



Nederlands Instituut voor Persoonlijke Ontwikkeling (NIPPO)

3 (nieuwe) inzichten uit de psychologie voor trainers & coaches

dr. Mattheis van Leeuwen



"There's deep wisdom here along with very practical tools for translating our ideas into the real world." —ARIANNA HUFFINGTON

LET ME OUT

UNLOCK YOUR CREATIVE MIND and BRING YOUR IDEAS to LIFE

PETER HIMMELMAN, Founder of Big Muse



HYPER FOCUS

HOW TO BE MORE PRODUCTIVE IN A WORLD OF DISTRACTION

CHRIS BAILEY
Author of The Productivity Project

Tiny Changes, Remarkable Results

Atomic Habits

An Easy & Proven Way to Build Good Habits & Break Bad Ones

James Clear

THE *MORE OR LESS* DEFINITIVE GUIDE TO SELF-CARE

ANNA BORGES

EMBRACE YOUR WEIRD
A GUIDED JOURNAL FOR FACING YOUR FEARS AND UNLEASHING CREATIVITY

The Art of SIMPLE LIVING

100 Daily Practices from a Japanese Zen Monk for a Lifetime of Calm and Joy

SHUNMYO MASUNO

侘寂

WABI SABI

BETH KEMPTON

JAPANESE WISDOM FOR A PERFECTLY IMPERFECT LIFE

MICHAEL ATAVAR

BEING CREATIVE

BE INSPIRED. UNLOCK YOUR ORIGINALITY.

SUPER BETTER

A Revolutionary Approach to Getting Stronger, Happier, Braver, and More Resilient*

JANE MCGONIGAL

*Powered by the Science of Games

"With each page I turned, I remembered one more thing I'd once promised myself to do that I hadn't done, that I kept putting off, assuming there would always be more time. Jane's book inspired me to ask myself why and to stop postponing the forgotten dreams. It's such a lovely, joyful read."
—Genevieve Roth, #1 New York Times bestselling author of *Women Find and God and This Messy Magnificent Life*

monday
tuesday
wednesday—
thursday—

SOMEDAY

Is Not a Day in the Week

10 HACKS TO MAKE THE REST OF YOUR LIFE THE BEST OF YOUR LIFE

SAM HORN

A SURPRISINGLY NECESSARY GUIDE TO BEING A GOOD GUY

JUST DON'T BE AN ASSHOLE

Kara Kinney Cartwright

"A must-read for anyone who's been unable to keep a New Year's resolution, improve their work productivity, or follow through on a lasting change in any other area of their life or work."
—Jonah Berger, New York Times bestselling author of *Contagious*

Stick with It

A Scientifically Proven Process for Changing Your Life—for Good

Sean Young, PhD

Director of the UCLA Center for Digital Behavior and the UC Institute for Prediction Technology

Jason Bacher
Brian Buirge
Jason Richburg

Do the F*cking Work

Lowbrow Advice for High-Level Creativity

THE WISDOM OF INSECURITY

ALAN W. WATTS
A Message for an Age of Anxiety

PENGUIN CLASSICS

MARCUS AURELIUS MEDITATIONS

THE HOLY SH!T MOMENT

HOW LASTING CHANGE CAN HAPPEN IN

THE STOIC CHALLENGE

A PHILOSOPHER'S GUIDE TO BECOMING TOUGHER CALMER AND MORE RESILIENT

Zen Mind, Beginner's Mind

Informal talks on Zen meditation and practice

by SHUNRYU SUZUKI

If Only

How to Turn Regret into Opportunity

NEAL ROESE, PH.D.

Epictetus

The ART OF LIVING

The Classic Manual on Virtue, Happiness, and Effectiveness

15 Principles for Becoming More Kind, the Compassionate, and Accepting of Yourself

Self-Love Experiment

Shannon Kaiser

Shannon Kaiser inspires people to ditch what doesn't serve them and follow their path to true joy and satisfaction.

