psychology Summit 2001 Abstracts**

**Anat Bardi and Oliver P. John
University of Wisconsin**
Values Predict Positive Psychological Functioning

Direct Links and Interactions with Traits

Mainstream psychology has largely ignored the importance of values. Yet values have a central guiding function. They direct goals, behavior, and evaluation of actions and situations. As a result, our values can help us function and feel fulfilled in life. In this research, we examine how values and value-trait congruency predict effective functioning. We propose that effective psychological functioning results when our values (what is important to us in our lives) are congruent with our traits (the way we are). We use Ryff's conceptualization of positive psychological functioning, the Schwartz value theory, and the Big Five taxonomy of traits. Results reveal that different values predict different aspects of positive psychological functioning. Furthermore, results indicate that trait-value congruency facilitates positive psychological functioning whereas trait-value conflict impedes such functioning. The findings illustrate the importance of understanding values when trying to explain positive functioning in diverse life domains.

**Nick Baylis and Felicia Huppert
Cambridge University**

Positive Psychology at Cambridge University

Dr. Nick Baylis, Affiliate Lecturer in Positive Psychology, and Dr. Felicia Huppert, Senior Lecturer in Psychiatry, are co-directing a proposal to launch their 'UK Initiative for Positive Lives' - which will combine two highly complementary and symbiotic projects:
1) A nationwide, longitudinal study of High-Achievement and Well-Being among several hundred young adults age 16 to 35, with a particular interest in identifying those who most successfully combine these two attributes. The aim is to better understand the origins and outcomes of such exceptionally positive lives.
2) A weekly website magazine¹ to regularly convey in an accessible and attractive way the best peer-reviewed evidence on High-Achievement and Well-Being from around the world. Our aim is to directly inform and inspire a broad range of young adults and educators comprising a target weekly readership of over 500,000 from Britain alone. Cambridge would welcome collaboration with US researchers so as to form a parallel project to these UK initiatives. Furthermore, in the Faculty of Social and Political Sciences, Nick has begun lecturing the UK's first full university course in Positive Psychology. In the Department of Psychiatry, Felicia will continue to pursue her population studies of 'Successful Aging' among the 50 plus age group.

**Fred B. Bryant
Loyola University Chicago**
Capturing the Joy of the Moment: Savoring as a Process in Positive Psychology

The process of savoring involves engaging in thoughts or behaviors that generate, intensify, or prolong the enjoyment of positive experience. I distinguish three temporal forms of savoring through which people can create, amplify, or sustain positive feelings in the present: (a) past-focused reminiscence; (b) present-focused savoring of the moment; and (c) future-focused anticipation. I identify several dominant types of cognitive and behavioral savoring responses to positive events, and I consider the mechanisms through which these responses may influence enjoyment. I consider four distinct kinds of savoring experiences-basking, thanksgiving, marveling, and luxuriating-that entail different situational antecedents and different affective, cognitive, and behavioral components. Finally, I briefly note several potential applications of savoring in clinical and health psychology.

**James L. Catanzaro, Ph.D.
Chattanooga State University**
Is Spiritual Well-Being Possible?

Spirituality can be defined usefully as discovery of meaning and purpose through reported connections with the "self," the "sacred," and the "greater" --- succinctly, as "Subjective Connectedness." When so defined, 86% of focus group participants associate spirituality with "having a sense of well-being." Responses to the Index of Spirituality co-designed with Dr. Don Clifton reveal why. Analysis of the responses indicates the primary correlates of spirituality to be belief, empathy with others, trust and loyalty, personal reflection, and ---significantly--- the experience of being inspired and in the presence of the inspiring. Survey result analysis also shows a strong negative correlation with stress. Life "struggles" with insecurity, insincerity, injustice and in authenticity, focus group participants clarify, are the most daunting stressors that erode spiritual well being. When these life struggles are managed and belief, empathy, trust and connectedness are nurtured, respondents evaluate their lives as satisfying, as under girded by a sense of well-being. They see themselves as progressing toward a most valued goal. One can conclude, therefore, that it is possible to develop a spiritual well-being culture.

**Richard Davidson
University of Wisconsin**
Positive Affect: Perspectives From Affective Neuroscience

This talk will present an overview of how we can use information about brain function to parse the domain of positive affect. A distinction between pre and post-goal attainment positive affect will be made. Prefrontal mechanisms that support pregoal attainment positive affect will be described. Individual differences in specific parameters of prefrontal activation exist and are associated with a broad constellation of variables including measures of dispositional mood, the time course of recovery from negative events, and endocrine and immune function. These latter findings begin to suggest a mechanism by which certain forms of positive affect may have salubrious consequences for health.

