

## **Personalities Improvised Resulting in Emotional Pain & New Therapy**

© Samy Barnat 2019

Author Note:

Independent researcher.

To universities and other researchers, let's collaborate please contact me if you are interested to know how.

Contact:

[s.barnat.ltd@gmail.com](mailto:s.barnat.ltd@gmail.com)

00447881799574

### **Abstract**

The Fundamental Principle of the Dynamics of Emotions (FPDE, see Barnat, 2019a) is the basis of a revolution concerning the dynamics of emotions, happiness, stress, the therapeutic role of laugh, how humans unconsciously form unhealthy personalities and the basis to heal. It gives powerful simple explanations of the mechanisms of all emotions including happiness. This article take the consequences of the FPDE to the construction of personalities. It shows that starting from a feeling or parents imitation humans can construct unhealthy personalities like “be perfect”, “be the best”... Explaining why so many people are chronically unhappy simply because the desires at the basis of their personalities can only lead to regular emotional suffering because they are impossible to constantly be fulfilled. Indeed we all do mistakes so a personality based on the desire to “be perfect” will as explained by the FPDE make us suffer regularly, same for “be the best”, “be loved by everyone”... The famous neurosis, schizophrenia and many other mental illnesses described by psychoanalysis without deep explanations of the cause finally find an explanation here. A cognitive explanation: emotions result from a comparison between perceived reality and desires (FPDE). It is the first brick laying down the foundations to construct a new unifying paradigm for psychology bringing all together cognitive psychology, psychoanalysis, behaviourism and personality psychology... After thousands of years to this essential question for humanity the basis of the science of happiness is finally completely and clearly explained.

*Keywords:* happiness, emotions, stress, desire, psychotherapy, acceptance.

## **Personalities Unconsciously Improvised Resulting in Emotional Pain**

One of the many objectives of this article is to demonstrate that people's personalities are mainly constructed during their life and not mainly the result of genetics reason why people can change if they decide to. The previous part started to expose strong evidences of the reasons why some studies arguing that happiness and personality are the result of genetics are wrong. They are many additional evidences of this with already existing studies. This was the very conclusion of Smith and Lazarus (1990): "Of all the personality characteristics one could use to measure individual differences and to describe functioning persons, those that we have identified as being most relevant to emotion – the persons' goals and commitments, and knowledge and beliefs about self and the world relevant to avoiding harm and achieving those goals and commitments – are the very variables most likely to give rise to a coherent picture of personality." Another example with more specific data is the study Oishi, Diener, Lucas, & Suh (1999) which demonstrated that independent goal pursuit did not enhance the positive effect of goal attainment on the well-being of Asians while amplifying the benefit of goal attainment on the well-being of European Americans. The conclusion of this article was naturally that the Asian culture more orientated towards society and the European Americans culture more orientated towards individualism had an influence on what made people happy. This is evidences of direct influence of the learned characteristic of happiness and personalities of people. This first part of the paper will take this approach a step further by using the FPDE to present what is the source of unhappiness of most of people to lay the foundations of a therapy to change their personalities to a happier one.

It start with a question: How do people form their personalities? Environment matters yes but not only people's thoughts are also the source of their personalities. They try to live their life the best they can with the mental tools they have available. But here is the problem: school does not teach us how to build the healthiest personality possible. And do people use the latest scientific discoveries to make sure they build their personality in the healthiest way? Of course not and even if they did a complete and clear science of happiness is not yet available, this is what the FPDE is going to correct. The answer is that people until now did not know how to build their personality in the healthiest way. So how do people construct their personalities? What did we all do? We did the best we could! And this is what I call improvised personalities. Improvised personalities is the way people currently build their personalities without knowing the scientific principles that would allow them to build the healthiest personality possible. Improvised personality is opposed to "engineered personality" which is what my book will explain. To build a healthier personality people first need to understand the scientific principles ruling their emotions, how to be happy. The last part start this work by giving the basic principles on how to engineer a healthier happier personality.

I also hesitated to speak of "crafted" personalities opposed to "engineered" personalities and many other metaphors are possible. But I chose "Improvised personalities" as it is a good explanation. Indeed behind the concept of "improvisation" is the idea that there is no preparation, that "it is done or made using whatever is available" and this is exactly the problem.

The other key word is “unconsciously”. What does it mean exactly? For now let’s just say that most of people are not even aware of the way they are constructing their personality and even less of the consequence that this will have on their life and emotional well-being.

Let’s get into it and analyse some of the most common unhealthy personality traits that people use to build their personalities and why these traits are causing them to suffer emotionally:

1. Perfection - “I want to be perfect” / “I want my life to be perfect”.

This is one of the most common unhealthy personality trait. Why? Probably because of its meaning, it means « to be flawless » who does want to have flaws? No one really we just have to accept that we will necessarily have flaws but nobody would like ideally to have flaws. Flaws can be anything that is not desirable to have in a certain context. As a result the concept of perfection has manifested itself in different cultures and different times because it can be adapted to what is required in a particular context. It seems that Aristotle has been a big influence spreading this concept into at least western culture and after him the main religions.

If it make sense that people naturally choose to build their personality to at least try to be perfect meaning to avoid flaws and mistakes, then why is it unhealthy? The FPDE makes this extremely clear:

To be happy anyone need to have  $\text{Perceived Reality} \geq \text{Desire} \rightarrow \text{Healthy Emotion} = \text{Happiness, Serenity}$

How can someone who want to be perfect have  $\text{Reality} \geq \text{Desire}$ ? It is simply impossible. Reason why perfectionist people can never be fully happy because reality is at some point going to come in contradiction with their desire of perfection. They will do a mistake or something will not happen the way they want:

*Perceived Reality = I did a mistake < Desire = I want to be perfect  $\rightarrow$  Unhealthy Emotion = Sadness, Anger...?*

*Perceived Reality = something does not happen the way I want for example a flat tyre < Desire = I want everything to be perfect  $\rightarrow$  Unhealthy Emotion = Sadness, Anger...?*

This is the evidence that this trait of personality is structurally unhealthy. No one can be fully happy by keeping this type of trait of personality. For whoever has it the only way to become happier is to change your personality to a healthier trait like “do my best”. The last part of this paper gives the basic principles of a therapy to reconstruct this time not improvised but engineer a happier personality.

