

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# the positive approach

## Across

**2.** there are four traits of happy people according to Myers and Diener. name the trait that consists of being outgoing and happy around others

**8.** how many desirable lives are there according to Seligman?

**9.** the methodology used in the Who is Happy study

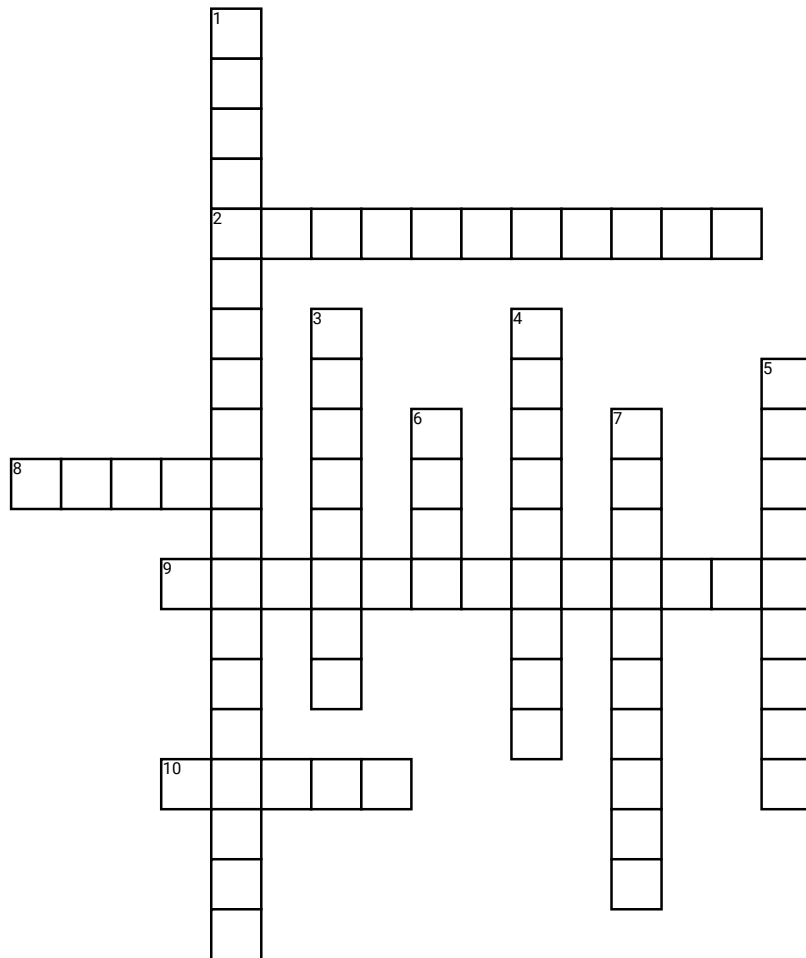
**10.** according to Seligman, happiness is NOT a result of good...

## Down

**1.** what does SWB stand for?

**3.** the positive approach believes that humans have ...

**4.** what subjective meta-analysis method did Maslow create to measure happiness?



**5.** what does mindful breathing focus on?

**6.** what is the concept of becoming involved in an activity that makes other things matter less

**7.** the five-fold model of life satisfaction