**Richard Dienstbier
University of Nebraska**
Toughness

Energy in the face of challenge, enhanced learning abilities, emotional stability, resistance to depression and positive physical health are all related to balances in neuroendocrine systems that are modifiable by those real-life "manipulations" called life styles. We become toughened when we encounter repeated taxing (but manageable) challenges and stressors that are relieved with intermittent rest periods. Intermittent challenges lead eventually to the development of compensatory physiological capacities in the form of greater neuroendocrine reserves. We call this state "toughness." The great thing about toughness is that it is self-sustaining, since having energy, emotional stability, optimism and health leads us to continue to engage in the kinds of activities that enhance toughness.

**Andrew J. Elliot
University of Rochester**
Approach and Avoidance Personal Goals

The personal goals that we pursue set the framework for how we interpret and experience daily life. Personal goals may be differentiated in terms of the classic approach-avoidance distinction: approach goals entail trying to move toward (or maintain) a desirable outcome or state, whereas avoidance goals entail trying to move away from (or stay away from) an aversive outcome or state. I will overview a number of studies that demonstrate the benefits of approach (relative to avoidance) personal goals for goal attainment, psychological well-being, and physical health. In addition, I will discuss factors that lead to the adoption of approach (relative to avoidance) goals. I will conclude by presenting data from recent cross-cultural research that raises the issue of whether approach goals are equally beneficial across cultures.

**Patricia A. Frazier, Margit Berman, Michael Steger, and Ty Tashiro
University of Minnesota**
Timing and Course of Posttraumatic Growth

The purpose of the research described in this talk was to assess (a) the timing and course of posttraumatic growth and (b) the relations between self-reported growth and psychological distress. Longitudinal data were collected from 174 sexual assault survivors at 2 weeks and 2, 6, and 12 months post rape. In to the timing of posttraumatic growth, contrary to most theoretical models, the majority of survivors reported some positive life changes even soon (i.e., 2 weeks) after the assault. In regard to the course of posttraumatic growth, self-reported positive changes did increase over time, as generally hypothesized, with the biggest change occurring between 2 weeks and 2 months post assault. However, hierarchical linear modeling analyses also revealed significant individual variability in the number of positive changes reported across time. Finally, self-reports of growth were related to lower scores on measures of depression, anxiety, and Post Traumatic Stress Disorder (PTSD). Interestingly, survivors who reported higher than average numbers of positive life changes at both 2 weeks exhibited the lowest levels of 12-month PTSD symptoms and 12 months post assault (versus, for example, those who reported higher than average levels of positive life changes only at 12 months post assault).

**Michael R. Hagerty, University of California, Davis
Ruut Veenhoven, Erasmus University**
Happiness Trainings: Proposal for Clinical Trials

If Positive Psychology is to become an accepted part of public health in the U.S., then efficacy/effectiveness studies must be done to show that people can become happier and more productive. We propose an efficient method for "clinical trials" of training methods for improving positive traits in the general population that conforms to Seligman's "gold standard". We describe a pilot study in which students are trained to (1) notice their happiness levels, (2) consider interventions that could increase their happiness, and (3) are monitored up to 12 months after intervention

**E. Tory Higgins
Columbia University**
Where Does Value Come From?

In traditional models of decision-making, the value of a decision depends on its consequences. Dr. Higgins describes two other sources of value in decision making that derive from the processes by which a decision is made rather than its outcomes. The most familiar kind of additional value occurs when people make decisions in ways that affirm stable moral principles, such as using morally proper procedures. A third source of value derives from people using means to make a decision that fit their current motivational state. If people fail to distinguish among these different sources of value, they could treat a choice as being more worthwhile simply because of how it was made. Dr. Higgins discusses the implications of such value transfer, and considers the material and moral significance of failing to distinguish among "doing what is good", "doing what is right" and "doing what feels right".

