

The Science of Happiness & Emotions

Fundamental Principles,

How People Construct Personalities Resulting in Suffering,

A New Paradigm and a New Therapy

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Abstract

The Fundamental Principle of Dynamics of Newton was a revolution for physics, not many concise small set of equations had such a high impact on science. Psychology is in great need of such a powerful concision, this article aims to bring such a Newtonian revolution. The masterpiece of this new paradigm is called the Fundamental Principle of the Dynamics of Emotions (FPDE) which gives powerful simple explanations of the mechanisms of all emotions including happiness and the therapeutic role of laugh. A questionnaire has showed that 93% of people interrogated agree with the explanations given by the FPDE. Two main barriers in the current scientific literature collapse as a result. First barrier: the dangerous paradigm from Lykken and al. attributing 50% of happiness to genetics and 100% in other studies. 50 or 100? Incoherent conclusions forecasting cracks in the theory of Set Point of Well Being as announced by Headey, simply the result of extrapolation of data by scientists over enthusiastic about genetics. It is dangerous to condemn people to unhappiness by creating limiting beliefs that they can't change their happiness level because it is mainly due to genetics and mislead them to abandon. Second barrier: the current paradigm around emotions went into the wrong direction with some scientists confused between feelings and emotions now listing tens of thousands of emotions in disagreement with Ekman and Darwin. 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, laugh, desire, acceptance.

Part 1: Fundamental Principles of the Dynamics of Emotions (FPDE)

After thousands of years to this essential question for which humanity could not find a complete and clear answer, here is the basis of the science of happiness scientifically formulated:

Perceived Reality \geq Desire \rightarrow Healthy Emotion = Happiness, Serenity

Acceptation (Perceived Reality $<$ Desire) \rightarrow Healthy Emotion = Laugh

**Non Acceptation (Perceived Reality $<$ Desire) \rightarrow Unhealthy Emotion = Sadness,
Anger...?**

Intensity (Emotion) = Measure of How much (Perceived Reality \neq Desire)

And this is not just the science of happiness but of all emotions. This is actually giving the relationship between the mental/mind and the emotions. I'll explain why I chose **FPDE** but another simpler name could be the **inequations of emotions or laws of emotions**.

This is just the formula. Let's get to the detailed explanations of each line of the formula and after that the further clarifications required. But before few short important notes:

1. It is important to say that "Healthy Emotion" is exactly the same as what has been called by many scientists until now "Positive Emotions" = E+. And "Unhealthy Emotion" is exactly the same as "Negative Emotion" = E-. Another article will explain why the term Healthy/Unhealthy has been preferred but this is just a name it does not change what is important meaning the explanation of the cause of emotions, whether they are named Positive or Healthy... So the FPDE could be written Reality \geq Desire \rightarrow Positive Emotions (R \geq D \rightarrow E+)...
2. Secondly desire should be understood in a broad meaning of an event we want to experience it can be:

- Will / Desire for food: I desire / want to eat a pizza...
- Will / Desire for any object: I desire / want to get clothes, a computer...
- Will / Desire for sex: I desire to have sexual relationships with this person...
- Will / Desire for success: I want to be successful by getting rich or famous...
- Will / Desire for personal traits: I desire to be perfect, nice, clever...
- ...

I use the term “will = what someone wants” because it is exactly the same as “desire” so the FPDE could also be written by replacing Desire by Will, they are interchangeable.

3. Reality here needs to be understood as perceived reality as opposed to objective reality.

Let’s start with the explanations concerning Healthy Emotions (also called Positive Emotions). Healthy Emotions are experienced by an individual when his desires are realized meaning when his/her perception of Reality correspond to or exceed his/her Desires. So it is the result of a cognitive process:

Perceived Reality \geq Desire \rightarrow Healthy Emotion = Happiness, Serenity

To have evidences proving the explanatory power of the FPDE anyone can simply observe or question people about their emotions in these common situations:

- People who succeed an exam that they really wanted to succeed are happy or at least serene:

Perceived Reality = I succeeded an exam important for me \geq Desire = I really wanted to succeed this exam \rightarrow Healthy Emotions (HE) = Happiness or serenity

- People looking for a job who finally get the job they wanted are happy or at least serene:

Perceived Reality = I got a job \geq Desire = I wanted to get a job \rightarrow HE = Happiness or serenity

- People who receive a gift that they really desired are happy or at least serene:

Perceived Reality = someone offered me a gift \geq Desire = this gift is exactly what I wanted

$\rightarrow HE = Happiness or serenity$

- A sportsman who trained a long time and finally win a competition is happy or at least serene:

Perceived Reality = A sportsman win a competition \geq Desire = He wanted to win this

competition $\rightarrow HE = Happiness or serenity$

- People can be happy or serene when they receive a compliment because they want to be recognized as someone: who does a good work or clever or nice or beautiful...

Perceived Reality = Someone told him/her that he/she was doing a good work or is clever or

nice or beautiful... \geq Desire = Be recognized as a good worker or someone clever or nice or

beautiful... $\rightarrow HE = Happiness or serenity$

- ...

As many examples as we can think of can be found proving the deep explanatory power of the FPDE.

In the same way the Fundamental Principle of Dynamics from Newton explains an infinite number of situations implying a mass influenced by forces, the Fundamental Principle of Dynamics of Emotions explains an infinite number of situations of how a human being compare his perception of reality and desires as a result affecting his/her emotional state.

Serene simply means no happiness but no unhealthy emotion as well so really an absence of emotion or a neutral emotional state. Serenity has been grouped with happiness in the category “Healthy Emotions” because what we call Emotions can be grouped in three categories: pleasant, unpleasant and neutral. But we are trying to determine what is healthy for people and what is not. The neutral emotional state of serenity may not be particularly

pleasant (or positive according to the terms of positive psychology) or unpleasant but it is certainly healthy. Indeed serenity is certainly not unhealthy.

Let's take an example: People are happy when they do a good job when they care about their job but when they don't care do not get any happiness from it.

Perceived Reality = my work allowed us to win a new contract or got me a promotion...

\geq *Desire = I want to have a bright career in this company/job... → HE = Happiness*

\neq *Desire = I don't like my job or don't really care, it is only a way to make money → HE = Serenity*

We can see that the same perceived reality reacting to two different desires does not generate the same emotion. In this example the person does not care about something good for the job that he/she did as a result does not get happiness (neither unhealthy emotions) from it but just stay serene, it does basically not affect him/her.

Unhealthy emotions at the opposite (sadness, anger...?) happen when the perceived reality irritate us because it antagonize our desires.

Non Acceptation (Perceived Reality < Desire) → Unhealthy Emotion = Sadness, Anger...?

To have evidences proving the explanatory power of the FPDE anyone can simply observe or/and question people about their emotions in these common situations:

- Babies cry when they are hungry or cold because even if they don't yet understand their environment they do not desire to be cold or hungry so basic perceived reality irritate them.

Perceived Reality = Cold, hunger, pain... < Desire = Feel no unpleasant sensation → UE = the baby cries.

- Children cry when their parents do not yield to their whims: more sweets...

Perceived Reality = Mum does not want to give more sweets < Desire = the child wants more sweets → UE = the child cries or get angry and potentially becomes violent.

- People for who justice is a value that they do not accept to be seen not respected can get angry if themselves or someone they know is treated unfairly.

Perceived Reality = Person treated unfairly < Desire = Person desires to always see everyone be treated fairly → UE = that person gets angry.

- One of the expressions that can be very often observed: all the people who realize that reality is not what they desire for example when they missed a bus, broke something... They can in these instances often say « Shit » or « Fuck ». The “Shit” metaphor is clearly establishing the parallel between how unpleasant is a “shit” and their emotions. The “Fuck” metaphor is less clear except if you relate it to the signification of “the finger” but again common language is not always coherent.