2. Unhealthy competition - “I need to be the best” / “I want to have the best life”.

This unhealthy personality trait is more and more common in today’s societies. Why? Probably because of the way the schools are educating children. The system of grades and ranks result in children being constantly compared all the way through their education. In our cultures also we have the idea that only the best will get a good job that there is not a job for everyone. This type of thoughts naturally shape people’s personalities to unhealthy personalities like “I want to be the best”.

Why is it unhealthy? The FPDE makes this extremely clear:

To be happy anyone need to have  $\text{Perceived Reality} \geq \text{Desire} \rightarrow \text{Healthy Emotion} = \text{Happiness, Serenity}$

How can someone who want to always be the best have  $\text{Reality} \geq \text{Desire}$ ? It is simply impossible because no human can be the best at everything. Simply because to become the best at something you need to practise a lot that particular skill and that mean that there will be other skills you will not practise and others will get better at it than you. One human being can't be the world best at every possible skill: sport, science... Impossible. Another problem: this type of personality trait can only make fully happy one human being because if someone could manage to be the best it means all the others would not be the best and if they had the same personality would be unhappy as a result. So it is socially unhealthy as well. The conclusion is that people who "want to be the best" can never be fully happy because reality is at some point going to come in contradiction with their desire. Someone else will be better at something at some point:

*Reality = someone else is better than me at something < Desire = I want to be the best  $\rightarrow$  Unhealthy Emotion = Sadness, Anger...? Or this person will lie to him/herself to avoid to face objective reality which is not healthy either.*

This is the evidence that this trait of personality is structurally unhealthy. No one can be fully happy by keeping this type of trait of personality. Whoever has this personality trait need to understand that the only way to become happier is to change his/her personality to a healthier trait like "do my best". The last part of this paper gives the basic principles of a therapy to reconstruct this time not improvised but engineer a happier personality.

### 3. Love - "I want everybody to love me"

This unhealthy personality trait is common. Why? Probably because of the importance of the social aspect of our lives, it could also be the influence of Christianity which make "love of others" a central concept.

Why is it unhealthy? The FPDE makes this extremely clear:

To be happy anyone need to have  $\text{Reality} \geq \text{Desire} \rightarrow \text{Healthy Emotion} = \text{Happiness, Serenity}$

How can someone who want everybody to always love him/her have  $\text{Perceived Reality} \geq \text{Desire}$ ? It is impossible simply for example because life is full of situations where you have to choose between being loved by a person OR another person. First of all to have love of people you need to share time with them, help them, laugh with them... But your time is limited so you can't share moments and be loved by everybody you will have to choose. Let's take an example: you are only available Saturday night because the Sunday you leave for a business trip. The problem is that your friend want to go out with you Saturday night because it is his birthday and your wife want to go out because you have been together for 10 years. You have to say no to one of them and you know them they are both going to react really badly because this is important for them and they don't want to come second after someone else. That night someone is going to dislike you. This is just an example there are many other reasons why it is impossible: some people love honesty and some don't, are you going to be honest and loved by some or not honest and loved by others? Of course you can adapt but if they notice it they could start to say you play a role... People are complicated

some people just don't want to love others they have complex personalities that enjoy destroying others are you willing to accept a lack of respect to be loved? The simple answer is that try to be loved by all is not a healthy personality trait because it can't be achieved and will make you depress so it needs to be replaced for example by "choose the people I will love because they care for me and respect me". The last part of this paper gives the basic principles of a therapy to reconstruct this time not improvised but engineer a happier personality.

#### 4. Nice - "I must always be nice"

Let's start by looking at a commonly accepted definition of "nice" in the Oxford dictionary: "Giving pleasure or satisfaction; pleasant or attractive."

With this definition it is not hard to understand why this unhealthy personality trait became extremely common. Humans mostly live in society and they need a model to know how to behave with others. What do every human being want? Pleasant feelings as much as possible (food, sex, love...) and the least possible unpleasant feelings (cold, pain, hunger, hate...). As a result it is totally logical that the concept of "be nice with others" became so important. Indeed if we are not nice with others start conflict, start violence, in the worst case wars... So not be nice with others is bad for society. And this explain why Christianity which is so much associated with this concept of being nice had so much success as it probably helped the society to hold together when the legal structure and education were not strong enough and needed the fear of hell to be nice with each other. If this concept of "be nice" is so good for society then what's wrong with it?

The problem is that it is very incomplete. Let's take examples. If a psychopath have fun when he hit weaker people than him and he ask you to be his friend and have fun with him hitting weaker people. Are you going to do it? Of course not because that would not be nice to these people. But from the point of view of the psychopath you are not being nice and he may hate you for it. This shows two things: first be nice imply the question "be nice to who?" = "be pleasant to who?" Second that define the concept of "nice" with pleasant is not enough because some things can be pleasant for some people and in the same time terribly wrong and unethical. The concept of ethic / morale need to be added to know what you should or not do to please others.

How can it bring you unhealthy emotions? The FPDE makes this extremely clear: To be happy anyone need to have  $\text{Reality} \geq \text{Desire} \rightarrow \text{Healthy Emotion} = \text{Happiness, Serenity}$

How can someone who want to be nice with everyone always have  $\text{Perceived Reality} \geq \text{Desire}$ ? Let's now take a less extreme example (than to please the psychopath) to continue to show how the concept of "be nice with others" can be problematic and unhealthy. Let's say that you really have deeply in your personality to always to be nice with everyone. Many people can take advantage of this and ask you much more than what they should. Your neighbour will ask you to repair his broken toilet, your colleague if he can borrow some money again and again... As long as you are happy to help it is fine but if people ask you too many favour or if you feel that you have to always do more for them there will be a point

when it will start to be self-destructive. You could become stressed because you don't managed to help everyone, this could create conflicts in your couple because your wife would like to spend more time with you and not share you with everyone, you could be more tired because of all these things that you feel you have to do for others not able to relax during your free time... Now you need to ask yourself this question: are you being nice to yourself? We come back to the same problem "be nice" always imply the question "be nice to who?" And in a Christian culture there is an orientation of this concept of "be nice" to be interpreted as "be nice with others" which is not a bad thing as long as it is healthy. Do things for others can bring you happiness as long as you do it because you really want and not because you are brainwashed "I need to be nice with everyone" to the point that it becomes self-destructive. This is what Freud called the battle of opposite desires that some people win and some people who are too nice lose. There is a need to reinterpret this concept "be nice" with a constant conscious choice of every moment "Who do I want to be nice with, me or others?" and give yourself a mechanism of defence to be free to live the life you really want to avoid unhealthy regrets that will make you suffer.

