Capitalization Handout

"How to Share Good News." Monta Vista CharacterLab October 30, 2024

The PERMA Model

PERMA is a well-known model in positive psychology developed by Martin Seligman, founder of Coach Flatow's MAPP program at UPenn. PERMA outlines five essential elements that contribute to human well-being and happiness:

P – Positive Emotions: Experiencing positive emotions such as joy, gratitude, contentment, and hope. While not the sole contributor to well-being, feeling good is an important aspect of a fulfilling life.

E – Engagement: Being deeply absorbed or involved in activities that interest and challenge you.

R – Relationships: Having meaningful, supportive, and healthy relationships with others. Social connections are crucial for our emotional health and well-being.

M – Meaning: Having a sense of purpose or finding meaning in life. This involves being connected to something larger than yourself, such as contributing to society, deep commitment to family, working toward a greater good, or pursuing spiritual fulfillment.

A – Accomplishment: The sense of achievement and success in reaching goals or mastering tasks. Pursuing goals and feeling a sense of competence and success adds to one's sense of well-being.

The PERMA model helps individuals understand the key components of a well-rounded, fulfilling life and serves as a framework for improving mental well-being. Each element plays an important role, and together they contribute to a life of flourishing and resilience.

Capitalization

When good things happen, individuals will often retell this good news to others. We tell others about being accepted to a college, we share photos of our friends and pets on social media, and we describe aa great plate of noodles to our friends. Happy events motivate us to retell them to others. This process has been termed *capitalization*. When we share our good news, we improve our mood and our relationships. Capitalization is a social process that affects both the people who share *and* the people who listen and respond. Capitalization is contagious, benefiting individuals being told the good news as well as the people who share, and can promote future sharing, responses, and healthy long-term relationships.

Four Ways We Can Respond to Good News

	ACTIVE	PASSIVE
C O N S T R U C T I V E	**"The Joy Multiplier"** *Active-Constructive:* The responder listens, asks questions (e.g.,"how did you feel while this happened?"), and helps the person bring the news to celebrate and savor. Example: "Wow, that is great news! Your talent and hard work paid off! I know you will be successful. What were you thinking when this happened? How did you feel?" This response mode has been shown to bring positive emotions to both people, encourage trust, help us remember the positive events, lead to more sharing, and is an indicator of whether a relationship will last. **Let's strive to be joy multipliers for our friends.**	**Understated Support** *Passive-Constructive:* The responder does not react strongly to the news. *Example:* "That's nice," or "Cool." This is a missed opportunity to help your friend savor their news, and to build connections between friends. We can do better than this! If we catch ourselves being passive, **we can fix this**…we can go back to our friend even days later and say, "I was thinking more about what you told me, and I realized how great that new is! Can you tell me more about it?"
D E S T R U C T I V E	**"Debbie Downer"** *Active-Destructive:* The listener responds by critiquing, nitpicking or poking holes, making the person feel worse about their accomplishment. *Example:* "How much I that going to cost! That seems crazy. Did you think of all the problems that might happen?" Come on. What are we doing here? We can be better friends than this!	**"The One Upper"** *Passive-Destructive:* The listener changes the subject or ignores the news. *Example:* "You won't believe what happened to me today!" or "I wonder what I am having for dinner." This type of response will discourage your friend from sharing in the future.

We can be more intentional in capitalization.