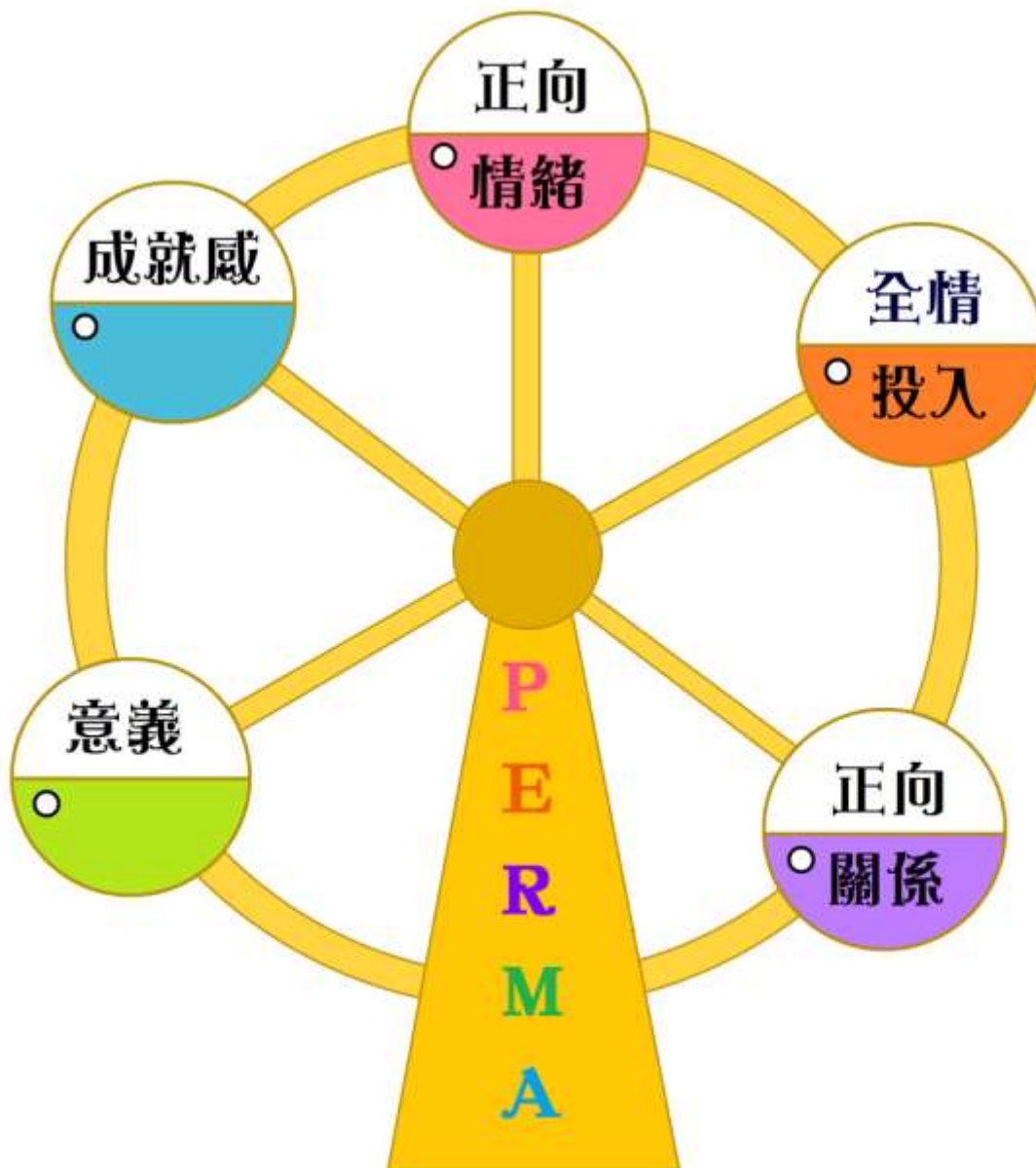


# 幸福元素 – PERMA (Seligman, 2011)



正向心理學的主題是「幸福」，它是一個貌似簡單但又極其複雜的概念，也是人類從古至今就不斷努力地擁有和追求的目標。幸福有五個可以測量的元素 (PERMA)，當中包括 正向情緒、全情投入、人際關係、意義和成就感。不