Reality = something the person did not want to happen happens: an unfortunate event < Desire = the person did not want this to happen and do not accept it → UE = the person gets angry a little bit or a lot and says « Shit » or « Fuck ».

- In particular mistakes often fall into the category of things people don't want to happen.

Reality = Person has done a mistake < Desire = Person does not want to do mistakes → UE = the person gets angry or cries more or less depending on how perfectionist he/she is.

- Shame happens when people feel on them a judgement from others that they would not like to feel. This is why the people who do not care about what others think have no shame. But is shame an emotion or just a feeling associated with an unhealthy emotion like sadness or anger? Part 2 will discuss this in more details. For example someone forgot to close the doors of the toilet and someone else enter.

Reality = someone see me partially naked while I am in the toilet < Desire = I don't want anyone to see me naked as a social norm I have learnt → UH = I feel shame

- ...

As many examples as we can think of can be found proving the deep explanatory power of the FPDE.

This theory explains stress which is nothing else than unhealthy emotions, emotions that are unpleasant, painful.

Lastly it is important to explain why the unhealthy (negative) emotions are written in the FPDE “Unhealthy Emotion (Sadness, Anger...?)”. Why is there three dots “...” suggesting that the list is not complete and an interrogation point “?” suggesting we are not sure yet? The reason is that there is currently a large confusion in the scientific literature around the notion of “emotions” and another notion called “feelings”. This confusion is cleared in the Part 2. But what is really important is that all unhealthy emotions no matter how big the list is are always experienced as a result of Non Acceptation (Perceived Reality < Desire). And the whole point of this article is to learn to minimize them and to even after a long time of practise (could be months or years depending on the strength of the habits of the person) eradicate them.

In both cases healthy and unhealthy **the intensity of the emotion** depends on « how big is the gap between perceived reality and desire ». When people do not have strong desires, when they want something but not “badly” they will be little affected by the outcome. But the more people « care » means the higher is their desire and the more intense the emotion will be: very happy if the desires comes to reality or very upset (sad, angry...) otherwise. Following the following principle:

Intensity (Emotion) = Intensity (Gap between Reality ≠ Desire)

What is the place of laugh in this theory? Because a quick analysis shows that laugh is caused neither by perceived reality fulfilling or not my desires. Despite this laugh is a healthy emotion without doubt. **The explanation is that laugh happens when people become aware and accept a gap between perceived reality and desire. Accept to laugh about it is accept that reality is not the way I want it to be:**

Acceptation (Perceived Reality < Desire) → Healthy Emotion = Laugh
Non Acceptation (Perceived Reality < Desire) → Unhealthy Emotion = Sadness,
Anger...?

And this explains the therapeutic property of laugh (and jokes which are made to trigger laugh) because when perceived reality do not match your desires start emotional illness if you don't accept this gap but if you accept it you prevent stress, you heal yourself with preventive medicine! This is why laugh is so pleasant and healthy because it is ultra-necessary in a world where perceived reality is all your life going to go against your desires and irritate you.

This is why acceptance is so important but as contradictory as it might seems non-acceptance is important as well as we will explain in the book. Non-acceptance of the world or ourselves is also often necessary because we have an idea of the world or ourselves that is not real yet but that we want to realize. It can be to be a better person but also create a product, invention, company, artwork, repair something... **Know what to accept and what not to accept is a major skill of mental health and happiness.**

This explains why ideals that we try to incarnate are extremely important to understand the mechanisms of laugh like: perfection, intelligence...

Let's take examples which will be in the same time evidences proving the explanatory power of the FPDE indeed anyone can simply observe or question people about their emotions in these common situations:

- People who try to be perfect (incarnate perfection) and there are many, if someone show him/her that he/she has done a mistake, there is two options:

Acceptation (Perceived Reality = the person has done a mistake < Desire = the person tries to be perfect) → Healthy Emotion = Laugh

Non Acceptation (Perceived Reality = the person has done a mistake < Desire = the person tries to be perfect) → Unhealthy Emotion = Anger, sadness...

Either he/she accepts that perceived reality is not as he/she wants either he/she will suffer (more or less depending on the size of the gap and level of non-acceptance).

- This is why imperfections are so funny in any country the comedy movies emphasize on them: when Eddy Murphy act as a coward, Louis de Funes act as dishonest, irascible and stingy... And this also explains why humour is partially cultural because the ideas of “perfection”, “social models” or “what people should try to be / incarnate” are transmitted to people via culture. But it is also partially natural because some situations are the same for all like when babies try to walk, fall and laugh about it this has nothing to do with the culture that the baby is anyway not mature enough to perceive.

- It also works for the babies who don't yet have a sense of culture. For example when the baby tries to walk and fall, of course falling was not his/her desire. So he/she can either accept or not this gap between perceived reality and desire:

Acceptation (Perceived Reality = the babies fell < Desire = the baby was trying to walk not fall) → Healthy Emotion = Laugh

Non Acceptation (Perceived Reality = the babies fell < Desire = the baby was trying to walk not fall) → Unhealthy Emotion (most likely cries)

Even if he/she does not think those words in his/her mind as the baby does not have this level of consciousness he/she still clearly has an intention when he/she is trying to walk and that intention is not falling he/she can perceive this difference obviously.

- In some cultures many people are taught not to fart in public because the smell is not something pleasant for others but sometimes we can't control it. And people react differently. Some people completely accept this "flawed" part of themselves and do not even laugh about it because there is no gap between their perceived reality and desires they are not trying to incarnate an ideal non farting human being.

Other people do think it is bad to fart so when it happens and others notice they have two options:

Acceptation (Perceived Reality = the person farts and someone notice < Desire = the person tries to look class, politically correct or avoid infesting others) → HE = Laugh

Non Acceptation (Perceived Reality = the person farts and someone notice < Desire = the person tries to look class, politically correct or avoid infesting others) → Unhealthy Emotion

- The song from Alanis Morissette « Isn't it ironic ? » she sings « it is like rain on your wedding day... isn't it ironic? » this is completely in line with what was just defined as irony a gap between perceived reality and desire. Irony is also sometimes defined as statements in which people say the contrary of what they think, there can be different reason it could be to say it without saying it (for something offensive for example) or just a way of creating an ironic situation to mock those who do not have the intelligence to understand that they "are ironic" meaning they do not speak literally. And indeed when someone believes literally what someone said ironically it put the person who did not understand the irony in a funny situation, a gap where he/she appears stupid (obviously not what anyone desire).

- ...

As many examples as we can think of can be found proving the deep explanatory power of the FPDE.

A sense of humour through jokes is simply the ability to trigger laugh. It can be done using irony which is exactly this gap between our perceived reality and desires. Reason why people love comedy, irony and jokes it causes a healthy emotion: laugh. Two types of jokes can be distinguished:

1. Jokes about objective reality:

Funny people and even further professional comedians are really good at communicating to make us aware of those gaps we all experience when reality does not go our way and help us accept them leading by the example of doing it themselves.

The pranks that children do are just a way for them to put someone else in a funny situation with such an undesired gap so they can laugh.

2. Jokes using imagination to put us in scenarios where there is an ironic gap:

For example “The Simpsons”, “Futurama”... Those are imaginary characters that makes us laugh but simply because they are humanized, they talk and we can identify ourselves to them. Those characters despite being imaginary are funny for the exact same reason because they are placed in situations where the Perceived Reality < Desire but made in such a way that it becomes acceptable for us. For example Homer Simpsons likes to drink too much alcohol, is selfish... And those traits do not have a reputation of being desirable in our society but in the same time many people like to drink and like to take care of themselves so Homer who is completely comfortable with his desire for alcohol and to do what he wants help people watching accept their own desires.

Note that not all jokes are successes many people try to be funny and fail:

- Some people are bad at it they try to be funny but do not have the courage to see the truth as it is (to make appear those gaps between reality and desire) or are themselves uncomfortable with those gaps or simply think that some things are funny when they are not.

