

Arizona State University

My Top Three Characteristics

I believe that gratitude greatly correlates with happiness. I feel that it can be challenging to feel happy when you are not feeling thankful or blessed for the life you have been given. Gratitude is a very positive emotion and I feel that many times it is also referred to as being appreciative. This could be towards friends, family, god, you could feel gratitude for a myriad of things and objects. I was quite surprised when I first began reading because I had never really contemplated what actually creates or fuels the gratitude we experience. I never realized that gratitude has an impact on an individual's neural brain activity. The expression and process varies for everyone that experiences it and has a great effect on people mentally. This is because of what I mentioned earlier regarding the fact that gratitude has an impact on neural and cognitive activity. Specifically, gratitude is associated with the dorsolateral prefrontal and parietal sections of the brain rather than limbic regions (Kini, 2015). This is backed up by evidence pointing to the fact that these regions that are mostly affected by Gratitude are actually the regions that control the desire to help others. This is why we feel empathetic towards others, because we are refraining from focusing on our own self and instead focus on others. I also wanted to mention something that was discussed in the study which is that individuals that suffer from depression or chronic pain will see positive improvements through engaging in gratitude (Kini, 2015). The study was very interesting for me because I feel that I can try to be more conscious about expressing my gratitude now that I understand the process more. I think it would do nobody harm to try and be less selfish. If we begin to incorporate little things into our life like saying thank you more or smiling at strangers, we might not even notice it but it will make you feel more thankful for your life. After reading the article, I feel very appreciative of my life and would like to show the people I care about that I love them.

My second character strength resulted in honesty, authenticity, and genuineness.

Honestly I was almost certain I would score well in this area because I pride myself on my loyalty and being true to myself and to others. According to Torka (2018), real happiness cannot be achieved if a person is not troubled about the welfare of those around you. The study states that honesty is a distinctive and universal truth that is crucial for growth and are a premise for modifying unhealthy thoughts and behaviors that are a stumbling block to genuine happiness” (Torka, p.7, 2018). The study supports the idea that a person cannot have a strength of honesty if they do not have a strong set of virtues. Virtues are described by the study as a “disposition or character strength that yields good consequences for the possessor and others” (Torka, p.5, 2018). The study backs up the idea that honesty and genuineness is a process that involves other people and not just an individual’s personal feelings. I enjoyed reading this post because I agree and support the arguments that were provided. I think to be happy you need to feel good about the things you do. I personally feel so good about myself when I am being honest, if I tell a lie I immediately feel guilty and avoid the person. I am a firm believer of Karma and believe that you must do good for others and the world to get good back. I also believe you need to genuinely want to help others and not just do it so you look good to people.

My third strength was creativity, ingenuity, and originality which I definitely think is important in life. Funny enough, when I was young I felt that I lacked creativity because my sister excelled in art and music so much. However, when I grew up a bit I realized that everyone is creative in their own way and it extends so much further than just being able to draw or write. I love being creative because it allows me to not have constraints in my life. It opens up more opportunities and options which allows me to get past hurdles where I might fail at first. According to the study, creativity can be a solution when it comes to problem-solving and opens the door to endless possibilities (Hennessey & Amabile, 2009). This is not surprising to me because I have experienced situations in the past where my creativity was the only reason I was able to reach a resolution. Creativity is also sort of like a domino effect because if you share your creativity or ideas, then this could fuel people around you to try and express their creativity as well (Hennessey & Amabile, 2009). I agree with every point from this study and feel confident that my creativity has been the only reason I was able to reach a decision. I have even been told before that I should be a lawyer because I always find loopholes and ways around things.

References

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