

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