- For example “Carambar jokes” (jokes coming with some caramel sweets) which got in France a reputation of not being funny despite trying to be funny. Simply because a lot of Carambar jokes do not use well this ironic gap in stories made.

This theory of laugh explains why there are so many funny videos on internet of people falling or doing something wrong when they obviously do not intend to. The first important precision is that they do not intend to do this mistake and this explains why some people try to be funny by simulating a mistake but are much less funny than someone who does not intend to do the mistake because there is a real gap between perceived reality and desire. And this is why when on top of that people are being arrogant over confident and they do a mistake it becomes hilarious because the gap between what they desire to incarnate and believe to be and perceived reality is bigger. When we watch those videos we “put ourselves in their shoes” and it is the acceptance of this gap between perceived reality and what we imagine they desire to be that causes laugh. One of the reasons blocking some people to laugh is because they feel guilty to laugh about the lack of fortune of someone else like it was mental illness to do this. Why add to the “misfortune” of someone else that we did not cause our own suffering and frustration? This is not healthy. Wrongly feeling guilty about laugh is dangerous for our mental health. It is actually the contrary laughing is healthy because it liberates us from ideals of perfection for example which are impossible to reach this is a mental illness laughing is healing us from. For most people the limit of laughing about mistakes either for themselves or others will be where they struggle to accept the gap further for example is the person who fell really hurt him/herself.

Important Notes:

It is important to mention that the FPDE replaces an existing paradigm which has related happiness to genetics without precaution this will be discussed in Part 3.

The FPDE is compatible with evolutionary explanations concerning emotions (Smith, C. A., & Lazarus, R. S., 1990). Happiness and stress are using the popular expression “the carrot and the stick” motivating humans to fulfil their desires. Humans are happy when their desires are fulfilled and unhappy when not. These chemicals are in survival mode excellent motors to motivate the organisms to fulfil their basic desires and survive: stress is released in situation of perceived reality < desire like when the life of the human is threatened by a predator which increase arousal and the likelihood of survival. But in conditions which are not about survival anymore this stress is not beneficial to the organism but only unhealthy. Get angry because someone forgot to buy potatoes is nothing good more anymore just unhealthy. Reason why adaptation is a process never finished that we have to complete ourselves consciously, we can't just rely on our automatic instincts result of an adaptation programmed in our bodies, clearly insufficient as it can obviously lead us to emotional pain.

The FPDE correct the mistake done by Smith & Lazarus (1990) “Above all, emotional response is not a reaction to a stimulus, but an organism (person) – environment relationship.” This is wrong, emotional response is a reaction to a perceived reality – desires relationship. For example babies cry when they are hungry the environment is not part of the relationship.

Of course each of the emotions described in the FPDE have many synonyms, same words signifying the same emotion:

- “Happiness” is also called “Joy”...
- “Serenity” is also called “Cool”, “Calmness”, “Peace”, “Inner Peace”, “Tranquillity”, and “Ataraxic”...

Example: At work one of your colleague did a very good job which you appreciate but not enough to make you feel happy you just feel “cool” about it.

- ...

FPDE principles could be written in a purely literal way:

1. When perceived reality satisfy / is consonant with the desire of a human being, it causes him/her a healthy emotion of happiness or calmness.
2. The acceptance of a dissatisfaction / dissonance between the perceived reality and the desire of a human being causes in him/her a healthy emotion of laugh.
3. The non-acceptation of a dissatisfaction / a dissonance between the perceived reality and the desire of a human being causes in him/her an unhealthy emotion of anger, sadness...?
4. The intensity of these emotions is proportional to the intensity of the consonance or dissonance.

This literal formulation uses the concept of consonance / dissonance from Festinger (Festinger, 1957) which I discovered after formulating the FPDE in a “mathematical” way. Festinger had a good insight that consonant was somehow related to some comfort and dissonance to some discomfort but he did not clearly (like it is done in the FPDE) stated consonance and dissonance between what and what? It is not simply a consonance/dissonance between any cognitions, some people do not care about their own contradictions (dissonance) simply because they do not desire to have a coherent cognition. People can be comfortable with dissonance if they accept it, it mainly depends on what their

desires are relatively to the perceived reality. The discomfort does not come from the dissonance itself but rather from the non-acceptance of the dissonance of their desires relatively to the perceived reality. Also he did not establish the relation with healthy emotions and unhealthy emotions (rather than comfort / discomfort) and the particular role of acceptance in the laugh.

In this article is used preferably the first formulation of the FPDE more “mathematical” with the couple of signs \geq / $<$ simply because:

1. It is faster to write.
2. It is more schematic as it allows to represent the gap between perceived reality and desire for example with the graph below which could be a future potential tool:

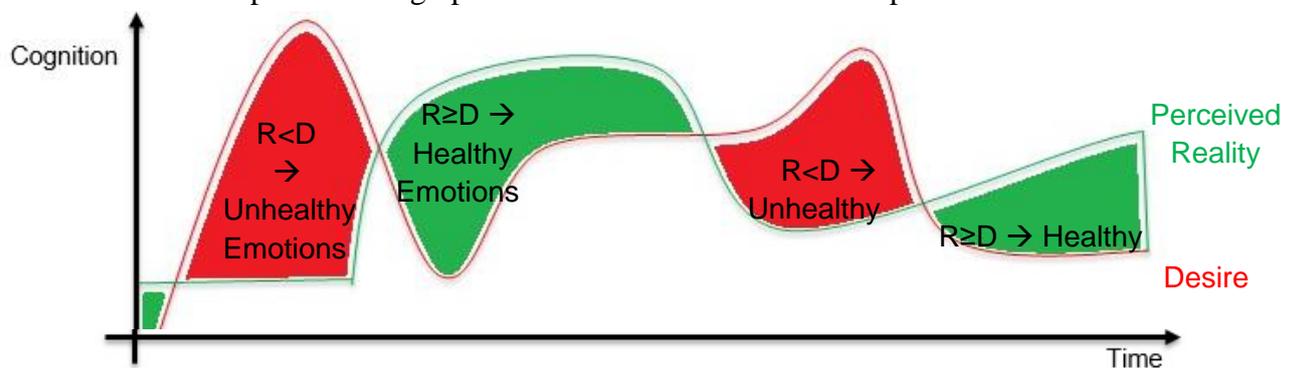


Figure 1: Imagine how emotions could be checked against the FPDE by measuring them in real time with electromagnetic devices

3. In tribute / to honour Newton who was one of the first scientific to give to science its authority and prestige. Newton created mathematical principles, just few equations that explain an infinity of phenomenon where forces put a mass in movement. The FPDE aims for the same will of concision quasi “mathematical” for the principles of emotions, for a clarity that psychology is in big need of.

But I acknowledge that consonance/dissonance (which is basically a musical metaphor) is also a good couple of opposite to refer to the similarity/difference between reality and desire. Because sometimes it may not be possible to describe the relationship as $\text{Reality} \geq \text{Desire}$ or

Reality < Desire sometimes they may just be consonant or dissonant. Even if for most examples I can think of the reality can always fulfil your desires beyond your expectations or disappoint you even more than you expected reason why I used the signs \geq / $<$ as it seems that in most cases there is a “level” involved. Anyway \geq / $<$ is also a good way of explaining the relationship.

Methods

A questionnaire (available on request) was used to question people from different sex, age and origins if they think that FPDE fully explains their emotions.