**Yuen Huo
University of California, Los Angeles**
A Positive Outlook on Diversity:
The Psychological Foundations of Viable Multicultural Societies

Diverse societies are faced with the challenge of finding ways to reap the benefits of diversity while minimizing disruptions that are likely to arise in such an environment. In particular, authorities are faced with the challenge of maintaining social cohesion amidst competing values, interests, and ethnic group loyalties. The group-value model proposes that even under these difficult circumstances authorities can be effective in promoting cooperation if they are perceived to be acting in a fair way that communicates respect for the individual (Huo & Tyler, 2000). The model further suggests that identification with a super ordinate category will increase reliance on relational information when evaluating authority directives. Data from several surveys will be used to evaluate whether and to what extent (1) super ordinate identity, and (2) subgroup (ethnic) identity influence the link between perceptions of authorities' actions and cooperation. The results indicate that only super ordinate identity influenced reactions to authorities. This finding has important implications for the development of policies for governing diverse societies. It suggests that social regulation can benefit more from efforts to encourage super ordinate identification than from efforts to eradicate subgroup loyalties, which may be important to the development of a positive self-concept. In conclusion, this program of research suggests that psychological mechanisms exist to foster more positive relations among the various ethnic subgroups within a multicultural society.

**Rob Kall
Center for Optimal Living, Futurehealth, Inc.**
The Anatomy of Positive Experience and the Expression of Positive Emotions.

Both a model and a collection of strategies for building positive experience and positive emotional expression skills. Positive experiences and the positive emotions expressed and felt during these experiences provide the basic building blocks for self-esteem, positive attitude, courage, and the capacity to endure adversity. Given that this statement is accepted (and not one person has ever challenged or disagreed with it) then it follows that it is useful and valuable to encourage the development and enhancement of skills related to positive experiences and positive expression of emotions.

**Art Kramer
University of Illinois**
Enhancing the Cognitive Vitality of Older Adults:
The Role of Fitness and Cognitive Training

The presentation will concentrate on two different classes of interventions, which have shown promise for reducing age-related decrements in cognition. I will begin by discussing the cross-sectional and longitudinal research, which has focused on the impact of aerobic fitness training on the cognitive vitality of older adults. A number of different theoretical hypotheses, at both the psychological and neuroanatomical / neurochemical levels, concerning the relationship between fitness and cognition will be discussed in light of the extant literature. Prescriptions for future research will be offered in an attempt to address methodological and theoretical limitations of the current literature. The second half of the talk will concentrate on cognitive training strategies, which have been employed in the effort to enhance attentional, memory and decision-making abilities of older adults. Like the fitness training interventions cognitive training has entailed both cross-sectional and longitudinal designs. This literature will be critically reviewed and suggestions for promising future research directions will be discussed.

**Shane Lopez
University of Kansas**
Courage in Today's Youth

Courage is all around us. It can be extraordinary acts in extraordinary circumstances (thus rendering it a rare occurrence), but we believe that two leading positive psychology scholars have it right - courage is "extraordinary behavior in ordinary times" (Snyder) and "rising to the occasion" (Seligman) no matter what that occasion may be. In our session, we will present our views on courage and then highlight the implicit courage theories of children and adults. Finally, we will discuss the social relevance of this "neglected virtue."

**Fred Luthans
University of Nebraska**
Positive Organizational Behavior

This article proposes a positive approach be taken to organizational behavior (OB). Although the importance of positive feelings have been recognized in the academic OB and popular literature, both management scholars and practitioners too often take a negative perspective--trying to fix what is wrong with organizations and especially employees. The proposed positive organizational behavior (POB) follows the lead of recently emerging positive psychology, which is driven, by theory and research focusing on the strengths and the psychological capabilities of people. Instead of just retreading and putting a positive spin on the same old OB concepts, this unveiling of POB sets specific criteria for inclusion not only on being a positive concept, but also being relatively unique to the OB field, having potential for self and HR training and development, and, most important, being capable of contributing to performance improvement in today's workplace. The criteria meeting concepts of confidence/self-efficacy, hope, optimism, subjective well being/happiness, and emotional intelligence (the acronym CHOSE) are presented and analyzed as most representative of the proposed POB approach. Implications that these POB concepts have for application in the workplace are given.

**Hazel Rose Markus
Stanford University**
Culture and the Good Life

Understandings of what constitutes the good life or the life well lived are critical elements of well-being. While there is some cross-cultural consensus on what constitutes the good life and well-being (e.g., satisfying social relations), it also increasingly evident that well-being can assume a variety of forms, and that is often quite particular, patterned according to distinct life contexts. This presentation compares American understandings and practices of the good life with some East Asian ones, and then looks within American contexts to examine how the good life varies by region of the country and by educational context. Much of what psychology currently holds to be key features of well-being reflects mainstream, middle class American understandings of the good life. Suggestions for expanding the good life repertoire are included.