One last example of an unhealthy consequence of the obsession to "be nice" is that it makes people become false. Because if when you talk you need to make sure that you are not unpleasant to anyone you have to always be careful of what the most susceptible person could take wrong. This is a very unhealthy dynamic which lead people to be always stressed they could hurt someone and hide any feeling or thought they have that could be unpleasant to someone. The problem is that sometimes to do the right thing you need to be unpleasant. It is the same problem with the politically correct. The last part of this paper gives the basic principles of a therapy to reconstruct this time not improvised but engineer a happier personality. But my book will explain more in depth how to solve this problem as a society.

##### 5. Strength - "I have to always be strong" / "I want to be the most powerful"

This unhealthy personality trait is common. Why? Probably the same type of reasons that "Be perfect" and "Be the best" contributed to this one as well. But it seems to me that men particularly have this personality trait there is in many cultures a model of a "strong men" who should never be weak, never show emotions especially sadness. Songs, movie named "boys don't cry" are just evidences of this cultural phenomenon.

How does it cause people unhealthy emotions? The FPDE makes this extremely clear: To be happy anyone need to have  $\text{Perceived Reality} \geq \text{Desire} \rightarrow \text{Healthy Emotion} = \text{Happiness, Serenity}$

How can someone who want to always be strong always have  $\text{Perceived Reality} \geq \text{Desire}$ ? It is simply impossible. Depending on what the person interpret as "being strong", there will always be moments of weakness. Just look at us, we humans can be sick, have an accident, and hurt ourselves in so many ways... Yes we can be more or less mentally and physically strong but always strong is impossible we are also weak this is a fact so this desire is structurally unhealthy because necessarily there will be moments when the person who desire to "always be strong" will have no choice but to perceive the  $\text{Reality} = \text{"I am being weak now"} < \text{Desire "I want to always be strong"} \rightarrow \text{Unhealthy Emotion} = \text{Sadness, Anger...}$  Or this person will lie to him/herself to avoid to face objective reality which is not healthy either. The last part of this paper gives the basic principles of a therapy to reconstruct this time not improvised but engineer a happier personality.

## 6. Intelligence / Illusion of intelligence - "I want to always be clever"

This unhealthy personality trait is common. Why? Intelligence and the related concept of knowledge are important in human life because of the intrinsic value they have to do so many good things for our lives. As a result it is not surprising that people want to have these traits in their personality which are also socially encouraged.

How does it cause people unhealthy emotions? The FPDE makes this extremely clear: To be happy anyone need to have  $\text{Reality} \geq \text{Desire} \rightarrow \text{Healthy Emotion} = \text{Happiness, Serenity}$

How can someone who want to always be clever have  $\text{Perceived Reality} \geq \text{Desire}$ ? It is simply impossible for two reasons: first no human can know everything on everything so there will always be moments when the person does not know so is not clever, second everyone does stupid mistakes sometimes. The conclusion is that this desire is structurally unhealthy because necessarily there will be moments when the person who desire to "always be clever" will have no choice but to perceive the  $\text{Reality} = \text{"I am not being clever now"} < \text{Desire "I want to always be clever"} \rightarrow \text{Unhealthy Emotion} = \text{Sadness, Anger...}$  Or this person will lie to him/herself to avoid to face objective reality which is not healthy either.

Another unhealthy consequence of this desire is that many people will pretend that they know things they know nothing about and use words that sound "clever". This illusion of intelligence is very bad for them because they finally don't even know themselves what they really know or not and get lost as they lose understanding of objective reality. This is very unhealthy for them and for all those that they influence because they let themselves be manipulated. The last part of this paper gives the basic principles of a therapy to reconstruct this time not improvised but engineer a happier personality.

## 7. Conformity - "I don't want people to think I am strange / abnormal"

This unhealthy personality trait is common. Why? Let's look at a commonly accepted definition. "**Conformity** is the act of matching attitudes, beliefs, and behaviours to group norms. Norms are implicit, specific rules, shared by a group of individuals that guide their interactions with others. People often choose to conform to society rather than to pursue personal desires because it is often easier to follow the path others have made already, rather than creating a new one. This tendency to conform occurs in small groups and/or society as a whole, and may result from subtle unconscious influences (predisposed state of mind), or direct and overt social pressure... Unwillingness to conform carries the risk of social rejection... Although peer pressure may manifest negatively, conformity can be regarded as either good or bad." (Cialdini, R. B. & Goldstein, N. J., 2004, McLeod, 2016).

This section list some common unhealthy traits so the question is how is conformity unhealthy? The last part of this extract start to give the answer "conformity can be regarded as either good or bad." It all depends of the group that influences you and the behaviour you conform yourself to. For example let's take the German people during the Second World War the Nazis would never had so much power without this human trend of conformity. Not all the German people agreed or even were aware of the horror committed with the Jews for example by the Nazi political party but some who were aware did not necessarily agree they just conformed to the norm.

8. Auto-destruction of your capacity to change – “Be yourself” / “I am how I am” / “I can’t change”

Many people will tell you that their philosophy in life is to “be myself”. We must be extremely careful as this can be an extremely healthy or extremely unhealthy philosophy depending of the situation. “Be yourself” has been for many a tool to accept themselves and as explained by the FPDE acceptance is a major key of happiness, what you can’t change you should accept this will deliver you from frustration through healthy laughs. But the problem is when you need to change for different reasons. Here are some common examples: you need to change because you are too negative or too lazy, you don’t live to your maximal potential or with more extreme examples: you are a sociopath who rape kids, hurt others, hurt yourself... For many reasons some people clearly need to change to have a more healthy personality but won’t if they believe or even worse are deeply convinced that “they are how they are” or “they can’t change”. They form an unhealthy logical cage around themselves and get prisoner of it. What we all want is to be as happy as possible meaning emotional health and of course we all want body health as well. So this type of traits of personality “be yourself” should be replaced by “be your healthiest self”. The last part of this paper gives the basic principles of a therapy to reconstruct this time not improvised but engineer a happier personality.