Results

	Fully Agree	Agree but think more explanations are needed for particular examples more complicated to understand	Fully Disagree
Question: Do you think that with the examples given the FPDE fully explain your emotions?	76.67%	16.67%	6.67%

Table 1: Results of questionnaires to validate the FPDE

Discussion

Table 1 shows that around 93% of people who answered the questionnaire agree that the FPDE explains their own emotions. This is very good knowing that the objections in the 16.67% don’t reject the theory they agree with it but think that more explanations are needed

on the questionnaires for particular situations it does not address: for example one of the comment is that emotions can be a mix which is true of course and does not invalidate the FPDE. Perceived reality can of course disappoint me on some parts of my desires and content me on others. The 6.67% of answers fully disagree are in no way evidences against the FPDE because the comment made is due to a confusion between emotions and sensations of the subject and who can blame him this distinction is not clear even in the scientific community. Clarify this is the purpose of Part 2. So really the data could be reinterpreted as a 100% agree once the questionnaire is made clearer to anticipate possible confusion of the subjects on particular examples involved by the theory.

One of the highest criteria of science is falsifiability (Popper, 1989) meaning designing a crucial experience that makes the theory refutable. It would mean for example find a situation where $\text{Perceived Reality} \geq \text{Desire} \rightarrow \text{Unhealthy Emotion} = \text{Sadness, Anger...}$ Just how ridiculous this sounds shows how strong is the theory. It is essential to keep in mind that like always in Psychology refutability is tricky as here you can never be 100% sure of what is the perceived reality and desire of someone. You can ask after the emotional reaction occurred but they could be bad at analysing themselves. Or lying to themselves. For example the people telling you they have all their desires fulfilled and are not happy is because they don't know themselves they have a desire not fulfilled for example they expect too much from life and this is the problem. Observing emotional reactions of babies is a more reliable indication of how people react before to be influenced by a culture and with confidence that they don't act any role learnt.

But it is common knowledge that psychology is trickier than physics when it comes to evidences, all researchers in psychology face the same difficulties. All the following tools are used a lot by the scientific community despite the following problems:

1. Questionnaires potentially mean many bias like:
 - The subjects answering the questionnaires might not know or understand themselves very well unfortunately being able to analyse yourself is not a skill that everybody is good at it needs to be learned and developed.
 - How the questions are formulated orient subjects to a type of answer so there is some manipulation of the interpretation.
 - Some subjects might not understand well the question for different reasons (interpretation...). I faced this problem with two of my subjects who gave me a feedback after filling the questionnaire and told me that he/she were not really good with mathematics so the formulation of the FPDE with signs " \geq " or " $<$ " was not very clear for them while other subjects got it without problem.
 - Some people have a very poor capacity to observe themselves objectively, lie to themselves a lot and will give very subjective answers sometimes far from the truth.
2. Laboratories experiment is not a "real life situation":

A laboratory experiment could easily be done by whoever wants to measure the emotions of people while we put them in situations where $\text{Reality} \geq \text{Desire}$. Using whatever best techniques we have to measure this is outside of the scope of this article. But a first problem when experiment are conducted is that only one side of the theory can be tested as put people in situations where $\text{Reality} < \text{Desire}$ is unethical. Another problem with laboratory experiment is that the subjects know they are observed in a scientific research and it can affect their behaviour (Hawthorne effect).
3. Correlations also potentially mean many bias (of a different type):

It is used a lot also because it is unethical to manipulate individual's levels of unhappiness. But present huge risks of bias for the clear reasons reminded in Part 3. All these deep problems to gather evidences which currently culminate into what has been called a "replication crisis" are not specific to this scientific paper but rather concern psychology as a whole so this of course can't be held against the validity of the theories presented here. But to bring my contribution to the replication crisis I suggest that for studies which allow it we can do a first verification of the theory simply using materials available in your daily life and internet (we should not be narrow minded but look at the advantages). For example with the FPDE, if this theory explain during one month all your emotions, all the emotions of your relatives and all the videos on internet you watch of people who have natural emotional reactions then you have great evidences that have two huge advantages:

- The evidences do not risk the bias of a laboratory experiment (Hawthorne effect).
- These evidences avoid the huge bias possible with correlations (see Part 3). We now realize that some scientists have been relying too much on statistics (p values...) to tell them if a new theory is solid but p values are interpretable in confirmatory analysis not in exploratory analysis (Open Science Collaboration, 2015). What is dangerous is that statistics give the feeling that it is scientific even when it is not so many researchers have been relying on them too much. We need alternatives to double, triple check the solidity of a theory.

Think about it repeatability in a laboratory with the same circumstances is difficult but use the world as a laboratory remove this problem and only the strongest theories will resist constant observation in our daily lives for a period that can be decided as sufficient. Is science about explaining non-laboratory reality or laboratory reality? You know the answer. Yes the non-laboratory world is not controlled but is that always a disadvantage? No because a theory that was validated in a laboratory could fail in real world because it did not account

for some important parameters. As scientists we should use all the tools available to check theories: laboratory experiments and non-laboratory observations. They have different advantages.

Concerning the limitations of the study as you can see the results are definitively not a negative. The only true limitation is like for many other studies the sample size. But one questionnaire on a small sample is just a start. I just want to say that if as Scientifics we have to rigorously ask for evidences for any theory we also have to stay open minded a great theory can be at first presented with little data just look at one of the biggest success of science Einstein and his article “On the Electrodynamics of Moving Bodies” (Einstein A., 1905). This article is very theoretical and he just suggest experiments but do not present data. In the long term of course data should back up the theory but don’t do the mistake to think that at first when they are presented the greatest theories always have huge data because it is wrong. Einstein was not working as a researcher in a university when he did his first publications but in a patent office as a result he did not have access to all the facilities, means of research and data collection a university has to offer. I am in the same situation I am doing this research independently and need help to gather more data. Data is essential for science don’t get me wrong, this article is a way of establishing contact with all the universities and researchers interested by a collaboration to proceed with bigger data samples. So all the scientists interested to put in place experiments to get more data please do so and don’t hesitate to contact me. I have no doubt that any data rightly interpreted will back the FPDE but this project is too big for me to accomplish it alone, I did with the means I have. And my situation is not only a disadvantage for my theory on the very contrary it allowed me to think outside of the purely academic box. Einstein also was an independent researcher not working in a university and with little data backing his theories but that did not stop him to write 4

ground-breaking papers for physics. At first the best insights of science don't always come with huge academic amounts of data Einstein is an indisputable evidence whoever think the contrary is not helping science but on the contrary a barrier to its progress. A lot of data already published in many papers can also be reinterpreted with the FPDE as I started to do it myself in this article and as I encourage anyone who wants to continue.

There is a general trend from Scientifics to use questionnaires just to have data (like I did following the norm) and a laboratory experiment that make the theory "look scientific" but that is in no way a guarantee of a good theory. Any good scientist has already seen articles with plenty of data wrongly interpreted, with many bias... A good theory comes mainly from how well this theory explains and if possible predict objective reality as this is the main purpose of science. And what is obvious from all the explanations and examples given is the extremely high coherence and explanatory power of the four principles of the FPDE. And the best evidence that you can have as a scientific should do, is simply to observe emotional reactions of people in any situation: in your daily life, on internet... You will see that the FPDE's explanations resist all observations.

Part 2: Clarify the confusion around “emotions” and “feelings”

First it is important to be aware of the current status of the scientific literature about emotion, to do this the article from Ekman “What Scientists Who Study Emotion Agree About, 2016” was used here as he was a leader in the field and this article seems like a good summary. Ekman noticed that scientists are on a trend to call wrongly too many phenomenon emotions that are actually not emotions and is trying to clarify what phenomenon are really emotions or not.

Let’s start with emotions showed in this article with a high level of agreement between the emotions experts consulted and the FPDE theory do not dispute those either: anger (91%), sadness (80%), and happiness (76%).