MIHALY CSIKSZENTMIHALY

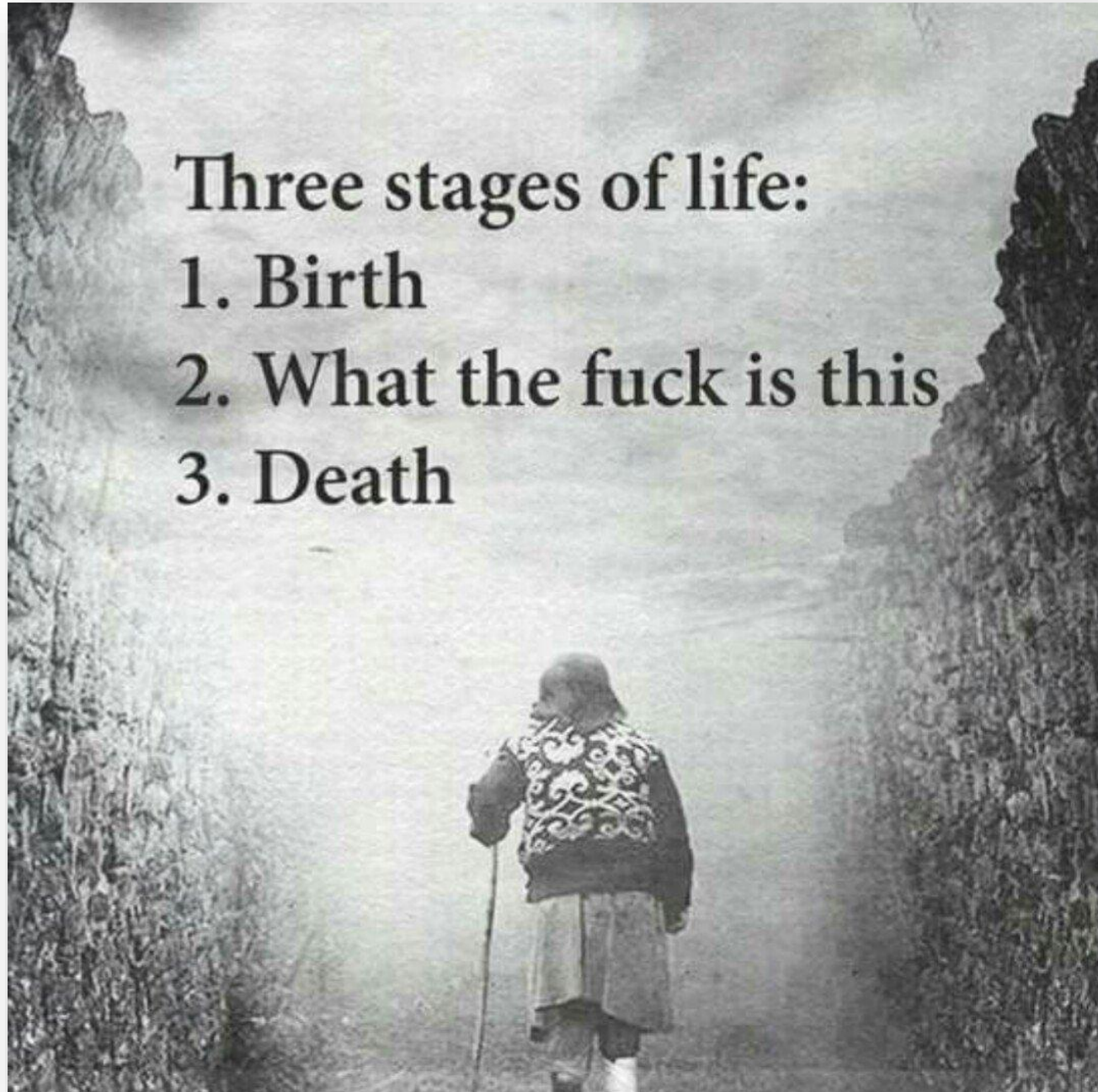
Author of *FLOW* and *CREATIVITY*

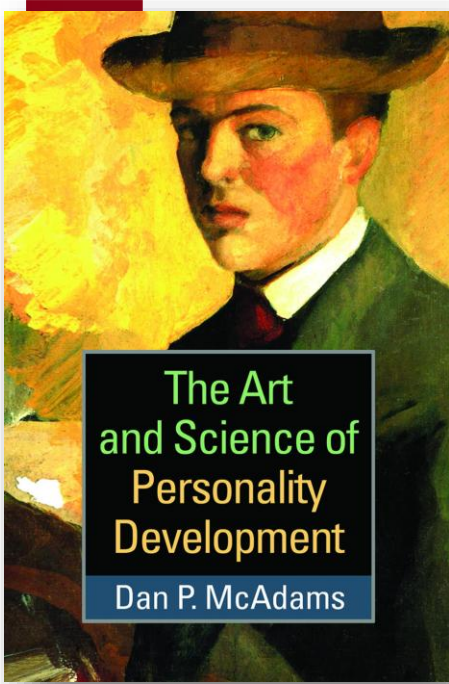
FINDING FLOW



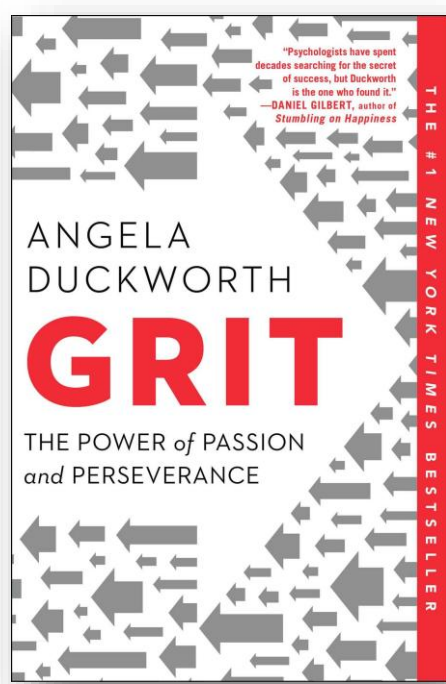
Three stages of life:

1. Birth
2. What the fuck is this
3. Death





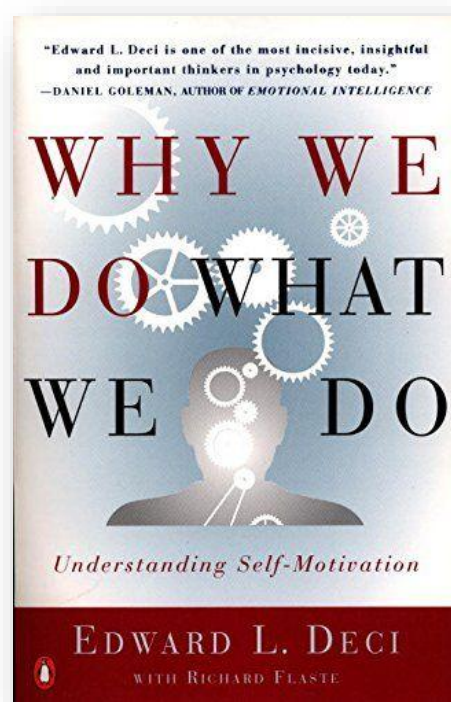
The Art and Science of Personality Development
Dan P. McAdams



ANGELA DUCKWORTH
GRIT
THE POWER of PASSION and PERSEVERANCE

THE #1 NEW YORK TIMES BESTSELLER

"Psychologists have spent decades searching for the secret of success, but Duckworth is the one who found it."
—DANIEL GILBERT, author of *Stumbling on Happiness*

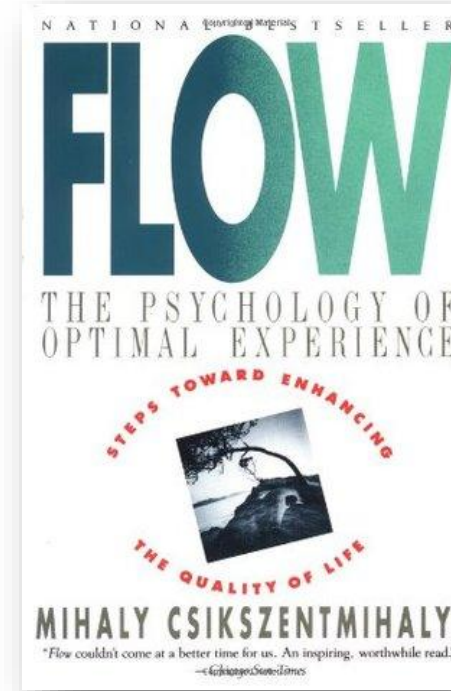


"Edward L. Deci is one of the most incisive, insightful and important thinkers in psychology today."
—DANIEL GOLEMAN, AUTHOR OF *EMOTIONAL INTELLIGENCE*

