THE HOPE CIRCUIT
- DR. MARTIN SELIGMAN

PSYCHOLOGY
miseriness → flourishing

THE FIRST AXIAL AGE
- 2500 yrs ago
- Buddha, Moses, Confucius etc.
- Man aware of being as whole & its limits
- All religious & philosophical traditions flow
- The human condition. Do I matter?
- All alleviation of suffering + helplessness

LEARNED HELPLESSNESS & DEPRESSION
- Past: learning theory
- Present: Dorsal Raphe Nucleus
  - Tuned on, giving up, panic, anxiety, trouble learning
  - Default = bad things occur; turns on, panic etc.
- Ventral medial prefrontal cortex
  - Turns off Dorsal Raphe, don't get helplessness
- Future: Depression curable?
  - Biological + medicine, psychotherapy

PREPAREDNESS
- Good at some things + not others
- Past: Garden + Cave
- Present: Phobia + Evolutionary Psychology
- Future: Finess explained?
- Some things remembered, others forgotten

THE SECOND AXIAL AGE
- Gift of Enlightenment = Human Progress
- Science (Mortality, Water, Food, Suffering)
- Morality (Human Rights, Democracy, Capitalism, Poverty, Violence)
- Moral Flynn Effect (IQ)
- Human Wellbeing
- Brain is organ of the future

20th CENTURY PSYCHOLOGY
- Creatures of misery, conflict & struggle
- Blank slates
- Behaviorist: x cognition x evolution
- The Future = Past + Present
- Prisoners of the past

DEFAULT CIRCUIT
- Daydream about future, dreaming
- Running scenarios of possible futures
- 60 sec cycle, all day long slider
  - go inward + merge with mind
- What I learnt = very sticky, mediated in this circuit
  - NOT BLANK SLATES!

LEARNED OPTIMISM
- Pessimists = can't change, individual's fault
- Optimists = can change
cognitive therapy → catastrophic thought
- Look for evidence = wrong thought
- Dispute those thoughts
PREVENTIVE THOUGHTS = teach, train
  - Anxiety, Depression
- "Post past: Depression prevented traumatic present; resilience training growth"
- Future: CVD preventable?
Optimism

Optimism = big lexicon
"hope, forward looking"
- 50,000 words & phrases in English
- related to Give perceptions of the
- 160 million tweets study
- Localised by county
- Looked for hope + optimism
- Rate of heart disease + CVD

Positive Psychology

Past : PERMA
- What is happiness?
  - Suffering focus
  - Undo the bad stuff
W. build PERMA
- Intervention to enhance
  - 3 things went well + why
  - Months = happier

Present : Positive Education
- TV kids in school = happy kids
- Academic performance

Future : Politics + Religion

Premise : We are cognitive, positive, hopeful

Everything is better than 60 years ago...

Homo Prospectus

Change the way people talk
+ Think
Prevent about the world = $ CVD

Kim Stanley Robinson
The Year of Rice + Salt

What kind of creature we really are.