Now disgust. In Ekman article’s disgust presents a high level of agreement (86%) but it hides a problem since it has been made famous by Darwin who made it one of his six basics emotions. Darwin wrote that Disgust “In its simplest sense, means something offensive to the taste" (Darwin, 1872, p. 256). I arrive to the same conclusion as Darwin disgust can be nothing else than this but nevertheless people use disgust to describe much more for example a smell offensive to their sense of smell (for example of excrement) might be described as disgusting... This is because even if people could do a proper usage of the specific word (disgust for taste, stink for smell...) people don’t always have this rigour and also use metaphors all the time. I have seen people saying they are “disgusted because they failed an exam” what they really meant is “angry” or “sad” or both in the same time (which could cause a facial expression similar to taste disgust) we as Scientifics need to be really careful about these popular erroneous usages of words. Darwin when he created an emotion of disgust added to the confusion indeed why did he not create another emotion for all

the other offensive perceptions: an offensive smell, an offensive noise...? It seems that Ekman tried to correct this lack by defining disgust as “offended by a taste, sound or smell.” But this is still not enough because if you want to put sensations into emotions why not also put an offensive state of the somatosensory sensation? If someone touch something really hot he will definitively feel an offensive sensation of “touch” and that might be accompanied by a facial expression. And what about other sensations like a pain in our intestine that could lead to a facial expression as well... The conclusion is that to be coherent we must admit that none of these are emotions they are all sensations. The particularity of emotions becomes clear only with the FPDE: the emotions do not have the same cause as other sensations like to taste, to smell... Emotions are a result of a particular cognitive process: a comparison between desire and perceived reality. We can clearly see the comparison below:

Perceived Reality \geq Desire \rightarrow Healthy Emotion (Happiness, Serenity)

Acceptation (Perceived Reality $<$ Desire) \rightarrow Healthy Emotion (Laugh)

Non Acceptation (Perceived Reality $<$ Desire) \rightarrow Unhealthy Emotion (Sadness, Anger...?)

This was the FPDE for emotions. But if we now look at other sensations we can see below that the causal structure is different there is no cognitive comparison reality/desire:

Eat spoiled or toxic food \rightarrow Sensation of unpleasant taste = Disgust

Smell toxic smell \rightarrow Sensation of unpleasant smell = Stink

My organism need food \rightarrow Sensation of hunger

...

We start to see with this analysis what makes the particularity of a group of homogenous phenomenon that we can call “emotions” without incoherence between those phenomenons. An emotion could be described as a sensation resulting from a cognitive process opposed to

other sensations which would be only cognitive inputs resulting from either external senses (sight, hearing, smell...) or internal senses (interoception including hunger...). This theory starts to solve the incoherence currently surrounding the notion of emotion. This theory accounts for what is the main characteristic that cannot be removed when speaking about emotions a “distinctive subjective sensation physically experienced” following Ekman’s criteria. Joy, laugh, anger and sadness are all different because like Ekman said there is for each a unique physical sensation attached to the emotion. But where Ekman (probably inspired by Darwin) was wrong is when he wrote that the emotion must also be an “Automatic appraisal mechanism” meaning that an external or internal stimuli can trigger an almost immediate emotional response without conscious awareness, e.g. reacting fearful when threatened. Like explained by the FPDE emotions can be an immediate emotional response with or without conscious awareness, they can also be the result of a complex cognitive process involving conscious awareness. And the whole point of this article and the coming book is to learn how to maximize healthy (positive) emotions and minimize unhealthy (negative) emotions. Another mistake made by Ekman is to relate too strongly emotion and facial expression as explained in the next paragraphs. Also “the same visceral responses such as increased heart rate, sweating, widening of the pupils, and the discharge of adrenaline can be associated with the experience of fear or anger. However, they are also connected to conditions such as fever, feeling cold, and having difficulty breathing. Therefore, those physical responses are too general to be linked to a specific emotion.” (Cannon, 1927). Actually in all the conditions that Ekman and all the psychologists have so far listed to classify a phenomenon as an emotion “unique physical sensation” is the only one necessary. But it is not enough, I realized that Lisa Feldman Barrett (in TED) arrived to the same conclusion as I did, she concluded that there is more going on when a person feels an emotion than just a physiological response: some kind of processing must happen between

the physiological response and the perception of the emotion. The FPDE gives the final missing explanation to understand how emotions are different from other sensations.

An important clarification is still needed to understand the FPDE and help the scientists who work on a complete list of emotions. It is related to what has been called “feelings”. For Antonio D’Amasio “Feelings are mental experiences of body states, which arise as the brain interprets emotions, themselves physical states arising from the body’s responses to external stimuli.” (D’Amasio, 1994, 1999, 2003). D’Amasio is on the right way by introducing the word mental but his definition still poses many problems. The problem comes like often from the origin of the word “feeling” from popular language as opposed to scientific terminology. People use the word feeling to describe really different group of phenomenon:

- As D’Amasio said they use the word “feeling” to describe body states like in “I feel hot”, “I feel cold”...
- People also use the word feeling to describe emotions in the new sense brought by this article as a result of a cognitive process: joy, laugh, anger and sadness... This could also be described as a body state but like explained it is a particular type of body state as it results from a cognitive comparison between reality and desire.
- But and this is the main problem people also use the word “feeling” in a totally different way like in the proposition “I feel lost”, “I feel unpopular”, “I feel stupid”... In all these instances the feeling can result in an emotion or not.

For example “I feel unpopular”, can lead to different emotional outcomes depending on the cognitive processes of the person experiencing this unpopularity:

- a. The person can process it like this: *Reality “I see people rejecting me” < desire “I would like to be loved by everyone” → Unhealthy Emotions (Anger, Sadness...)*

- b. The person can process it like this: *Reality* “I see people rejecting me” \geq *desire* “I don’t care I don’t like these people anyway” (which could be true or a lie to himself to avoid to suffer) \rightarrow No emotion (equivalent in FPDE to Healthy Emotion Serenity).
- c. If the person process it like this: *Acceptance* (*Reality* “I see people rejecting me” $<$ *desire* “Ideally it would be good to be loved by everyone”) \rightarrow Healthy Emotion (*Laugh*). In this instance the person has learned that she needs to complexify her cognition and desires to be adapted to the complexity of the world “yes it would be good to be loved by everyone if possible and I try to but sometimes I just can’t as the people are not perfect and can sometimes be angry at me and I have to accept it so I don’t suffer from it.

What we see is that “feeling unpopular” does not match with a distinctive emotion it can lead to sadness, laugh or no emotion at all. And it is exactly the same with all the so called feelings “I feel stupid”, “I feel lost”...

The problem is that whoever started to use the word “feeling” to lead to its popular meaning did not care to maintain a complete coherence of the concepts sensations, emotions...

Creators of the term “Feeling” did not care about any scientific value for this concept indeed there is a clear misuse of the word “Feeling” or inaccuracy of popular language. This happens a lot when science is faced with popular language. Sometimes a new concept created in popular language can lead to a need for scientific explanations as well if it refers to a group of phenomenon coherent enough. But sometimes it is simply not the case, people use metaphors all the time to play with words for fun or simply because of an inaccurate similarity like when “someone broke their heart”, a negative emotion is obviously not the same scientifically as someone physically breaking your heart but in popular language the objective is not always to be scientific but to be poetic... If I have to explain the popular use of the word “feeling” I would say that people found in feeling a convenient way to “qualify their subjective

experience of different situations without the need to be drastically accurate/objective”. For example when someone says “I feel stupid” they do not want to do a scientific study to be able to compare their intelligence in a way as objective as possible with the rest of the world population no they just want to mean that for example at a diner everyone was saying a lot of clever things about politics, economics and they found nothing to say so “they felt stupid”. They sometimes know that it does not mean that they are definitively for all their life less clever they can study, learn... But at this moment of time meaning the diner “they felt stupid”. Same for “feel gratitude” for many people like wrote Barbara L. Fredrickson apparently quoting another study “when awareness of one’s own good fortune is combined with admiration for another person for thoughtfully going out of their way to create that good fortune (Algoe, 2012)”. What is very clear is that “I feel grateful” can be replaced at no conceptual cost by “I am grateful”. People just add the adjective “feel” because they know that this does not concern the scientific objective truth. Rather the conclusion is that “feelings” is how humans mentally qualify how they are affected by their subjective experiences of different situations. But as showed on Figure 2 there is not scientific unity behind this concept it covers things as different as emotions (happiness, anger...) and subjective perceptions of self (stupid, popular...).