WHY WE DO WHAT WE DO

Understanding Self-Motivation

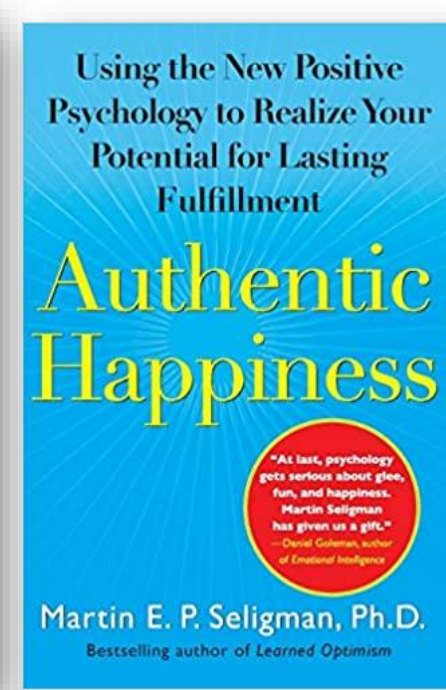
EDWARD L. DECI
WITH RICHARD FLASTE



NATIONAL BESTSELLER
FLOW
THE PSYCHOLOGY OF OPTIMAL EXPERIENCE

STEPS TOWARD ENHANCING THE QUALITY OF LIFE

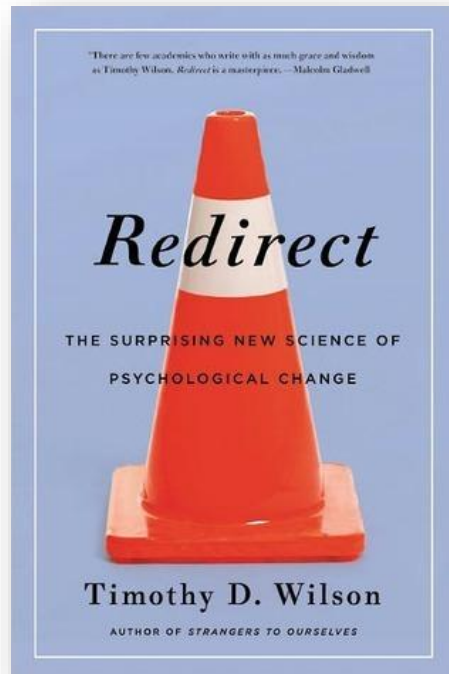
MIHALY CSIKSZENTMIHALYI
"Flow couldn't come at a better time for us. An inspiring, worthwhile read."
—*Chicago Sun-Times*



Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment
Authentic Happiness

"At last, psychology gets serious about glee, fun, and happiness. Martin Seligman has given us a gift."
—Daniel Goleman, author of *Emotional Intelligence*

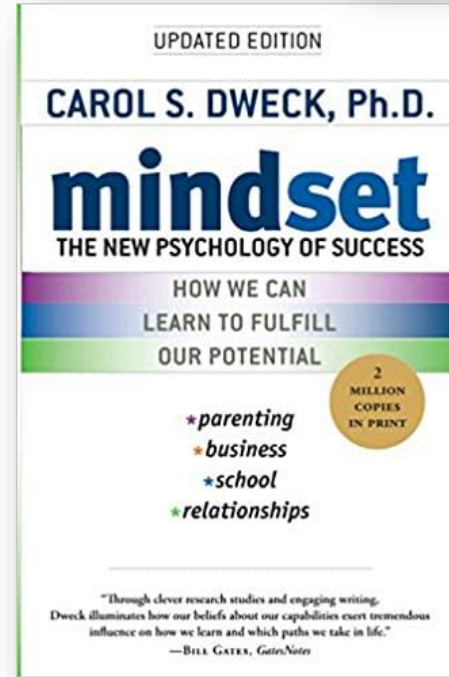
Martin E. P. Seligman, Ph.D.
Bestselling author of *Learned Optimism*



Redirect

THE SURPRISING NEW SCIENCE OF PSYCHOLOGICAL CHANGE

Timothy D. Wilson
AUTHOR OF *STRANGERS TO OURSELVES*



UPDATED EDITION

CAROL S. DWECK, Ph.D.

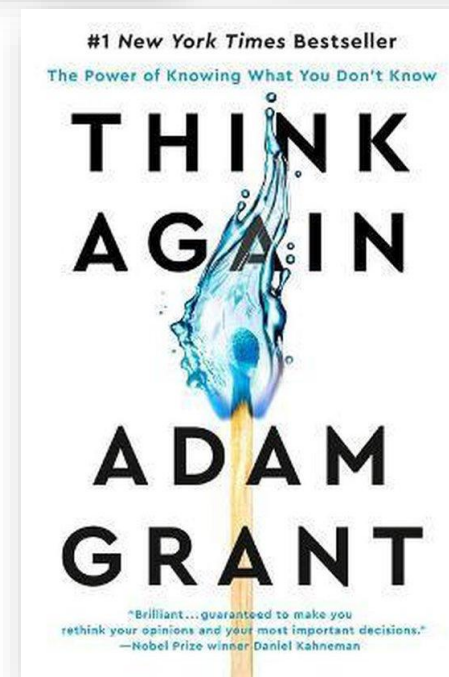
mindset
THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN LEARN TO FULFILL OUR POTENTIAL

2 MILLION COPIES IN PRINT

- *parenting
- *business
- *school
- *relationships

"Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life."
—BILL GATES, *GatesNotes*

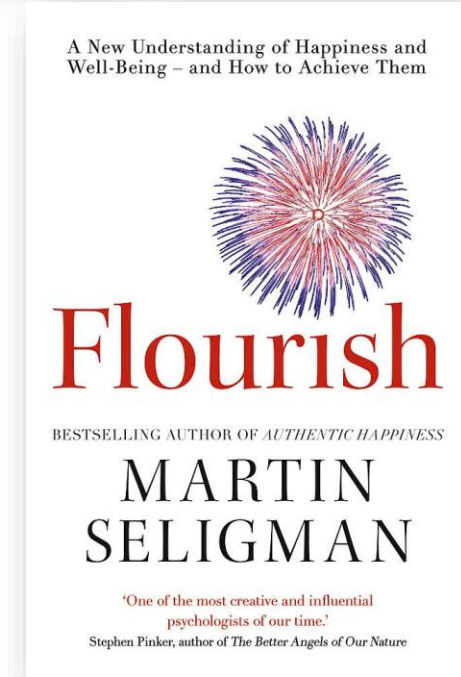


#1 New York Times Bestseller
The Power of Knowing What You Don't Know

THINK AGAIN

ADAM GRANT

"Brilliant... guaranteed to make you rethink your opinions and your most important decisions."
—Nobel Prize winner Daniel Kahneman