**Andrew MacLeod and Clare Conway
Royal Holloway, University of London**
Psychological Well-Being and the Anticipation of Future Positive Experiences: The Role of Income, Social Networks and Planning Ability.

Positive expectations about the future (having things to look forward to) are an important component of mental health and well-being. This is shown mainly by its absence in clinical groups, for example, those who are depressed and especially those who are suicidal. Little is known about what enables the anticipation of positive expectations about the future and whether such expectations are related to well-being in the general population. The present study aims to answer two questions: (1) what factors (social, psychological, economic) enable people to have expectations of future positive experiences? and (2) are expectations of future positive experiences related to well-being in the general population? A community sample (N=85) was assessed on a measure of anticipation of future positive and negative experiences, factors that might enable such anticipation (measures of income, social networks, and planning ability) and measures of subjective well-being (positive and negative affect and life satisfaction). Subjective well-being was related to having more anticipated positive experiences which was in turn related to the extent of a person's social network, their household income and the number of steps in their plans to achieve their goals. Each of these enabling factors showed independent contributions to positive anticipation. As predicted, anticipation of negative future experiences did not show the same pattern of findings. Implications for well-being enhancement and mental health promotion will be discussed

**Batja Mesquita, Wake Forest University
Mayumi Karasawa, Tokyo Woman's Christian University
Ashleigh Haire, University of North Carolina, Greensboro
Satoko Izumi, Tokyo Woman's Christian University**
**Positive Emotional Experiences Across Cultures**

On the basis of two studies, it will be argued that the context and meaning of positive experiences differ across cultures. The first study is an experience-sampling study, in which we found cultural differences in the prevalence and correlates of positive experiences. In this study, European American, and Japanese students both in the United States and in Japan (n=50 for each group) reported their last emotional experience every 3 hours for the duration of a week. European Americans rated their emotions as significantly more positive than both Japanese groups. Whereas American emotional life was positive on the whole, Japanese emotional life was neutral. Pleasantness in the Japanese group was on the whole more associated with feelings of connectedness with others than with feelings of competence, whereas this difference was not established for the European American group. The second study was an interview study in which American and Japanese students and community samples (total n=100) reported on emotional experiences and then indicated how they had coped with these experiences. Japanese respondents were reluctant to talk about situations that reflected positively on them, whereas American respondents found it extremely hard to start giving examples of situations that had reflected negatively on them. Furthermore, whereas Americans tended to dismiss the effect of negative situations on their self-worth and readily incorporated positive implications of situations into their self-worth, the reverse was true for Japanese respondents. The conclusion will be drawn that the prevalence, nature, and implications of positive emotional experiences is different across cultures.

**David G. Myers
Hope College**
Positive Psychology and Social Renewal

Explores the roots and fruits of three branches of positive psychology--positive subjective well-being (happiness and life satisfaction), positive character (including prosocial virtues), and positive communities. Myers will review the current social ecology and describe a bipartisan, science-informed social renewal movement that aims to strengthen families, character, and community.

**Maureen O'Sullivan
University of San Francisco**
Humor and Emotional Intelligence

Several researchers have suggested that sense of humor may be one of the manifestations of emotional intelligence. The present research reports on the development of a sense of humor test, defined as a cognitive skill. This test was significantly correlated with the George Washington Social Intelligence Humor Test, a behavioral rating of laughing and smiling while listening to a comedy routine, self-ratings of sense of humor, and an O'Sullivan-Guilford Social Intelligence Test. Predicted relationships between sense of humor, personality and affective intensity were also found. The findings will be discussed in terms of the operationalization of sense of humor (personality trait, mood variable, or cognitive skill) and how its measurement clarifies some aspects of the construct of emotional intelligence and the difficulties involved in measuring it.

**Christopher Peterson
University of Michigan and University of Pennsylvania**
The VIA Classification of Strengths

The Values in Action (VIA) Classification is an ongoing project that aims to identify and measure positive traits. It classifies 24 character strengths under six broad virtue classes: wisdom, courage, love, justice, temperance, and transcendence. A progress report will be given, including an update on assessment. The role of the VIA Classification in the larger field of positive psychology will also be discussed.,

**Christine Robitschek
Texas Tech University**
Personal Growth Initiative:
What We Know So Far and What We are Trying to Learn

Personal growth initiative is a person's active, intention involvement in the process of changing and developing as a person. This presentation addresses definition and measurement of the construct, a summary of research to date on the construct, and a description of ongoing and future research on personal growth initiative.