An evidence of this is that if you do the contrary and you start like many psychologists to consider what people call “feelings” as emotions then the list is never ending. Barbara L. Fredrickson for example has 10 ten representative positive “emotions” but like she said herself it is not exhaustive (Fredrickson, 2013). Indeed if you start to say that hope or altruism (which are really attitudes) are emotions then why not popular, clever, stupid, competent, nice... And you arrive at the result of the Dr Alan Watkins who identified 34 000 emotions (Watkins, 2014). And it is not over it will never be as ways of qualifying

their subjective experience are and will constantly be invented by people like the word “geek” to qualify someone who play a lot video games... The popular use of the term “feeling” must not mislead our scientific point of view, all these feelings can be replaced by “I think I am popular”, “I think I am clever”... Most of these so called “feelings” are not associated with a unique physical sensation and as a result cannot be qualified as emotions or the concept of emotion lose its signification. This is the solution to the problem that Ekman was trying to raise concerned that all the “new emotions” discovered by recent scientists are actually not emotions. The real list of emotions still need to be determined and it will be much shorter (like Ekman said) not far from the lists of Darwin (1872) and Ekman (2016). But this is outside of the scope of this article, in another article (Barnat, 2019b) I give some preliminary thoughts on other phenomenons traditionally considered as emotions to question if they really are: surprise, fear, shame, laugh...

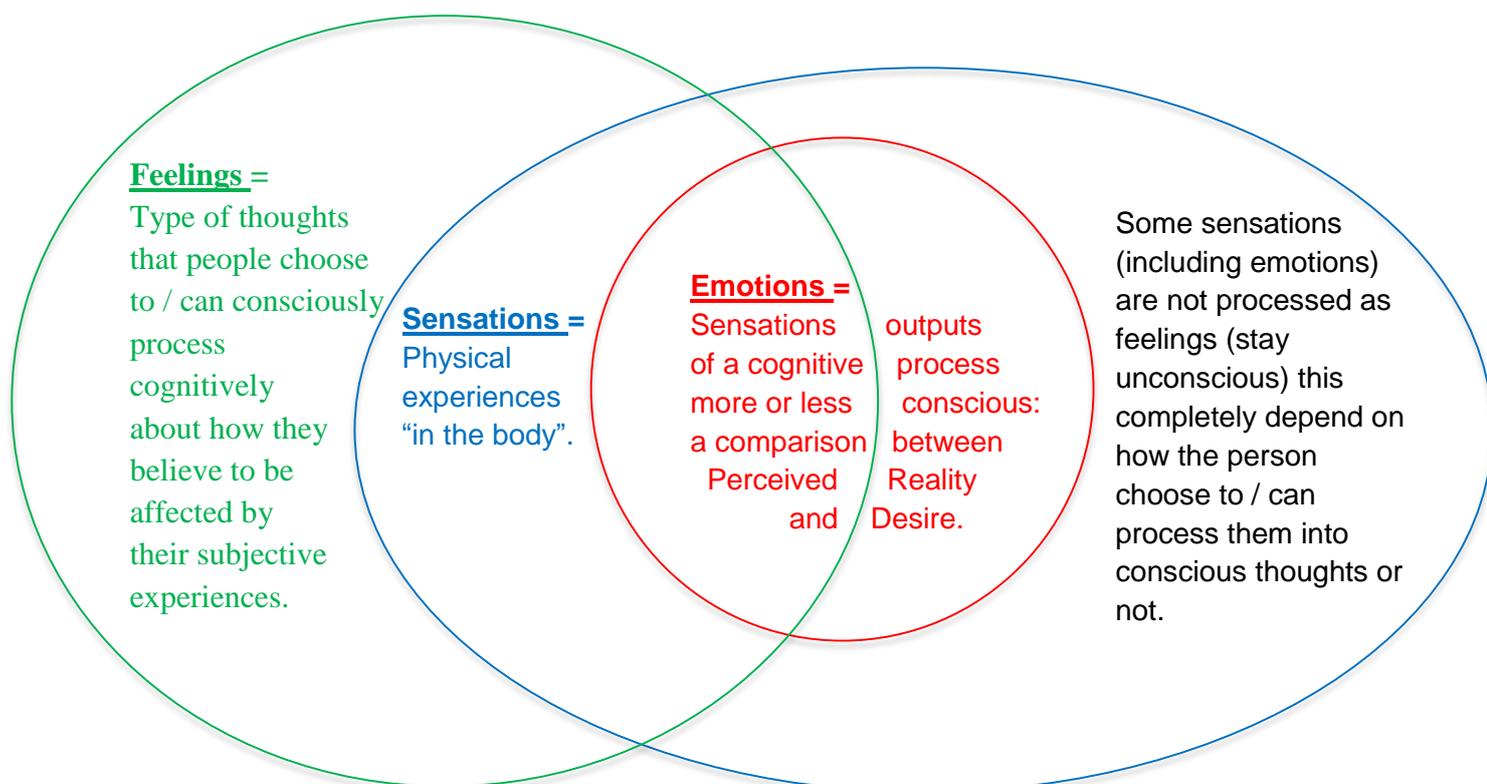


Figure 2: The difference between Feelings, Sensations and Emotions

Part 3: A happy personality depends mostly on YOUR THOUGHTS, NOT your genetics

It is important to mention that the FPDE replace an existing paradigm which has related happiness to genetics without precaution as explained in this part. The current status of the science of happiness is in summary wrongly saying: 50 % depends on genetics and 50% can be acted upon. With what was called a Set Point of Well Being.

The article written by Headey, Bruce in 2007 explains well how this theory of Set Point of Well-being and influence of genetics on happiness was formed. One of the main basis is as wrote B. Headey: “In successive papers, using somewhat different approaches, they have claimed that genetic factors account for about 50% of the variance in SWB (Lykken and Tellegen, 1996), or perhaps close to 100% (Lykken, 1999, 2000). This last estimate plainly leads to the conclusion that SWB is more or less fixed for life and that neither individual efforts nor public policy can do much to enhance it.”

But like he wrote “there are discordant evidences”, “first cracks in the theory” of the genetic set point: “even before set-point theory began to be questioned, there was some discordant evidence. It was clear that some life events are so adverse, so tragic that victims never recover back to their previous set-point. One such event is the unexpected death of a child (Wortman and Silver, 1987). It was easy to dismiss such unusual tragic events as ‘rare exceptions’ which did not require revision of the theory. More difficult from the point of view of the theory, is Clark and AL’s (2004) evidence about repeated spells of unemployment. They show that repeated spells - although not a single spell - have a ‘scarring effect’ from which most people do not fully recover.”

Headey named his article “The Set-Point Theory of Well-Being Needs Replacing: On the Brink of a Scientific Revolution?”. This article with the FPDE is exactly the scientific revolution that Bruce Headey is forecasting. Indeed this article exactly explains how happiness is not due to genetics but mainly the result of a cognitive process: a comparison between perceived reality & desires. The FPDE completely explains the cracks in the theory of SWB: the death of a child or repeated spells of unemployment are events where obviously the gap “Perceived Reality < Desire” is big and difficult to accept which causes the lasting unhealthy emotions (unhappiness) which can only be stopped by modification of the cognition: accepting the death of the child or the unemployment and replacing those thoughts by more healthy thoughts.

FPDE which is coherent with the “construal framework foreshadowed in previous theoretical and empirical work” referred to by S. Lyubomirsky (Lyubomirsky, 2001). Like she wrote: “Indeed, most theoretical perspectives on happiness, as well as a number of relevant theoretical models in related areas, attempt to explain how various cognitive and motivational processes account for differences in enduring and transient well-being (DeNeve, 1999).” And construal means constructed during life so opposite of genetics.

