

Positive Psychology Training App

Introduction



Welcome to the Positive Psychology Training App. You are about to embark on an amazing journey to build a more balanced world view. You can train yourself to be more optimistic, energetic, confident and be more receptive to positive experiences happening around you.

All you have to do is to regularly engage in simple games and fun exercises; read short insightful readings and watch some video clips offered in this App. You will be able to develop positive habits gradually which allows you to enjoy your own training.

What is positive psychology?

Positive psychology encompasses research studies generated by many brilliant minds in the world of psychology who are interested in what helps people to live a thriving, constructive and happy life. In short, what make us happy, compassionate, generous and be able to make use of our talents to do meaningful things.

Here are some psychological concepts which have been vigorously studied in the past decades. Scientific data sheds light to their underlying mechanism.

Positive Concepts	Contents
1. Hope and optimism	<ul style="list-style-type: none">❖ Cognitive theory of hope❖ Cultivating optimism
2. Positive Perception	<ul style="list-style-type: none">❖ Gratitude❖ Expression of gratitude❖ Blessing journal
3. Positive Communication	<ul style="list-style-type: none">❖ Active constructive responding❖ A list of praise
4. Forgiveness	<ul style="list-style-type: none">❖ Forgiving self and others❖ Mindful emotional management❖ Compassion and kindness
5. Character strengths	<ul style="list-style-type: none">❖ Goal setting aligned with one's strengths❖ Introduction of optimal level of strength

正向心理學訓練應用程式

簡介

歡迎你使用正向心理學訓練應用程式。你將會開展一段美妙旅程，學習建立一個較平衡的世界觀。你可以訓練自己成為樂觀、有動力和自信的人，同時亦更能洞察到身旁美好的事物。

你只需要時常參與本應用程式的小活動、趣味練習及看一些具啟發性的文章、短片，久而久之便能培養出正面習慣。

正向心理學是什麼？

正向心理學是一群世界知名的研究人員的研究成果。研究集中探討如何令人們活得充實、有建設性和快樂。怎樣能令我們喜樂、慈悲、慷慨和善加利用各種才能做有義意的事。

以下是其中幾項正向心理學的重點概念，科學數據亦展示了這些概念背後的運作模式。

正向心理學概念	內容
1. 希望感與樂觀	<ul style="list-style-type: none">❖ 認知希望感理論❖ 培養樂觀
2. 正向感知	<ul style="list-style-type: none">❖ 感恩❖ 如果表達感恩❖ 感恩日誌
3. 正向溝通	<ul style="list-style-type: none">❖ 主動有建設性回應❖ 讚賞言詞
4. 原諒寬恕	<ul style="list-style-type: none">❖ 原諒自己及他人❖ 靜觀情緒處理❖ 慈悲和善待自己及他人
5. 品格長處	<ul style="list-style-type: none">❖ 訂立適合自己品格長處的目標❖ 品格長處的適當應用