**Willibald Ruch
Queens University Belfast**
The Sense of Humor:
Issues in the Definition and Assessment of a Highly Valued Human Strength

Both theorists and practitioners from a variety of disciplines claim that "possessing a sense of humor" is an asset for the individual. In support of this claim, there is an abundance of research aimed at linking humor to various issues as diverse as: mate selection, effectiveness in the workplace or in funeral speech. Most of these research efforts, however, are typically impaired by the lack of a congruent paradigm comprising the appropriate scope of the characteristic, a psychometrically sound assessment tool, and a theory/model allowing for the formulation of a hypotheses on a rational rather than intuitive basis. The presentation will explain that the pursuit of the question "What is the nature of a sense of humor?" is fruitless and point out that it is more important to investigate the etymology of the word and the history address of the concept and how it was shaped during certain epochs. This will lead to the challenge of "How do we want to understand sense of humor as a scientific concept in future research". In sharp contrast to the lack of conceptual work, the generation of operationalizations was flourishing-at least as regards quantity; a survey of assessment tools for the study of sense or humor lists more than 60 instruments (see appendix of Ruch, W. (1998) (Ed.), The sense of humor: Explorations of a personality characteristic. Berlin: Mouton de Gruyter). The second part of the presentation will discuss the methodological problems and pitfalls in the assessment.

**Suzanne Segerstrom
University of Kentucky**
Positive Preoccupation: Seeking (and Finding) Adaptive Repetitive Thought

What people have "on their minds", that is, their repetitive thought, has long been a mainstay of models of depression and anxiety. The subsequent research focus on maladaptive processes such as rumination and worry has given repetitive thought a bad reputation. In reality, positive repetitive thought appears to be as common as negative repetitive thought. Processes such as anticipation, planning, reflection, and basking associate with positive affect during the thoughts, helpful consequences of the thoughts, and control over the thoughts - the opposite of negative repetitive thought. Furthermore, even when stressful circumstances stimulate negative repetitive thought, positive repetitive thought does not disappear but coexists. These positive thoughts may contribute to psychological and physiological resilience during stressors.

**Rachel Seginer
University of Haifa**
'Don't Wait for the Future, Go Get it':
Two Forms of Adolescent Future Orientation

My research of adolescents' future orientation in context, addresses future orientation in four nested and interacting aspects of its context: intrapersonal characteristics, biographical attributes (age, sex), family environment and sociocultural and political settings (Israeli Jews, Arabs, and Druzes, and Kibbutz). Drawing from these analyses, in the proposed presentation I will focus on two issues: (a) the distinction between active and passive forms of future orientation, relating to prospective life course (for adolescents it consists of transition to adulthood and adulthood developmental tasks) and existential domains (pertaining to self, others, and the collective) respectively, and their personality, biographical and cultural correlates. (b) A model of future orientation pertaining to motivational, cognitive-representational, and behavioral components which can be applied to each of the prospective life course domains (e.g., higher education, work and career) and its cross-cultural variations.

**Edward Seidman and Sara Pedersen
New York University**
Contextual Competence: Multiple Manifestations among Urban Adolescents

The push for a positive psychology of youth development reflects a radical shift in thinking, yet many recent research efforts continue to be limited by person-centered frameworks. The "third thread" of positive psychology recognizes that "people and experiences are embedded in a social context" and suggests that characteristics of the social context may impact the ways in which positive adaptation is manifested (Seligman & Csikszentmihalyi, 2000, p. 8). Competence unfolds simultaneously in and across multiple social contexts - peer groups, school, athletics, religion, employment, and culture. The current study identifies nine holistic patterns of contextual competence using cluster analysis in a sample of low income, urban middle adolescents (N=560). These configurations of contextual competence are replicable and meaningfully associated with gender and race/ethnicity and indices of the youths' self-reported behavioral competence. More importantly and contrary to the literature, a strong connection with a single social context, like religion, does not protect youths from negative developmental outcomes. Nor alternatively, does heavy engagement in the world of work place adolescents' at-risk for behavior problems. Both greater well-being (e.g., self-esteem) and fewer self-reported problem behaviors (e.g., antisocial behavior) are associated with configurations of contextual competence that represent strong connection/engagement to two or more social contexts.

