Personality and Character strengths

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Positive psychology (PP)

- The field of positive psychology has the goal of helping to achieve above normal or optimal level of functioning, leading to a happier existence.
- For about one decade, PP movement has investigated character strengths that allow individuals and communities to flourish.
- Positive emotions (happy, satisfaction with life, well-being subjective)
- Positive qualities (virtues and character strengths)
- Institutions that contribute to turn individuals into better citizens
Character strengths
individual characteristics that can be expressed by thoughts, feelings and actions

Concept: preexisting capability to a particular mode of behavior, thought or feeling, authentic and energizing for the user and that facilitate the ideal functioning
Character strengths

Character strengths are the psychological ingredients—processes or mechanisms—that define the virtues. Said in another way, they are distinguishable routes to display one or another of the virtues.

1. A strength contributes to various fulfillments that constitute the good life.

2. Although strengths can and do produce desirable outcomes, each strength is morally valued in its own right.

3. The display of a strength by one person does not diminish other people in the vicinity.

4. Being able to phrase the “opposite” of a putative strength in a felicitous way counts against regarding it as a character strength.
5. A strength needs to be manifested in the range of an individual’s behavior—thoughts, feelings, and/or actions—in such a way that it can be assessed. It should be traitlike in the sense of having a degree of generality across situations and stability across time.

6. The strength is distinct from other positive traits in the classification and cannot be decomposed into them.

7. Character strength is embodied in consensual paragons.

8. We do not believe this feature can be applied to all strengths, but an additional criterion where sensible is the existence of prodigies with respect to the strength.

9. Conversely, another criterion for a character strength is the existence of people who show—selectively—the total absence of a given strength.
<table>
<thead>
<tr>
<th>Virtudes</th>
<th>Forças</th>
<th>Breve Descrição</th>
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<tbody>
<tr>
<td><strong>Wisdom and knowledge</strong></td>
<td>Creativity</td>
<td>Thinking of novel and productive ways to conceptualize and do things</td>
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<tr>
<td>cognitive strengths</td>
<td>Curiosity</td>
<td>Taking an interest in ongoing experience for its own sake.</td>
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<td></td>
<td>Open-mindedness</td>
<td>Thinking things through and examining them from all sides.</td>
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<td></td>
<td>Love of learning</td>
<td>Mastering new skills, topics, and bodies of knowledge, whether on one’s own or formally</td>
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<td></td>
<td>Sensatez</td>
<td>Transferir conhecimento a outros, aconselhando-os.</td>
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<tr>
<td><strong>Courage</strong></td>
<td>Bravery</td>
<td>Not shrinking from threat, challenge, difficulty, or pain.</td>
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<td>emotional strengths</td>
<td>Persistence</td>
<td>Finishing what one starts.</td>
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<td></td>
<td>Authenticity</td>
<td>Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way.</td>
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<td></td>
<td>Vitality</td>
<td>Approaching life with excitement and energy.</td>
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<td><strong>Humanity</strong></td>
<td>Love</td>
<td>Valuing close relations with others, in particular those in which sharing and caring are reciprocated.</td>
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<tr>
<td>interpersonal strengths</td>
<td>Kindness</td>
<td>Doing favors and good deeds for others.</td>
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<td></td>
<td>Social intelligence</td>
<td>Being aware of the motives and feelings of other people and oneself.</td>
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<td>Strengths that Protect Against Excess</td>
<td>Self-Regulation</td>
<td>Leadership</td>
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<tr>
<td>Forgiveness and Mercy</td>
<td>Letting one’s accomplishments speak for themselves; not seeking the spotlight</td>
<td>Encouraging a group of which one is a member to get things done and at the same maintain time good relations within the group.</td>
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<tr>
<td>Prudence</td>
<td>Being careful about one’s choices.</td>
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<td>Modesty</td>
<td>Noticing and appreciating beauty, excellence.</td>
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<td>Gratitude</td>
<td>Being aware of and thankful for the good things that happen.</td>
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<tr>
<td>Hope</td>
<td>Expecting the best in the future and working to achieve it</td>
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<tr>
<td>Humor</td>
<td>Liking to laugh and tease; bringing smiles to other people; seeing the light side.</td>
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Questions

Which is the relationships between character strengths and the Big Five Model of personality?

Are the same construct?

By rising thinking-action repertories (enlarging our cognitive and behavioral flexibility) and, later, generating physical, intellectual and social resources, positive emotions help improve coping.
Recent results

Creativity
Curiosity

Intellectual strengths

Love of learning
Appreciation of beauty
Recent results

Creativity
- Thinking of novel and productive ways to conceptualize and do things;
- Thinking things through and examining them from all sides

Curiosity
- Taking an interest in ongoing experience for its own sake
- Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life

Love of learning

Appreciation of beauty

Intellectual strengths
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Love of learning
- Thinking things through and examining them from all sides

Appreciation of beauty
- Intellectual strengths
Interpersonal strengths

Kindness
Humor
Love
Citizenship
Leadership
Doing favors and good deeds for others.

Valuing close relations with others, in particular those in which sharing and caring are reciprocated.

Liking to laugh and tease

Working well as a member of a group or team

Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group

Kindness

Humor

Love

Citizenship

Leadership
Kindness

Doing favors and good deeds for others.

Liking to laugh and tease

Humor

Love

Encouraging a group of which one is a member to get things done and at the same maintain time good relations within the group

Citizenship

Working well as a member of a group or team

Leadership

Valuing close relations with others, in particular those in which sharing and caring are reciprocated.

Openness ($r<0.30$)

Agreeableness ($r=0.32$)
Strengths of restraint

Forgiveness

Fairness

Modesty

Prudence
Strengths of restraint:

- Forgiving those who have done wrong; accepting the shortcomings of others
- Letting one’s accomplishments speak for themselves
- Treating all people the same according to notions of fairness and justice
- Being careful about one’s choices
Forgiving those who have done wrong; accepting the shortcomings of others

Treating all people the same according to notions of fairness and justice

Letting one’s accomplishments speak for themselves

Being careful about one’s choices

For the strengths of restraint:

- Forgiveness
- Fairness
- Modesty
- Prudence

Conscientiousness ($r<0.30$)

Agreeableness ($r=0.30$)
References


Obrigada!
Thanks!

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