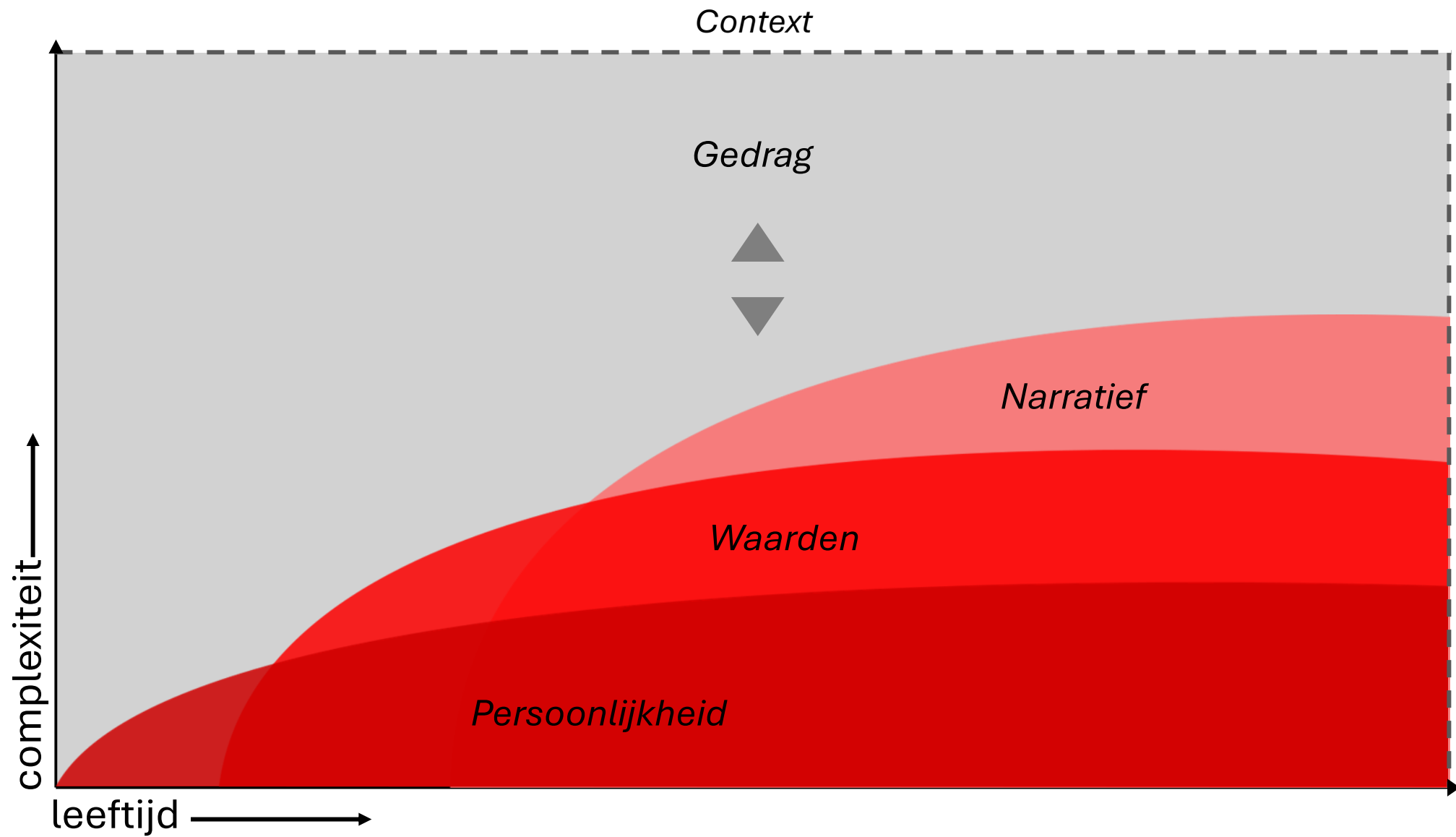
A New Understanding of Happiness and Well-Being – and How to Achieve Them

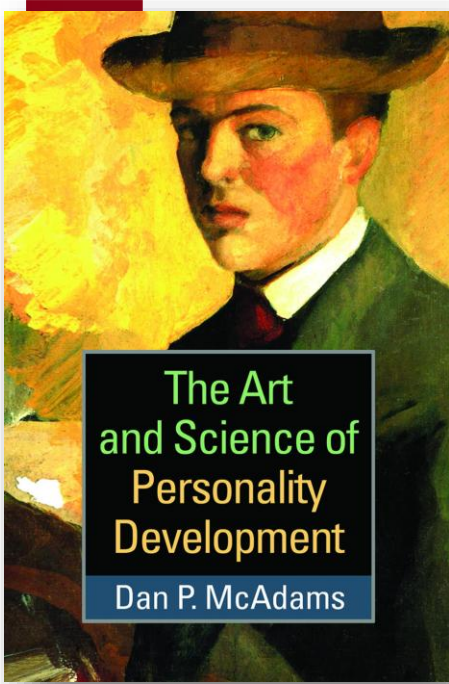
Flourish

BESTSELLING AUTHOR OF *AUTHENTIC HAPPINESS*

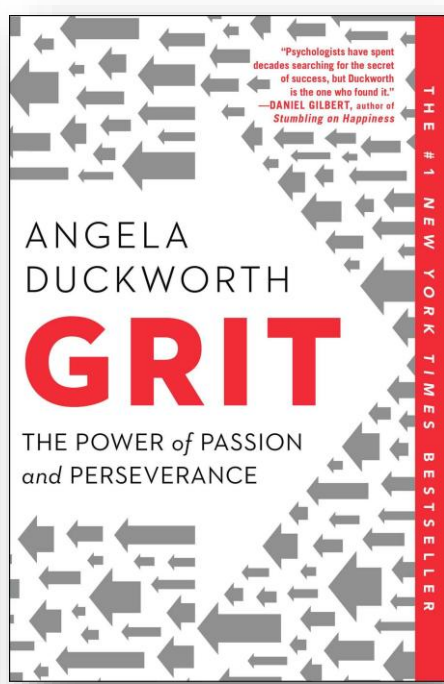
MARTIN SELIGMAN

"One of the most creative and influential psychologists of our time."
Stephen Pinker, author of *The Better Angels of Our Nature*



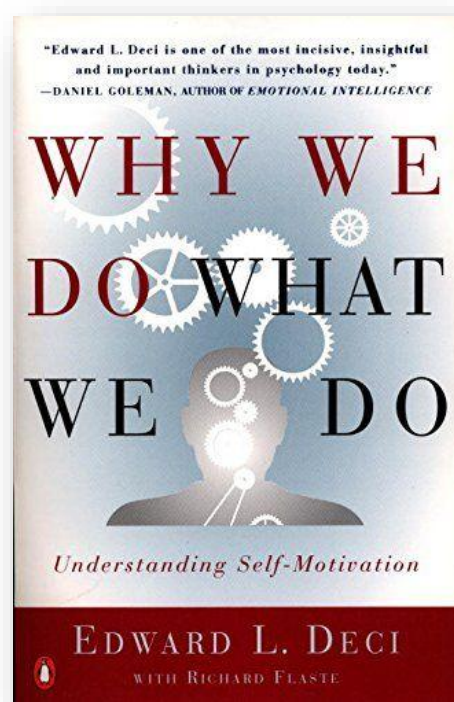


The Art
and Science of
Personality
Development
Dan P. McAdams



ANGELA
DUCKWORTH
GRIT
THE POWER of PASSION
and PERSEVERANCE

THE #1 NEW YORK TIMES BESTSELLER

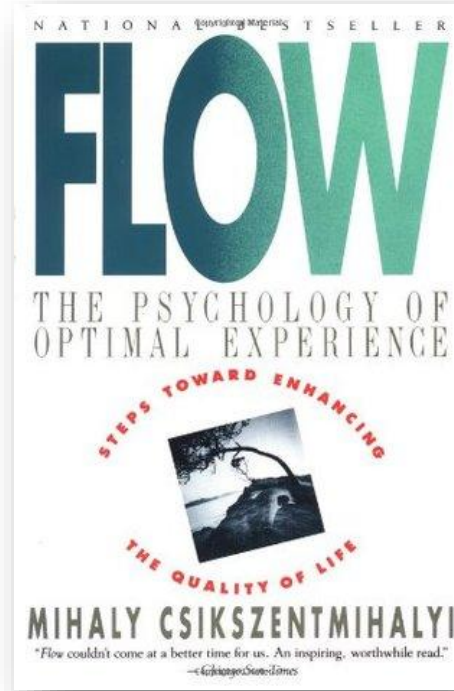


"Edward L. Deci is one of the most incisive, insightful
and important thinkers in psychology today."
—DANIEL GOLEMAN, AUTHOR OF EMOTIONAL INTELLIGENCE