**George Vaillant
Harvard University**
Mature Defenses

Freud's defense mechanisms are often viewed as immature and destructive. However, certain defenses can be effective and beneficial to the person. The talk describes the various defenses, and why some are more desirable than others.

**Paul T. P. Wong
Trinity Western University**
Tragic optimism, realistic pessimism, and mature happiness

Optimism and pessimism can co-exist. When there is a high level of realistic pessimism because of past traumatic experiences and/or present difficulty life circumstances, tragic optimism will survive, whereas illusionary optimism will perish. The paper identifies the components of tragic optimism as (a) Affirmation, (b) Acceptance, (c) Self-transcendence, (d) Trust, and (e) Courage. The resulting affective state is called mature happiness, because it is a characterized by an enduring sense of serenity and inner peace. It is hypothesized that tragic optimism will be a better predictor of subjective well-being than other measures of optimism, when individuals have experienced many adversities and/or are currently undergoing a great deal of difficulties.

**Monica Worline
University of Michigan**
Courage at Work: Social Organization and the Difficult Virtue

Courage is a stranger to empirical psychology, despite its central role in almost every system of human mythology and philosophy. Because of its conceptual complexity and paradoxical nature, courage has been difficult to capture with traditional psychological methods. What little research has focused on courage has often addressed military concerns, times of war, or heroic journeys of exploration, leaving scant psychological writing about the role of courage in everyday life. This talk places courage on psychology's center stage, using empirical results along with systematic analysis of courage stories gathered from different social settings to suggest a new conceptualization of this difficult virtue. It yields new ways to approach research on courage. Viewing courage as a quality that characterizes action in situations in which there is high pressure for individual action at the same time that there is a high degree of social involvement creates new possibilities for theory and measurement of courage in psychology. Results from the latest studies of courage in social organizations suggest that courageous activity has the power to heighten people's sense of agency, to transform their relationships with others, and to connect them with their communities in new ways. Overall, this talk helps to fill in the missing pieces of our picture of courage as an imperative aspect of everyday social life.

**Amy Wrzesniewski
New York University**
A Positive Psychology of Organizations

This presentation and summary of ongoing pod research focuses on questions about how human strengths and virtues are enabled and developed through social dynamics. We enlarge the study of positive psychology by bringing the perspective that positive psychological phenomena can operate as parts of social systems in addition to their individual effects. We propose that positive psychologists can study strengths and virtues as social and organizational processes that are of critical importance in organizations. In addition, we propose that key strengths and virtues identified by positive psychologists can be either enabled or disabled by organizational contexts through such factors as: status and power, role, unit structure, shared organizational values, and work routines. We describe our research on these processes and contexts to better understand how positive psychology can contribute to a fuller understanding of organizational life.

**R. B. Zajonc
Stanford University**
Explaining the Mere Exposure Effect --- Finally…

The mere repeated exposure paradigm involves repeated exposures of a particular stimulus object and observes the emerging preference for that object. Vast literature on the mere repeated exposure effects shows it to be a robust phenomenon that cannot be explained by an appeal to recognition memory or perceptual fluency. These effects are valid across cultures, species, and diverse stimulus domains. They have been obtained even when the stimuli exposed were not accessible to the participants' awareness, and even pre-nattily. Empirical research shows that a benign repetition experience can in and of itself enhance positive affect, and that such affect can become attached not only to stimuli exposed but to similar previously not exposed stimuli, and to stimuli totally distinct as well. A new explanation of the phenomenon is offered. Implications for affect as a fundamental and independent process are discussed in the light of neuro-anatomical evidence.

**Philip Zimbardo
Stanford University**
Achieving a Balanced time Perspective as a Life Goal

His slide-based presentation argues that time perspective is the most fundamental yet least recognized process in all of psychology. It influences virtually everything about us, thoughts, feelings, motivations, decisions and actions. It impacts us both individually and collectively as a foundational process that predicts to success and failure, self-esteem and addiction, health and pathology. In line with the themes of this summit I will conclude by promoting the Optimal Temporal Perspective, one that balances Future Orientation, Past Positive Orientation, and Present Hedonist Orientation, but leaves no room for Past Negative and Present Fatalism, which are the destructive facets of our sense of time perspective.