9. Finding excuses - “I am like this because this or that”

Sometimes people have good reasons to say that they are in a certain way because of a certain event. This is not about good reasons like for example someone who an accident and has a handicap as a result of course this is not a choice. This is about for example people who did not study for their exams and will tell you that “they were not lucky because the exam was hard this year”, this is about people who smoke, eat in a very unhealthy way, don’t do sport and will tell you that “my heart problem is because of genetics”...

This unhealthy personality trait is common. Why? Probably as a direct consequence of the other common unhealthy traits “be perfect”... Because people want to be perfect they can’t admit that what goes wrong in their life is their fault as this would make them suffer emotionally as explained by the FPDE. As a result they find excuses to justify anything wrong in their life. They also blame others rather than themselves. This whole attitude is a vicious circle because what they need to get better is to understand that the problem comes from them. The last part of this paper gives the basic principles of a therapy to reconstruct this time not improvised but engineer a happier personality.

10. Self-destructing expectations or unhealthy obsession for greatness - “I must always be greater always be more, I am never enough”

This unhealthy trait is common. Why? Because of many factors but a major one is the value that people who do great things is recognized by society like an innovation which will make the life of all better... As a result it is understandable that some people shape their mind and personality with an objective to always be greater they think that they give a valuable purpose to their life by doing so. The big problem with this state of mind is that it is structurally unhealthy and self-destructing for a simple reason explained by the FPDE: Perceived Reality = "I am never enough" < Desire "I want to always be greater" → Unhealthy Emotion = Sadness, Anger...

Someone who structure his/her mind like this condemn him/herself to suffer emotionally. The last part of this paper gives the basic principles of a therapy to reconstruct this time not improvised but engineer a happier personality.

#### 11. Excessive Seriousness - "I don't want people to laugh at me"

This unhealthy personality trait is common. Why? It is a direct consequence of the "be nice to others" culture. Laughing is considered to be a pleasure and most of the people who never thought deeply about it naturally consider that you can't take pleasure about something unpleasant to someone else this would not be nice to that person. But this is a huge mistake it is a misunderstanding of what the laugh is and this is simply because it has never been explained before this article and the FPDE. When you laugh you accept the offset Perceived Reality < Desire whether it concern you or someone else so it is always a healthy thing to do and actually whoever is in an unpleasant situation where Perceived Reality < Desire (for example fell down or did a mistake...) should as much as possible laugh about him/herself. This is the healthy attitude and culture that we should consciously develop now that we understand what laugh is. We should all learn to laugh at ourselves and at others as much as possible whenever we are in unpleasant situations where Reality < Desire because that will make all of us happier and more healthy. If we do the contrary it will not be a good thing but will just make all of us feel more Unhealthy Emotion = Sadness, Anger... Of course most of people will stop to laugh in certain situation when the other really suffer for example if he/she did not only fell but broke one leg... As long as the situation is easy to accept people will and should laugh if it is not easy to accept they will probably not laugh but should not either have Unhealthy Emotion = Sadness, Anger... Because this is never healthy. Because the other suffer I should suffer what good does that to him/her? How does that make anyone a better person? This is a vicious mentality that only bring more pain! No nobody should purposely put him/herself in a state to feel unhealthy emotions even by empathy there is nothing good about that. If someone else suffer your empathy should bring you to do your best for this other person to stop suffering instead of adding your suffer to the suffer of the other. There is nothing good and healthy about that.

#### 12. Instantaneous satisfaction - "I want it now and without efforts"

We live in societies where if you have the money you can buy a pleasure to fulfil your desires very quickly (depending of what you want), "the client is the king". People who don't introspect themselves and control their desires can then shape an impatient personality of someone who get used to have his/her desires satisfied "instantaneously" and "without

efforts". The reason why this is unhealthy is that life can't always be like this even if you are rich there will be many times when your desires won't be fulfilled instantaneously for many reasons: problems happen or if your desires concern something you want people to do you can't control people and if they don't meet your expectations you will get frustrated...

As result people need to be extremely careful of the way their mind function and how they construct their personality. Replace this type of impatient thoughts by thoughts of patience, of understanding that reality can't always go your way and you have to accept what you can't change. The last part of this paper gives the basic principles of a therapy to reconstruct this time not improvised but engineer a happier personality.

### 13. Spoilt child - "Everyone should do what I want"

We live in societies richer than before where this type of behaviour have been encouraged "the child king". A typical pattern of parents spoiling their child giving the child everything he/she wants without efforts. Also some parents who love their child too much or to be correct do not love their child correctly pardon him/her everything and are not severe enough to give the child a good sense of respect: what the child should do or not, limiting his/her own desires to respect others. Get the child used to feel like "the centre of the world". As a result the child will construct an unhealthy personality he/she will not be able to have reasonable desires and as a result will be more likely to be moody and to experience such feelings as anxiety, worry, fear, anger, frustration, envy, jealousy, guilt, depressed mood, and loneliness. This is exactly the traits scored high by a person belonging to **Neuroticism** one of the Big Five higher-order personality traits in the study of psychology (Smith, T. W. & Pope, M. K. & Rhodewalt, F., 1989). This is very important as the Big Five theory was a major theory for a genetic origin of personality. But this explanation is replacing the genetic origin by an environmental origin of personality completely coherent with my other paper Barnat, 2019c.

### 14. Consumerism - "Always have more things"

This unhealthy personality trait is common. Why? This is very easy to understand just by looking at this commonly accepted definition: "**Consumerism** is a social and economic order that encourages the acquisition of goods and services in ever-increasing amounts". Most of humans live in a society where the main objective of companies is to make them buy more things, consume more. As a result all the people who don't introspect themselves and control their desires will let themselves be influenced by all this marketing and constantly have new desires.