**WHY WE
DO WHAT
WE DO**

Understanding Self-Motivation

EDWARD L. DECI
WITH RICHARD FLASTE



NATIONAL BESTSELLER

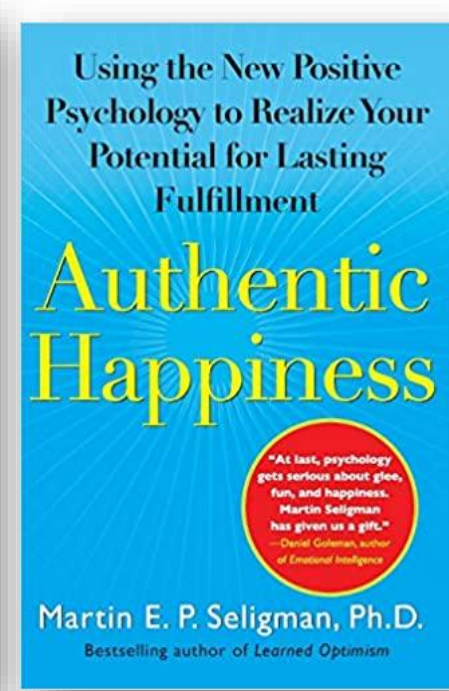
FLOW

THE PSYCHOLOGY OF
OPTIMAL EXPERIENCE

STEPS TOWARD ENHANCING
THE QUALITY OF LIFE

MIHALY CSIKSZENTMIHALYI

"Flow couldn't come at a better time for us. An inspiring, worthwhile read."
—ChicagoSunTimes

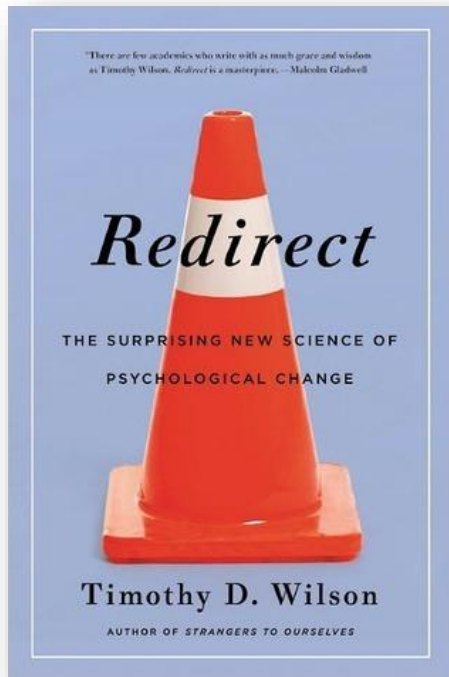


Using the New Positive
Psychology to Realize Your
Potential for Lasting
Fulfillment

**Authentic
Happiness**

"At last, psychology
gets serious about glee,
fun, and happiness.
Martin Seligman
has given us a gift."
—Daniel Goleman, author
of Emotional Intelligence

Martin E. P. Seligman, Ph.D.
Bestselling author of *Learned Optimism*

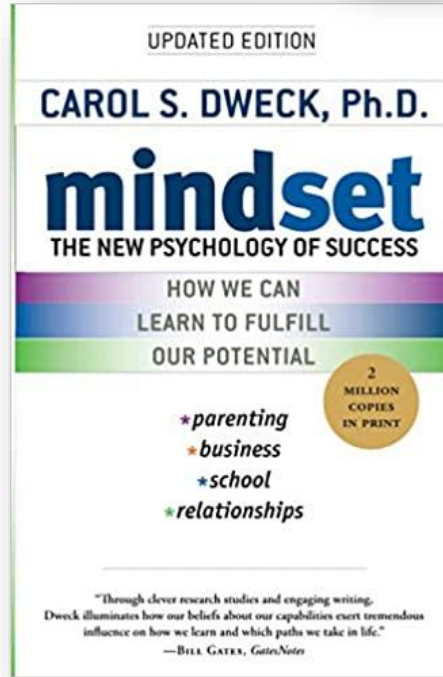


"There are few academics who write with as much grace and wisdom
as Timothy Wilson. *Redirect* is a masterpiece." —Malcolm Gladwell

Redirect

THE SURPRISING NEW SCIENCE OF
PSYCHOLOGICAL CHANGE

Timothy D. Wilson
AUTHOR OF *STRANGERS TO OURSELVES*



UPDATED EDITION

CAROL S. DWECK, Ph.D.

mindset

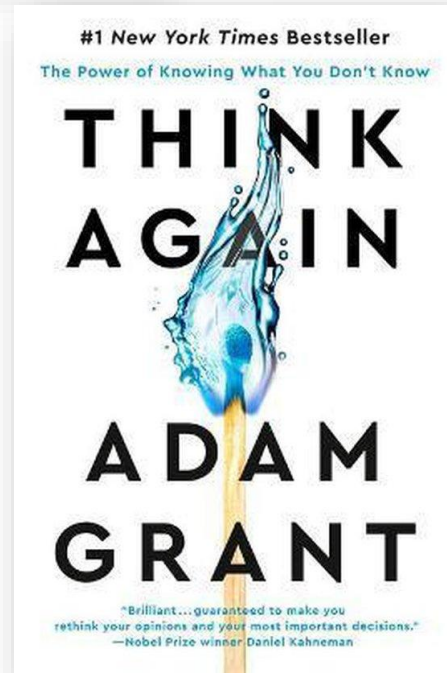
THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN
LEARN TO FULFILL
OUR POTENTIAL

2
MILLION
COPIES
IN PRINT

- *parenting
- *business
- *school
- *relationships

"Through clever research studies and engaging writing,
Dweck illuminates how our beliefs about our capabilities exert tremendous
influence on how we learn and which paths we take in life."
—BILL GATES, *GatesNotes*



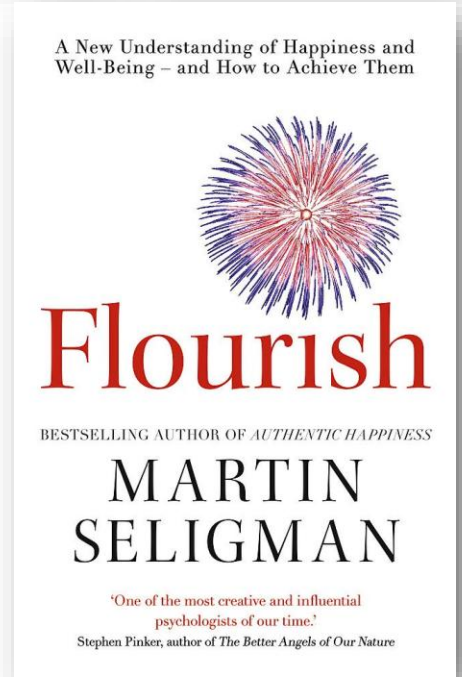
#1 New York Times Bestseller

The Power of Knowing What You Don't Know

**THINK
AGAIN**

ADAM
GRANT

"Brilliant... guaranteed to make you
rethink your opinions and your most important decisions."
—Nobel Prize winner Daniel Kahneman