It is not because a significant number of twins have been involved in the studies about the influence of genetics on happiness that it means that it makes those theories perfectly reliable. We must never forget that science can be wrong even when it seems extremely reliable Einstein proved this without a doubt by revolutionizing physics when he showed evidences that a solid theory from Newton which survived more than 200 years was wrong. If the laws of Newton highly more proved than these psychological studies were proven wrong

after centuries of triumph this must convince us of something we should already know:

scepticism is fundamental in science. Here is why we need to completely bury the set point

theory and this idea that happiness is mostly genetic:

1. The numerous discordant evidences / cracks in the theory described by Bruce Headey.
2. Bias in the data or interpretation?

With the current replication crisis we started to question so many studies for which we re-examine methods and data. Proposing a new paradigm the FPDE is the opportunity to proceed to an in depth re-examination of all the studies that have led to this discordant theory of genetic set point of WB.

3. What does mean the same environment or a different environment for these twins?

This is for example one of the very clear limit of the study from Lykken. It is

impossible to guarantee a completely similar environment or a completely different

environment. For example I was personally influenced in my personality by Socrates what I studied from him what became one of the founding bricks of my personality.

Who tells us that one of the twin who was supposed to be in the same environment

than his twin was not the only one influenced by a book, a music, a friend or so many

sources of influence that they cannot be listed? That would dismiss the foundation of

the study of Lykken: "same environment". And that twins reared apart did not by

chance have the same cultural influences? It is totally possible especially with such

small samples. Was that controlled? Of course not as this would mean not only follow

the twins in their daily life but also speak with them to understand what has forged

their personality. And what this article explains is how influences clearly shape

cognition, personality and the capacity to be happy.

4. Variance in happiness does not equal happiness.
5. Correlation does not mean causation:

But even in the best case if the data were confirmed to be without bias I can already say that Lykken himself should have been much more sceptic in his own conclusions. In his conclusion he said: “If the transitory variations of well-being are largely due to fortune's favours, whereas the midpoint of these variations is determined by the great genetic lottery that occurs at conception, then we are led to conclude that individual differences in human happiness—how one feels at the moment and also how happy one feels on average over time—are primarily a matter of chance.”. This conclusion is wrong and far too much extrapolating from the data. Correlation does not mean causation this here clearly needs to be reminded.

There are many famous examples showing that concluding based on correlations lead to wrong conclusions. For example in a widely studied case, “numerous epidemiological studies showed that women taking combined hormone replacement therapy (HRT) also had a lower-than-average incidence of coronary heart disease (CHD), leading doctors to propose that HRT was protective against CHD. But randomized controlled trials showed that HRT caused a small but statistically significant increase in risk of CHD. Re-analysis of the data from the epidemiological studies showed that women undertaking HRT were more likely to be from higher socio-economic groups (ABC1), with better-than-average diet and exercise regimens. The use of HRT and decreased incidence of coronary heart disease were coincident effects of a common cause (i.e. the benefits associated with a higher socioeconomic status), rather than a direct cause and effect, as had been supposed” (Lawlor, Smith, Ebrahim, 2004). So again mistaking correlation for causation has led to the wrong conclusion.

Scepticism is one of the most important principles that a scientific should follow. So knowing that correlation does not mean causation Lykken should never have

concluded so strongly in favour of his theory. Indeed as shows the example with the hormone replacement therapy it could be completely wrong!

6. Discoveries in epigenetics more recent than the outdated articles from Lykken explain that genetics is not something fixed we can do nothing about, epigenetics is the study of how genes react with the way we live, our environment, things we can control. We will explain in Part 4 how most personalities are formed and show that it has nothing to do with genetics. Genetics have a dramatic influence on personality only for genetic transmitted anomalies like trisomy 21... But affirming that this is true for everyone based on correlations which is not causation is dangerous. Dangerous as it means risking with no solid evidence for whoever believe in these theories to destroy his/her potential of taking responsibility in constructing his/her personality and like explained below for his/her own happiness. "Why care if it is mostly genetics?" is an extremely destructive/unhealthy thought that no scientist should promote.

In the light of all the reasons given we can conclude that there is no other choice than to reject what has been the dominant paradigm that happiness is mostly due to genetics. It is important to remind that even this paradigm attributing happiness to genetics do in some of the most recognized results attribute only 50% to genetics. Meaning that even in this case it still leave people half of the control on their own happiness. But for the exact percentage of influence of genetics different studies give different results just showing the weakness of those theories. And since genetics is more and more seen as something that can be altered in reaction of genes with environment with epigenetics we can conclude that genetics' influence on happiness and personality is globally closer to 0 % than 50% because even someone who inherit genetic diseases can be happy or learn to be happy despite them, even if it is more difficult it is feasible depending on the type of anomaly of body or mind (they are few

exceptions that can affect personality like trisomy 21... but they are exceptions not the norm). The objective truth is that nobody knows exactly what this percentage is. Nobody knows exactly how much genetics causes happiness or personality for all the reasons explained: correlation is not causation, epigenetics allow control... And by affirming the contrary there is a big danger of reducing the self-confidence of humans in their own capacity to make themselves happy and construct the personality needed for a healthy life and society. Why a big danger? Because if you can convince someone that he is stupid or that he cannot do much to be happier and that person believes you and stops trying then you are responsible because you convinced that person of the destruction of his/her potential of intelligence and capacity to be happy. And this is exactly what is done when wrongly attributing personality and happiness potentially more than it should be to genetics. A scientific study has already started to demonstrate an aspect of this with what was called the Pygmalion effect (Rosenthal, 1965). In this experiment they lied to a teacher saying that some of his/her students are superior intellectually but they were not and the result was that the students actually got better IQ results! The conclusion is that "The results of the experiment provided evidence that one person's expectations of another's behaviour may come to serve as a **self-fulfilling prophecy**". The concept of **limiting beliefs** points to the same conclusions. If you add these to the results of the Milgram experiment (1963) showing that when a scientific authority tells something to people they have a tendency to believe it without questioning and you get a recipe for disaster potentially convincing humanity that their happiness and personality depends for a big part on genetics something they can't control so have them give up on it and as a result become less happy, more depressed, less in control of their life. And harm has already been done with media as you can see on newspapers like the New York Times or YouTube videos convincing people that their happiness is partially out of their control because most of the people see genetics as something fixed they have no control over.

The conclusion that we must all take from all these points is that the only reasonable attitude as Scientifics who can influence the mental health of humanity is the principle of precaution. We must be perfectly honest and highlight that we have no real scientific certainty on how much happiness and personality are influenced by genetics but we know that the capacity of someone to believe he/she can do something is dramatically important to actually be able to do this. As a result the only healthy message that should be communicated by the scientific community and attitude adopted by humanity is to try their best to be as happy as possible and have the best personality possible. It is the only healthy paradigm as if people try their best to control their happiness and personality at least we can all be sure that humanity is living to the best of its potential and that this potential was not destroyed by unhealthy beliefs that they are powerless. What this article demonstrated with the FPDE (Part 1) is that happiness is actually completely under our responsibility we can learn to be happy even if is hard as it means changing our habits and personality. And Part 5 start to explain how to construct a happy personality.

Part 4: Personalities Unconsciously Improvised Resulting in Emotional Pain

The previous part gave evidences of the reasons why some studies arguing that happiness and personality are the result of genetics are wrong. This part will now expose the new paradigm replacing the Set Point of Well Being (SWB) by demonstrating that people's personalities are the main cause of their unhappiness and that these personalities are mainly constructed during their life. So not mainly the result of genetics reason why people can change if they decide to and do the necessary efforts.