How can it cause unhealthy emotions? The FPDE makes this extremely clear: To be happy anyone need to have  $\text{Perceived Reality} \geq \text{Desire} \rightarrow \text{Healthy Emotion} = \text{Happiness, Serenity}$

How can someone who always want more have  $\text{Perceived Reality} \geq \text{Desire}$ ? It is simply impossible. And it is even worse if you are poor because you have all these desires that you can't fulfil and that create frustration each time you perceive the Reality = "I can't buy this" < Desire "I want this"  $\rightarrow \text{Unhealthy Emotion} = \text{Sadness, Anger...}$  But even if you are rich you can still become frustrated because your mind is never at peace there is always

something more to buy. The people for example who always need to buy the last clothes to feel that they are following the fashion not only create potential unhealthy emotions for themselves if they can't buy the last fashion clothes but also they make the planet unhealthy as all this unnecessary consumerism is generating pollution which at the end affect the health of all of us. The last part of this paper gives the basic principles of a therapy to reconstruct this time not improvised but engineer a happier personality.

...

I have to stop this list here because there is no limits to the number of unhealthy personality traits humans can create for themselves. And this is not an exaggeration the list is only limited by human imagination which is limitless. As a result I have to stop somewhere those are just some of the unhealthiest traits that make most of people suffer emotionally.

What we can clearly see is that this paradigm is in line with the construal approach to happiness (Lyubomirsky, 2001).

How these personalities were initially formed? Is there a common pattern? Unhealthy thinking habits is the common pattern. Knowing that people form most of their personality during childhood. The child does not have strong habits yet so his/her mind is very influenceable. So the common pattern is an environment experienced by the child which created a particular feeling and/or emotion which created a psychological pressure influencing the mind in different manners/ways.

What is meant by feeling is explained in another paper: Barnat, 2019b. It is an intellectual feeling not an emotion. The emotion can result from a feeling. For example if the child liked the feeling of everything being perfect: he/she had the food he wanted, he/she was warm enough, he/she could watch the film he wanted... He/she will desire this feeling to happen constantly and this is what create a constant desire for "perfection" in the mind which becomes a habit and result in a type of personality. Another example if the child was encouraged to "be the best" by his/her parents and then again at school receiving "positive reinforcement" through grades and words of teachers, he/she could desire this feeling to happen constantly and develop a compulsion, a constant desire to get this feeling again that "he/she is the best" and this is how this other type of personality is formed. What we just did is too explicit what Smith & Lazarus (1990) meant by a cognitive – motivational system (-emotive can be removed as emotions are included in our motivations) which is a good general model but lack to explain how people actually form their personalities and more importantly how they suffer from it. This paper help to fill this gap using the FPDE as a basis.

Also important in the process is very often a clear transmission from parents to children or whoever raise the children. This is logical as it will be one of the biggest influence of the child. As a result you can see like this some psychological illnesses like "be perfect", "be the best" transmitted across generations. Often in the form of a compulsion commonly defined as "defined as performing an act persistently and repetitively without it necessarily leading to an actual reward or pleasure". A psychological/mind illness which initially appeared because of the reaction of a human to an environment that he/she then turned this into a compulsive personality was transmitted by this human to his/her child, the child transmitted it to his/her child and so on... The only way to break this cycle is to become

aware of the illness and to change those unhealthy habits to replace them by healthier habits as explained in the last part.

It seems that some mental illnesses that have made the name of psychoanalysis were not fully explained like megalomania for which it seems that we don't know the cause. This new paradigm is the missing explanation, for example psychoanalysis established that some people indeed have a Narcissistic Personality Disorder will deform reality and form a long-term pattern of abnormal behaviour characterized by exaggerated feelings of self-importance, excessive need for admiration, and a lack of empathy (Caligor, E. & Levy, K. N. & Yeomans, F. E., 2015). Of course people who want for example to compulsively "be the best" or "be perfect" will do exactly this. And they can become indeed very aggressive because of the unhealthy emotions resulting from whoever make them feel "not the best" or show them their mistakes. So this is the missing link explaining how they are formed by an environment. Then it is just a question of frequency and severity of the pathology, some people will moderately try to "be the best" or "be perfect" some will do it in excess with no care for other's feelings. To change this behaviours become a social concern that moral has been addressing for thousands of years. More will be said on this subject in my book.

And this power of the FPDE to explain psychoanalytic theories is not only true for megalomania but also for neurotic personalities, schizophrenia and so many other mental illnesses referred to by psychoanalysis and psychiatry. **All these illnesses are nothing else than humans who construct emotionally and socially unhealthy personalities simply because they don't know how to construct a healthy one because it is not taught at school.** This part could have been called how people construct neurotic and in worst cases psychotic personalities, **the FPDE is the missing link between cognitive psychology and psychoanalysis.** Freud was not always very scientific with his theories (Oedipus complex is wrong...) but he was right without doubt that repression mechanisms are happening in the human mind and explain a major part of what is unconscious to many. Like Nietzsche also understood people often choose to lie to themselves (1882): ignore information that they don't like to be conscious about and as a result stay unconscious. But this is not unconsciousness as a separate psychic entity (like Freud thought) it is often only a method for them to avoid unhealthy painful emotions which would result from Perceived Reality < Desire as explained in the FPDE. For example they desire to be "perfect" so avoid to become conscious about their mistakes for example to avoid to suffer from this. Or like Freud observed when he studied people, sex being associated with sin in people's mind due to Catholicism they don't desire to be sinful so avoid to become conscious of their sexuality. But this has changed a lot since the sexual revolution people are much less ashamed of their sexuality. Showing that all this is not static it can be changed by changing our thoughts. It is a good start to have these models to understand what make people suffer but what is much more important is to know how they can heal. It is the topic of the last part.

And the most extreme cases of psychological illnesses that we see like severe psychopathy or sociopathy can also be explained with those patterns. When a compulsive personality like "to be strong" go to an extreme for example a parent who want to be always be "strong" or "the best" and/or "powerful" hate to feel weak in any way and as a result tyrannize his/her child. The parent will be abusive constantly saying that the child is "weak" or "worthless" or "stupid" to increase his/her own feeling of superiority. Any time the child will dare to question the authority of the parent by for example doing something else than the parent want he/she will be insulted for it, may be even hit. In such a way that the child can him/herself become violent, have problems of self-confidence... If this was mainly genetics then we couldn't do anything about it but it's not so we can educate parents and children as a society.