A New Understanding of Happiness and
Well-Being – and How to Achieve Them

Flourish

BESTSELLING AUTHOR OF *AUTHENTIC HAPPINESS*

MARTIN
SELIGMAN

"One of the most creative and influential
psychologists of our time."
Stephen Pinker, author of *The Better Angels of Our Nature*



Corporate
Mindfulness

**TAKING
WELLNESS
A STEP
FURTHER**



Inzicht 1 gaat over
Narratieve Identiteit







Start with all 51,250 Project Gutenberg eBooks

Select for Library of
Congress Class "Fiction"

18,561 fiction eBooks

Filter for length, number
of downloads, English,
duplicates, and collec-
tions

1,385 English fiction eBooks

Remove header/footer,
correct file encodings,
split into chapters,
sentences, and tokenize
words



Processed text

Uniform length
segments of the text



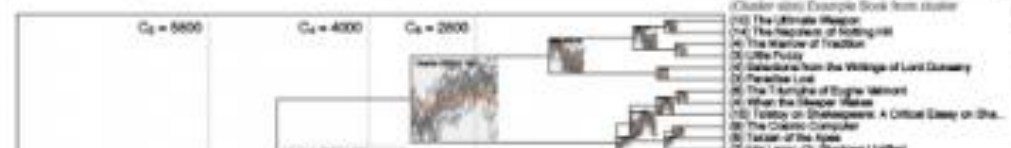
sliding window across text

Hedonometric
analysis



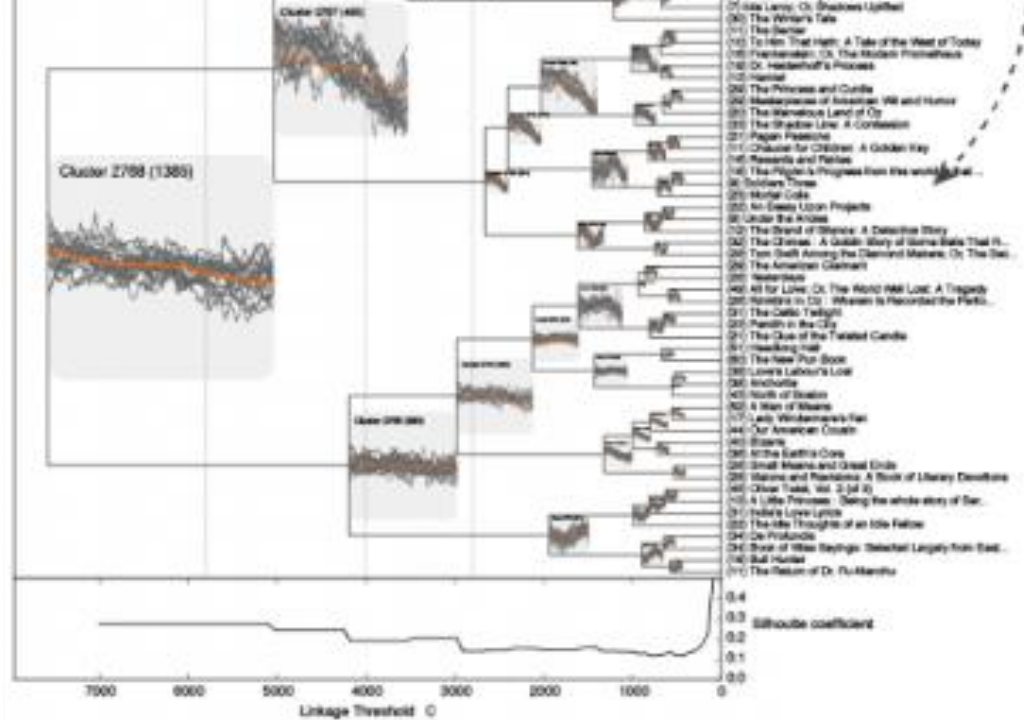
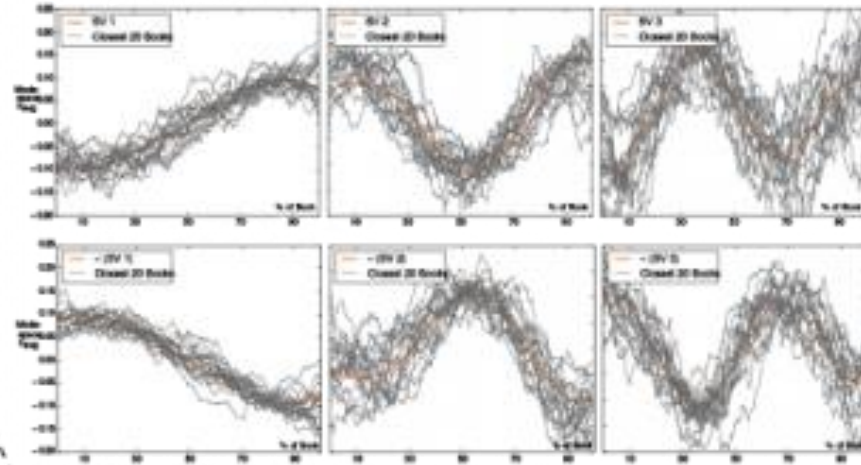
Hierarchical clustering