過，這些元素沒有哪一個可以單獨界定幸福，但是它們都對建立幸福有莫大的貢獻。

**正向情緒：**正向情緒是幸福理論的基石，它就是指可以讓我們產生愉悅、高興、溫暖、舒服等主觀的感覺，能夠成功引導到這種元素的生活，稱之為愉悅的生活 (Pleasant Life)。

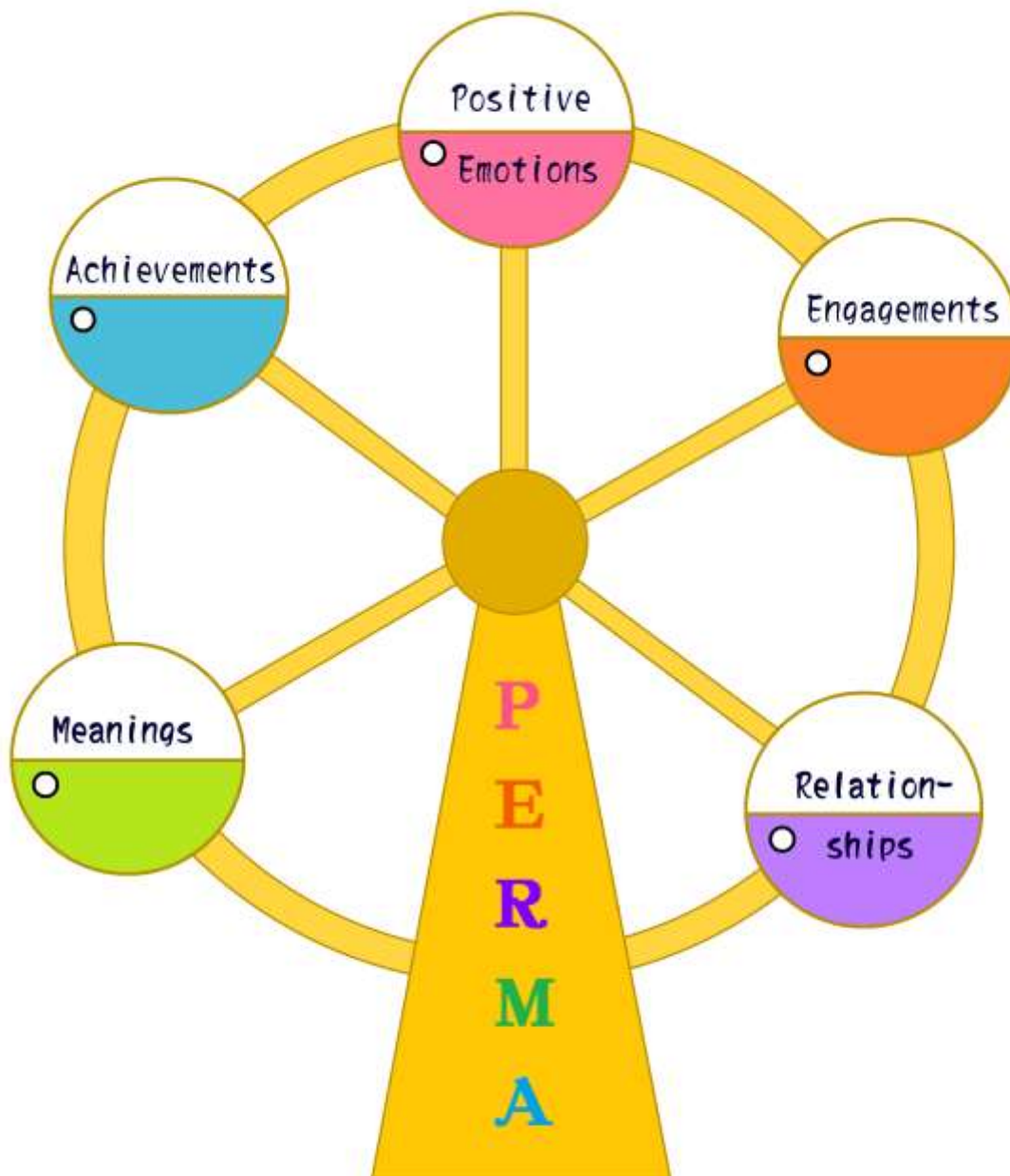
**全情投入：**當人集中在做一些他真正享受和重視的事情，就會全心投入在此時此刻。在正向心理學中，這種投入的狀態，稱為「神馳」(FLOW)。

**正向關係：**正向關係包括定期接觸溝通及進行活動、互相關心及幫助，和互相欣賞及表達謝意。這些正向關係使個人得到聆聽、安慰、鼓勵和提醒，令自己有足夠的能力面對困難和逆境。

**意義：**意義是個人的歸屬感，這個東西給個人帶來超越它本身的價值。若果人要感到幸福快樂，就必須感到生活有意義和有價值。

**成就感：**成就感是一個人完成一件事情或者做一件事情時，為自己所做的事情感到愉快或成功的感覺。

## P.E.R.M.A (Seligman, 2011)



One of the main themes in positive psychology is “flourishing”. This is a seemingly simple yet very complex concept and it is a goal that human beings are long striving for. Flourishing comprises five measurable elements (PERMA), namely **P**ositive Emotion, **E**ngagement, **R**elationship, **M**eaning, and **A**chievement. No sole elements can determine flourishing, but the holistic nurturing on all these aspects contributes to our flourishing life.

**Positive Emotion:** Positive emotion builds the foundation of the flourishing theory. In positive psychology, we try to incorporate the positive emotions like joyfulness, contentment, warmth, and comfort into daily life, of which we can call it a “Pleasant Life”.

**Engagement:** Engagement depicts that when a person concentrates on a thing that he or she genuinely enjoys and values, the person would enter a state that is fully “absorbed” in the things he or she is doing; we call this state as “flow” in positive psychology.

**Meaning:** Meaning can be described as a personal commitment on a thing that provides a sense of transcendence to the person. A meaningful and valuable life is vital to the path of flourishing.

**Achievements:** Accomplishment is another important thing that contributes to our ability to flourish. A person strives to better self in some ways, whether he or she is seeking to master a skill, achieve a valuable goal, or win in some competitive event.

Seligman, M. E. P. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*. New York: Free Press.

資料來源：城市大學正向教育研究所

[http://www.cityu.edu.hk/ss\\_posed/content.aspx?lang=en&title=12](http://www.cityu.edu.hk/ss_posed/content.aspx?lang=en&title=12)