But going back to less extreme examples this concern every one of us. People who don't do this necessary mind analysis will continue to suffer and go through crisis. Those crisis are inevitable because as explained in this part of the paper the people improvise for themselves some personalities which for many structurally can't make them happy. They will try "to always be perfect" or "always be the best" but at some point they will unconsciously feel that there is a problem it is not working simply because always "be perfect" or "be the best" is impossible so cause them emotional suffering. They can lie to themselves and wrongly interpret reality in a non-objective way only to an extent at some point it becomes too difficult for them to continue to lie to themselves because they have to be a minimum connected to objective reality and the amount of evidences start to be too high to be denied.

This theory is also in line with the already existing and recognized concept of dissonance: "A person who experiences internal inconsistency tends to become psychologically uncomfortable, and so is motivated to reduce the cognitive dissonance, by making changes to justify the stressful behaviour, either by adding new parts to the cognition causing the psychological dissonance, or by actively avoiding social situations and contradictory information likely to increase the magnitude of the cognitive dissonance." (Festinger, 1957).

Eventually those unhealthy personalities can collapse like a building with weak foundations would collapse after so many earthquakes. Some people make the most of those crisis and rebuild themselves in a healthier way but without the science explained in this article it is very difficult to create a personality that guarantee you happiness.

Data can be collected by whoever want to prove evidences concerning the unhealthy personalities that have been described. But data is not necessary to prove it as the FPDE has already been backed by data and this part is just taking the logical conclusions implied by the FPDE. And this in itself is evidence of its scientific validity because science is at its best when it finds principles which can without further experiment explain all the related phenomenon. And this is the case here as the FPDE gives the logic of emotions and deduct from it why people suffer when they construct personalities without knowing this logic.

The personality is clearly a consequence of the way the mind has been influenced. And for most of people this an unconscious process because they are too young when they form their personalities to understand what is happening. This is the cause of all emotional suffering of humanity influenced by our environments we form our personalities without knowing the consequences of the habits we form. And the FPDE associated with these descriptions of unconsciously unhealthy personalities we form is the key to happiness for humanity. Of course depending on how strong are your habits it will be more or less long to change but have no doubt about it, it is the only way if you want to be happy. The last part of this paper gives the basic principles of a therapy to reconstruct a happier personality named EHPD.

### **A new type of psychotherapy, Ensuring Healthy Perception and Desires (EHPD)**

Let's have a look at the current scientific literature:

First positive psychology with the article “THE HOW, WHY, WHAT, WHEN, AND WHO OF HAPPINESS” (Layous, & Lyubomirsky, 2014). Like they wrote: “**Positive activity interventions (PAIs)** involve simple, self-administered cognitive behavioural strategies designed to mirror the thoughts and behaviours of naturally happy people and, in turn, improve the happiness of the person performing them. A number of PAIs have already established their effectiveness in increasing well-being and/or reducing negative symptoms in randomized, controlled interventions. They include (but are not limited to) writing letters of gratitude (Boehm, Lyubomirsky, & Sheldon, 2011a; Layous, Lee, Choi, & Lyubomirsky, 2012; Lyubomirsky, Dickerhoof, Boehm, & Sheldon, 2011; Seligman, Steen, Park, & Peterson, 2005); counting one’s blessings (Chancellor & Lyubomirsky, 2012; Emmons & McCullough, 2003; Froh, Sefick, & Emmons, 2008; Lyubomirsky, Sheldon, et al., 2005; Seligman et al., 2005); practicing optimism (Boehm et al., 2011a; King, 2001; Layous, Nelson, & Lyubomirsky, 2012; Lyubomirsky et al., 2011; Sheldon & Lyubomirsky, 2006b); performing acts of kindness (Della Porta, Jacobs Bao, & Lyubomirsky, 2012; Dunn, Aknin, & Norton, 2008; Sheldon, Boehm, & Lyubomirsky, 2012; Study 2); using one’s strengths in a new way (Seligman et al., 2005); affirming one’s most important values (Nelson & Lyubomirsky, 2012a); and meditating on positive feelings towards self and others (Fredrickson, Cohn, Coffey, Pek, & Finkel, 2008).”

Second let’s look at cognitive and behavioural psychology with the famously effective **Cognitive Behavioural Therapy (CBT)**. CBT techniques are used by therapists to help people challenge their patterns and beliefs and replace errors in thinking, known as cognitive distortions, such as “overgeneralizing, magnifying negatives, minimizing positives and catastrophizing” with “more realistic and effective thoughts, thus decreasing emotional distress and self-defeating behaviour” (Hassett & Gevirtz, 2009). Those strategies established by CBT are extremely good to get self-confidence and be realistic which are two important requirements of the science of happiness simply because they are both necessary to live.

But what we can see from this extensive review of positive psychology and the main objective of the most effective cognitive and behavioural therapy CBT is a double gap:

- They don’t help the patient to understand the fundamental principles of the dynamics of happiness because the FPDE was not discovered yet (Barnat, 2019a). And this is a big gap because when you the general principle of the cognitive process resulting in happiness you obviously do increase a lot the efficiency of the therapy.
- Nothing is mentioned concerning the unhealthy personality traits that we have just listed in the first part “Personalities Unconsciously Improvised Resulting in Emotional Pain”: be perfect, be the best, be loved by everyone...

So there is a clear gap to be addressed in the current scientific literature. And this is why this section claims a new type of psychotherapy based on the FPDE which concludes that happiness result from **Ensuring Healthy Perception and Desires (EHPD)**. No claim of a new type of therapy should be made if they are not major conceptual differences but here it is clearly the case. It completes the gaps of PAIs and CBTs therapies.