SVD Matrix Decomposition

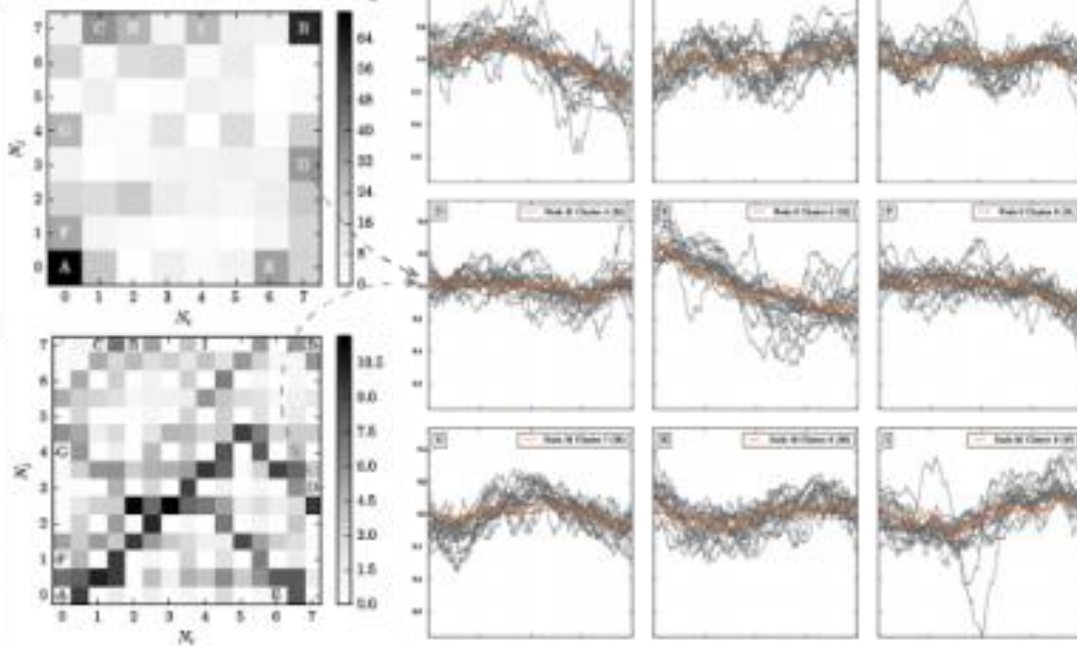




$$A = U \Sigma V^T = W V^T$$



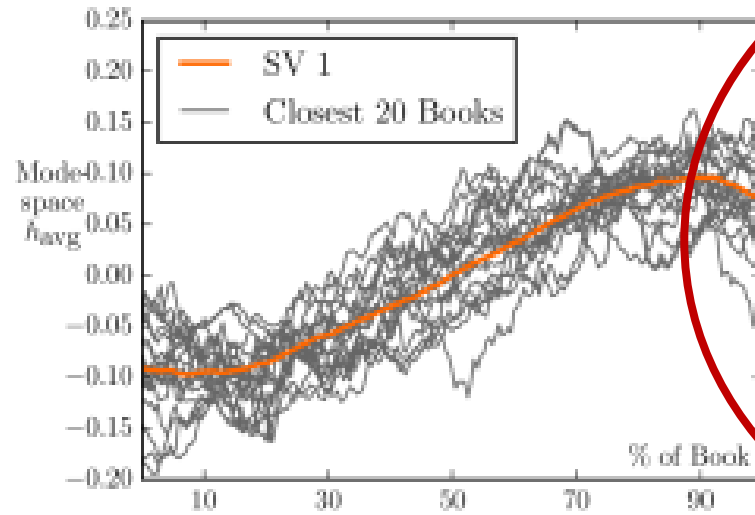
Machine learning



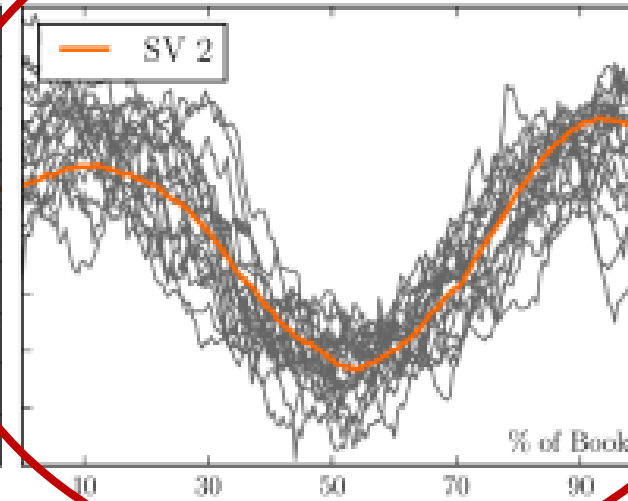
We see that the first six SVD modes agree with the results of the machine learning and hierarchical clustering, and limit our result to these. We find broad support for the following six emotional arcs:

- Rags to riches (rise)
- Tragedy (fall)
- Man in a hole (fall-rise)
- Icarus (rise-fall)
- Cinderella (rise-fall-rise)
- Oedipus (fall-rise-fall)

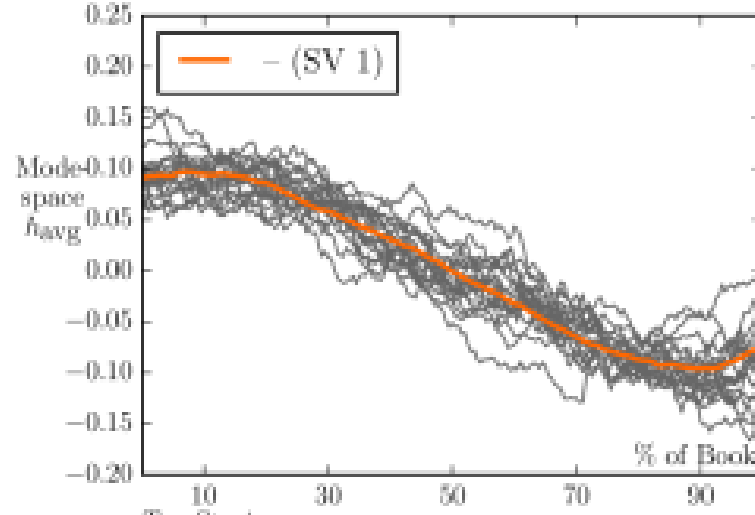
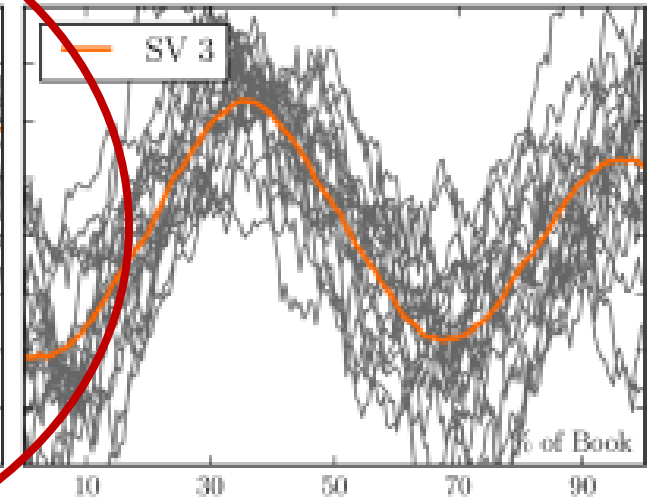
Rags to riches (rise)



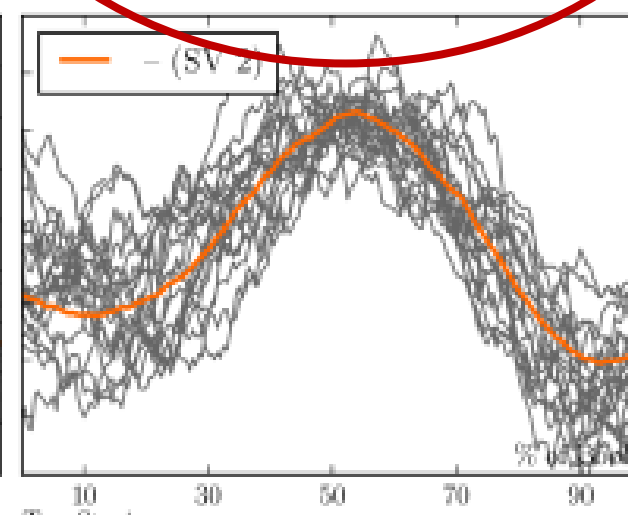
Man in a hole (fall-rise)



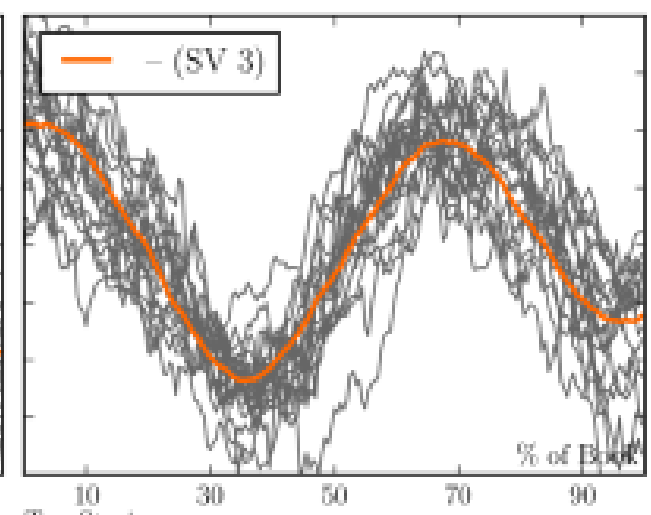
Cinderella (rise-fall-rise)



Tragedy (fall)



Icarus (rise-fall)



Oedipus (rise-fall-rise)



Essentiele Narratieve Ingrediënten

- + Redemption (van slecht naar goed)
- Contamination (van goed naar slecht)

- + Agency (controle over situatie)
- + Communion (connectie met anderen)



Narratieve Identiteit

Conclusie:

- Onze persoonlijke verhalen lijken op films
- *Redemption* verhalen voorspellen subjectief welzijn

Vraag:

- Deel (kort) een *redemption* verhaal met elkaar



Generativiteit

*het creëren, in stand houden en zorgen
voor de mensen en waardevolle dingen die
je zullen overleven*



Inzicht 2 gaat over **Relaties**





Machine learning uncovers the most robust self-report predictors of relationship quality across 43 longitudinal couples studies

Samantha Joel^{a,1} , Paul W. Eastwick^b, Colleen J. Allison^c, Ximena B. Arriaga^d , Zachary G. Baker^e, Eran Bar-Kalifa^f, Sophie Bergeron^g, Gurit E. Birnbaum^h , Rebecca L. Brockⁱ, Claudia C. Brumbaugh^j, Cheryl L. Carmichael^k , Serena Chen^l, Jennifer Clarke^m, Rebecca J. Cobbⁿ, Michael K. Coolson^o, Jody Davis^p, David C. de Jong^q, Anik Debrot^r, Eva C. DeHaas^c, Jaye L. Derrick^e , Jami Eller^s, Marie-Joelle Estrada^t, Ruddy Faure^u, Eli J. Finkel^v, R. Chris Fraley^w, Shelly L. Gable^x, Reuma Gadassi-Polack^y, Yuthika U. Girme^c , Amie M. Gordon^z, Courtney L. Gosnell^{aa}, Matthew D. Hammond^{bb}, Peggy A. Hannon^{cc}, Cheryl Harasymchuk^{dd}, Wilhelm Hofmann^{ee}, Andrea B. Horn^{ff}, Emily A. Impett^{gg} , Jeremy P. Jamieson^t, Dacher Keltner^k, James J. Kim^{hh}, Jeffrey L. Kirchnerⁱⁱ, Esther S. Kluwer^{jj,kk}, Madoka Kumashiro^{ll}, Grace Larson^{mm}, Gal Lazarusⁿⁿ , Jill M. Logan^c, Laura B. Luchies^{oo}, Geoff MacDonald^{hh}, Laura V. Machia^{pp}, Michael R. Maniaci^{qq}, Jessica A. Maxwell^{rr}, Moran Mizrahi^{ss}, Amy Muise^{tt}, Sylvia Niehuisⁿ, Brian G. Ogolsky^{uu} , C. Rebecca Oldhamⁿ, Nickola C. Overall^{rr}, Meinrad Perrez^{vv}, Brett J. Peters^{ww}, Paula R. Pietromonaco^{xx} , Sally I. Powers^{xx}, Thery Prok^x, Rony Pshedetzky-Shochatⁿⁿ, Eshkol Rafaeli^{nn,yy}, Erin L. Ramsdellⁱ , Maija Reblin^{zz} , Michael Reicherts^{vv}, Alan Reifmanⁿ , Harry T. Reis^t, Galena K. Rhoades^{aaa}, William S. Rholes^{bbb}, Francesca Righetti^u, Lindsey M. Rodriguez^{ccc}, Ron Rogge^t , Natalie O. Rosen^{ddd} , Darby Saxbe^{eee} , Haran Senedⁿⁿ , Jeffry A. Simpson^s, Erica B. Slotter^{fff}, Scott M. Stanley^{aaa}, Shevaun Stocker^{ggg}, Cathy Surra^{hhh}, Hagar Ter Kuile^{jj}, Allison A. Vaughnⁱⁱⁱ , Amanda M. Vicary^{jjj}, Mariko L. Visserman^{hh,tt} , and Scott Wolfⁱⁱ

Edited by Susan T. Fiske, Princeton University, Princeton, NJ, and approved June 8, 2020 (received for review September 30, 2019)



Individual Difference Constructs

- age
- aggression
- agreeableness
- alcohol use
- anxiety
- anxious attachment
- avoidant attachment
- conscientiousness
- depression
- education
- empathy
- employed
- extraversion
- family history
- gender
- health
- ideal standards
- income
- negative affect
- neuroticism
- openness
- own traits
- political orientation
- positive affect
- psychological well-being
- race/ethnicity
- relationship beliefs
- religiosity
- religious affiliation
- satisfaction with life
- self-esteem
- sexism
- stress
-

- affection
- alternatives
- appreciation
- capitalization
- children
- cohabiting
- conflict
- conflict strategies
- empathy
- inclusion of the other in the self
- intimate partner violence
- normative attachment
- perceived partner commitment
- perceived partner responsiveness
- perceived partner satisfaction
- power
- relationship length
- investment
- relationship status
- sacrifice motives
- sexual frequency
- sexual satisfaction
- support
-

Relationship-Specific Constructs

Interpersonal Behavior

Relationship Quality

Outcomes

Physical Health (1-5)

Mental Health (6)

Mortality (2)

Job Performance (7)

Children's Well-Being (8)

Situational Forces, Social Networks, Context, Culture, History (9).

(Joel et al., 2019)



Wat is de grootste voorspeller van relatie
tevredenheid?

Nummer 1 voorspeller relatie tevredenheid

- Gepercipieerde commitment van je partner
- Waardering
- Seksuele tevredenheid
- Gepercipieerde partner tevreden
- Conflict (negatief)

**THE
RELATIONSHIP
SATISFACTION**
Test





Relaties

Conclusie:

- Ervaren(!) commitment is belangrijkste voorspeller
- Geen effect individuele factoren van zelf of partner

Vraag:

- Waar zie jij nog kans om de perceptie van jouw commitment te verhogen?



“True love is not magic. It's certainty. And what comes after certainty? A world of mystery”

-Bill Callahan



Conclusie van de conclusies

1. Het leven is een film: Meet welzijn met *redemption* en *generativity*
2. Laat je commitment zien voor een goede relatie



Meer weten?

dr. **Mattheis van Leeuwen**

contact: LinkedIn of mattheis@gedragsverandering.nl

WWW.NIPO.ORG

van de Behavior Change Group