Before to explain the principles of EHPD let’s remind that the very first step of any psychotherapy should be to convince you that you can be happier. Because someone who is convinced he/she can’t be happier will not really try and fail. The problem comes from the confidence of the unhappy person that he/she can do it indeed you can be sure that if you are convinced you can’t then you won’t. The unhappy person might wait people around

him/her to believe it is possible which is a mistake. Or the unhappy person might think that because he/she did not manage to be happier until now means he/she can't again it is wrong. Be realistic about your past is good but it does not mean that your future will be like your past this is being narrow minded and closed to improvement. To convince the unhappy person discourses of this type can be used: "So is it possible to be much happier simply by changing your thoughts? Of course it is here are plenty of scientific studies proving this. You think that any human would have imagined before it happened possible to launch a rocket to the moon, to read the brain with electromagnetism like we are starting to do, something as simple as simple as a phone or video call so normal today? You can be sure that it would have been out of the reach of imagination for most of humans just a hundred years ago. They would have said may be like you today: impossible. But they were wrong and so are you if you think that it is impossible to always be happy. Do have absolutely no doubt about it with the right science and engineering humanity can accomplish things that most people say impossible until the day it is done! That day if they are honest enough they say "yes I was wrong" but had they not being so defeatist in the first place humanity would have done it better and faster. Whoever believes it is impossible before doing everything possible not one time but as many times as necessary is actually condemning him/herself and us to never achieve anything great. Remember Thomas Edison's quote "I haven't failed, I have just found 10,000 ways that won't work." We would not have electricity if he did not try, failed again and again to finally succeed."

Learn to be always happy is hard this is for sure because it means you have to change your thinking habits which is one of the hardest things to do. Reason why for humanity as a whole to reach this in the long term it must be taught at school before that children form habits too difficult to change. It is also complicated yes simply because until now no one has clearly and completely explained how happiness work. But it is like all innovations once we understand them well then we become really good at it. Internet was a struggle for most humans when it appeared now it is part of our daily lives. And so will the science of happiness. Today a minority of humanity manage to be always happy because they understand intuitively what in this article started to be explained explicitly but in the future with training all humanity can manage to be always happy like I experience it every day since I understood how to make it happen. Humanity has ended so many diseases to which humans in the past got used to and thought would never disappear but they did and with this article and the book coming so will emotional suffering.

Now getting back to the gap in the scientific literature and how to address it. If you read again the FPDE (Barnat, 2019a) and the first part of this article "Personalities Unconsciously Improvised in an Unhealthy Way", the core of **the fundamental dynamic of happiness becomes clear: it is all related to your desires. To be always happy you must learn to always analyse and control your desires to make sure that they are not unhealthy. So this new type of EHPD psychotherapy aim to Ensure Healthy Desires. Which starts with these basic principles:**

1. **The first preliminary basis of all is to never lie to yourself. Make sure to always SEE OBJECTIVE REALITY AS IT IS not as you want it to be, including about yourself.** Only then can you well apply the other principles. And this requires to stop believing in anything without evidences you must come to a point where you know how reality is based on evidences like a scientific would do because if you don't do that you will not understand reality including yourself and you will not be able to apply all these

principles. So never pretend to know something you don't know, you only know when you have seen the evidences.

2. **Make sure that your desires can be realized.** If you desire something impossible to happen you will not be happy as long as you don't give up this unhealthy desire.
3. **In your actions to reach those healthy desires simply do your best.** Don't expect too much from yourself certainly not perfection.
4. **Make sure you have the patience necessary to achieve those realisable desires.** Don't expect something that takes 1 year of work to be done in 1 week of work. You need the patience that your desires require to be achieved.
5. **Make sure that you accept any obstacle to those realisable desires that you can't change.** Many obstacles will come to oppose your desires even if they are realisable, change what you can but when you can't either you accept it and laugh about it either you get stressed: angry / sad...
6. **Become really good at analysing and understanding yourself and your desires.** Your desires will not always be something as obvious as you thinking "I want this clothes or this job". It can be desires structuring your personality like "I want to be the best" or "I want to be perfect" and those are more unconscious so you will have to start to constantly observe yourself objectively and understand what your habits are made of to change them replace them by healthier habits following those principles.
7. **Make sure that you take responsibility for your happiness.** If others are not the way you want them to be to an extent you can't control that but you can control your desires. So stop blaming anyone else than yourself if you are not happy because if you did what is necessary understanding and applying repeatedly those principle you could be.

**Those are the general principles. Some less general more specific principles can be deduced from those and are important to say:**

1. **Accept that you will never be perfect and life will never be perfect so don't desire this.** Just do your best to have the best life possible.
2. **Accept that you can't be loved by everyone so don't even try.** Do not let what other people think take you in an unhealthy behaviour. Just respect others except if they force you not to.
3. **Accept that you can't be the best so don't even try.** Just do your best in everything you do and accept the rest.

*... (You must teach yourself to use the general principles to take the necessary conclusions in your daily life)*

We can see that all these principles work effectively like announced in the previous part as engineering of a new healthier personality. Using science to construct something this is what engineering is. Here use the science of happiness and emotions to construct a healthier personality like an engineer who want to construct a bridge uses the science of materials. EHPD could also stand for Engineer Healthy Perception and Desires.

You are just one decision and a lot of repetition away to be always happy. It will be hard you will have to change the structure of your personality, change your habits which without doubt will try to come back again and again. But day after day, month after month, if you continue to force yourself to act otherwise and follow these principles your habits will change and you will be happier and happier. It can take months or years depending on how

old you are because the older you are the stronger your bad habits are. Also your adaptability matters. But something is sure: never give up on being happy.

Again data can be collected by whoever want to prove evidences concerning these principles to form this happy personally that has been described. But data is not necessary to prove it as the FPDE has already been backed by data (Barnat, 2019a) and this part is just taking the logical conclusions implied by the FPDE. And this in itself is evidence of its scientific validity because science is at its best when it finds principles explaining all the related phenomenon without further experiment. And this is the case here as the FPDE gives the logic of emotions and explains why the good principles / the right engineering to construct healthy desires result in a happy personality.

Like explained this article is just laying the foundations of the science of happiness I can't give all of its details here as it involves a lot more concepts related to society as well. Indeed as we have seen in the unhealthy constructed personalities happiness also depend of the society you live in which can influence your behaviours making you a consumerist for example. The whole science of happiness take a book not an article and this book is almost finished I will publish it as soon as possible.

## Conclusion

To get the full picture it is important to know that this article is a deeply interconnected part of four articles forming four ground-breaking theories:

1. "The Fundamental Principles of Happiness and Emotions" (Barnat, 2019a). Exposing the discovery of the FPDE explaining the dynamics of emotions. One of the most powerful theory psychology has to offer to explain clearly, coherently and completely some of the most important motivations of humans: happiness, laugh, anger, sadness...
2. "Clarify the confusion around emotions and feelings" (Barnat, 2019b). A correction of the whole scientific paradigm around emotions which went into the wrong direction with some scientists confused between feelings and emotions now listing tens of thousands of emotions.
3. "A happy personality depends mostly on your thoughts, not your genetics." (Barnat, 2019c). Aiming to use the FPDE to put a definitive end to the dangerous paradigm attributing happiness to genetics based on extrapolation of data by scientists over enthusiastic about genetics and thinking it can explain everything. It does not and it is a dangerous message misleading people to have self-limiting beliefs about their capacities to be happy and risk a self-realizing prophecy. Meaning that the scientists made people unhappy by convincing them they can't be otherwise which is deeply unacceptable.
4. This article bringing a new paradigm to explain with the FPDE how humans construct unconsciously unhealthy personalities resulting in emotional suffering. The missing link between psychoanalysis and the rest of cognitive and behavioural psychology, as psychoanalysis had some powerful insights but did not until now explained completely and clearly the mechanisms of the unconscious, of neurosis and other mental illnesses. And a new type of psychotherapy based on the understanding the dynamics of our emotions with the FPDE concludes that happiness result from Ensuring Healthy Perception and Desires (EHPD).

Those four theories lay down the foundations for the science of happiness giving its basic principles but for which complete detailed explanations will be done in a book as it involves society and is too long to be exposed in an article.

## References

Barnat, S. (2019a). The Fundamental Principles of Happiness and Emotions. [www.samybarnat.com](http://www.samybarnat.com)

Barnat, S. (2019b). Clarify the confusion around “emotions” and “feelings”. [www.samybarnat.com](http://www.samybarnat.com)

Barnat, S. (2019c). A happy personality depends mostly on your thoughts, not your genetics. [www.samybarnat.com](http://www.samybarnat.com)

Boehm, J. K., Lyubomirsky, S. & Sheldon, K. M. (2011a). A longitudinal experimental study comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans. *Cognition & Emotion*, 25 1263–1272

Caligor, E., Levy, K. N., & Yeomans, F. E. (2015). Narcissistic Personality Disorder: Diagnostic and Clinical Challenges. *The American Journal of Psychiatry*. 172 (5): 415–22.

Chancellor, J. & Lyubomirsky, S. (2012). Effects of a positive activity on well-being, behavioural rhythm, and social interactions at a Japanese workplace. Unpublished manuscript, Department of Psychology, University of California, Riverside.

Cialdini, R. B., & Goldstein, N. J. (2004). Social influence: Compliance and conformity. *Annual Review of Psychology*. 55: 591–621.

Della Porta, M. D., Jacobs Bao, K., & Lyubomirsky, S. (2012). *Does supporting autonomy facilitate the pursuit of happiness? Results from an experimental longitudinal well-being intervention*. Manuscript submitted for publication.

Diener, E., Suh, E. M., Lucas, R. E., & Smith, H. L. (1999). Subjective well-being: Three decades of progress. *Psychological Bulletin*, 125(2), 276-302.

Dunn, E. W., Aknin, L. B., & Norton, M. I. (2008). Spending money on others promotes happiness. *Science*, 319, 1687–1688.

Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84, 377–389.

Festinger, L. (1957). A Theory of Cognitive Dissonance. *California: Stanford University Press*.

Fredrickson, B. L., Cohn, M. A., Coffey, K. A., Pek, J., & Finkel, S. M. (2008). Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of Personality and Social Psychology*, 95, 1045–1062.

Froh, J. J., Sefick, W. J., & Emmons, R. A. (2008). Counting blessings in early adolescents: An experimental study of gratitude and subjective well-being. *Journal of School Psychology, 46* (2), 213–233.

Hassett, A. L., & Gevirtz, R. N. (2009). Nonpharmacologic Treatment for Fibromyalgia: Patient Education, Cognitive-Behavioral Therapy, Relaxation Techniques, and Complementary and Alternative Medicine. *Rheumatic Disease Clinics of North America, 35* (2): 393–407.

King, L. A. (2001). The health benefits of writing about life goals. *Personality and Social Psychology Bulletin, 27*, 798–807.

Layous, K., Lee, H. C., Choi, I., & Lyubomirsky, S. (2012). Culture matters when designing a successful positive activity: A comparison of the United States and South Korea. Manuscript submitted for publication.

Layous, K., & Lyubomirsky, S. (2014). The how, why, what, when, and who of happiness: Mechanisms underlying the success of positive interventions. In J. Gruber & J. Moskowitz (Eds.), *Positive emotion: Integrating the light sides and dark sides* (pp. 473-495). New York: Oxford University Press.

Lyubomirsky, S., King, L., & Diener, E. (2005). The benefits of frequent positive affect: Does happiness lead to success? *Psychological Bulletin, 131*, 803–855.

Lyubomirsky, S., Boehm, J. K., Kasri, F., & Zehm, K. (2011). The cognitive and hedonic costs of dwelling on achievement-related negative experiences: Implications for enduring happiness and unhappiness. *Emotion, 11*, 1152–1167.

Lyubomirsky, S., Dickerhoof, R., Boehm, J. K., & Sheldon, K. M. (2011). Becoming happier takes both a will and a proper way: An experimental longitudinal intervention to boost well-being. *Emotion, 11*, 391–402.

Nelson, S. K., & Lyubomirsky, S. (2012a). [The positive psychology of self-affirmation: The moderating role of meaning and need satisfaction]. Unpublished raw data.

Nietzsche, F. (1882). *The Gay Science*.

Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist, 60*, 410–421.

Sheldon, K. M., & Lyubomirsky, S. (2006b). How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best possible selves. *The Journal of Positive Psychology, 1*, 73–82.

Sheldon, K. M., Boehm, J. K., & Lyubomirsky, S. (2012). Variety is the spice of happiness: The hedonic adaptation prevention (HAP) model. In Boniwell, I. &

David, S. (Eds.), *Oxford handbook of happiness* (pp. 901–914). Oxford: Oxford University Press.

Smith, T. W., Pope, M. K., & Rhodewalt, F. (1989). Optimism, Neuroticism, Coping, and Symptom Reports: An Alternative Interpretation of the Life Orientation Test. *Journal of Personality and Social Psychology*, 56(4):640-8, May 1989.