The FPDE gave many examples explaining why people experience unhealthy emotions in many situations where their desires are not fulfilled. But why do unhealthy emotions including stress become chronic for so many humans? This is why the FPDE is the first brick laying the foundation to construct a new unifying paradigm for psychology bringing all together psychoanalysis, cognitive psychology, behaviourism (learned), humanistic psychology and personality psychology... If you add to the FPDE that humans construct their personalities with compulsive impossible desires like "I want to always be perfect" or "I want to be the best" or "I want to be loved by everybody" you understand perfectly why people suffer chronically. **People suffer chronically because they learned to construct for themselves, influenced by their environment, personalities with desires structurally unhealthy, meaning personalities that will necessary make them suffer emotionally / be stressed. Indeed the FPDE makes it very clear as we will see for many common unhealthy personalities:**

1. Perfectionists - "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? A flaw is something we

don't desire so by strict definition no one want to have flaws we just have to accept that we will necessarily have flaws but nobody would like that ideally. As flaws can be anything that is not desirable to have in a certain context, the concept of perfection has manifested itself in different cultures and different times because it is applicable to any 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 perfection have $\text{Perceived Reality} \geq \text{Desire}$? 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". Part 5 of this paper gives the basic principles of a therapy to reconstruct this time not improvised but engineer a happier personality.

We have explained in details why a personality based on an unhealthy desire of perfection lead to chronic emotional pain. Without going into as much details the same logic applies to all the common unhealthy personalities below, for all of them unevitably at some point a situation where the structuring desires will not be fulfilled will lead to unhealthy emotions (UE):

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

Perceived Reality = I am not the best < Desire Structuring the Personnality = I want to be the best → Unhealthy Emotion = Sadness, Anger, Stress...

3. Excessive Desire for Other’s Love - “I want everybody to love me”

Perceived Reality = Someone does not love me < Desire Structuring the Personnality = I want to be loved by everyone → Unhealthy Emotion = Sadness, Anger, Stress...

4. Excessive Desire to “Be Nice” - “I must always be nice”

Perceived Reality = I am not the best now < Desire Structuring the Personnality = I want to always be the best → Unhealthy Emotion = Sadness, Anger, Stress...

5. Excsssive Desire for Strength - “I have to always be strong” / “I want to be the most powerful”

Perceived Reality = “I am being weak now” < Desire “I want to always be strong” → Unhealthy Emotion = Sadness, Anger, Stress...

6. Illusion of intelligence - “I want to always be clever”

Perceived Reality = “I am not being clever now because I don’t understand something” < Desire “I want to always be clever” → Unhealthy Emotion = Sadness, Anger...

7. Conformity - “I don’t want people to think I am strange / abnormal”

Perceived Reality = “Someone think I am strange now because of a joke I made for example” < Desire “I want to always be normal” → Unhealthy Emotion = Sadness, Anger...

8. Unhealthy obsession for greatness - “I must always be greater”

Perceived Reality = “I am never enough” < *Desire* “I must always be greater” → *Unhealthy Emotion* = *Sadness, Anger, Stress...*

9. Excessive Seriousness - “I don’t want people to laugh at me”

Perceived Reality = “Someone is laughing at me now” < *Desire* “I want that no one laugh at me ever” → *Unhealthy Emotion* = *Sadness, Anger, Stress...*

10. Instantaneous satisfaction - “I want it now and without efforts”

Perceived Reality = “I can’t have what I want now and without efforts” < *Desire* “I want all my desires to be fulfilled immediately and without efforts” → *Unhealthy Emotion* = *Sadness, Anger, Stress...*

11. Spoilt child - “Everyone should do what I want”

Perceived Reality = “People are not doing what I want” < *Desire* “I want everyone to do what I want” → *Unhealthy Emotion* = *Sadness, Anger, Stress...*

12. Consumerism - “Always have more things”

Perceived Reality = “I don’t possess so many things” < *Desire* “I want to always possess more” → *Unhealthy Emotion* = *Sadness, Anger, Stress...*

...

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 common unhealthy traits that make people suffer emotionally.

But with all these examples the logic become clear: these people will suffer emotionally as long as they don’t change their personalities. Because situations where these desires are unfulfilled can’t be avoided. If they continue with these unhealthy desires structuring their personalities they will suffer all their life.

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 / shapeable. So the common pattern is an environment experienced by the child which created a particular feeling and psychological pressure influencing the mind in different manners / ways.

What is meant by feeling is explained in Part 2. 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/she 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.

So how do people construct their personalities? What did we all do? We did the best we could in our respective environments! 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. 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, as per the definition “it is done or made using whatever is available” and this is exactly the problem. People form their personalities simply trying to live their life the

best they can with the mental tools they have available. So here is the problem: a complete and clear science of happiness was not yet available, so people did not have the tools to construct happier personalities, this is what this paper is aim to correct. So Improved personality is opposed to “engineered personality” because to build the healthiest personality people first need to understand the scientific principles ruling their emotions, in the same way before to build a building an engineer has to know the science of materials otherwise he/she will construct an unstable building likely to collapse. This is what humans have always done in history they constructed their personalities without understanding their emotions and the emotional pain is like the cracks on an unstable building threatening to collapse after too many seisms. Severe depressions happen when the “personality building collapses” because it is not sustainable anymore it lead to too many and frequent situations of emotional pain. Part 5 starts the work explaining the basic principles on how to engineer a healthier happier personality.

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. So building a healthier happier personality start by analysing your mind and psyche the psychoanalysis made famous by Freud to become conscious of the processes happening in our minds. It is now very clear why this article is the missing link to unify psychoanalysis with cognitive psychology and personality psychology (unhealthy personalities described).

For the genesis of the mental illnesses it is important to say that it is the result very often of a clear transmission from parents to children or whoever raise the children. This is logical as it will be one of the biggest influences 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 “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 thinking habits as explained in Part 5.

Freud was right to say that: « There is no question that the problem of anxiety is a nodal point at which the most various and important questions converge, a riddle whose solution would cast a flood of light upon our whole mental existence ». This riddle is being solved partially in this article with the FPDE and partially in a book to come which will complete the science of happiness related to other important concepts too long to be the topic of an article. The cure for both stress and anxiety is to change to a healthier personality and it will be explained in this coming book, this article is the introduction.

This stress in some instances can generate anxiety because anxiety is simply a fear of an unidentified object. The emotional pain create fear because the human fear to suffer emotionally of course like we fear to suffer physically. For example the human who built a personality “always be perfect” will go to work anxious with a fear of an object not identified which is simply his/her own personality desire unsatisfied. Indeed each time he/she will do a mistake which will happen without doubt he/she will suffer emotionally like he/she feared he/she will. In this instance the desire is not only a temporary desire like to get a new job but a desire structuring the personality of the individual and that explains why this human is condemned to suffer until he/she makes a change of personality. This is a new paradigm to

explain 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. Schizophrenia can for example be reinterpreted as a personality build with unhealthy desires structuring the personality that systematically causes stress and anxiety. The FPDE is indeed the first brick laying down the foundations of a new unifying paradigm for psychology bringing all together psychoanalysis (unconsciously improvised neurosis), cognitive psychology (perceived reality), behaviourism (learned unhealthy desires), humanistic psychology (as we will see with EHPD in Part 5) and personality psychology (unhealthy personalities)...

To actually unify these disciplines will take the efforts of many psychologists and this paper is a call to start this huge work. So many mental illnesses that have made the name of psychoanalysis were not fully explained. For example megalomania. Psychoanalysis established that some people who 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 megalomania is formed by an environment. Of course the severity of the pathology can vary, 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 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, **this confirms that 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. Freud called unconsciousness "a separate psychic entity" he was not able to explain clearly the mechanisms, but the FPDE makes it clear: stay unconscious is simply a method for people 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 they avoid to become conscious about their mistakes for example to avoid to suffer from this. They simply ignore pieces of informations when they construct their perceived reality. Like Freud also observed with another example, sex was more associated then with sin in people's mind due to Catholicism and as they don't desire to be sinful they avoid to become conscious of their sexuality, explaining why it is stays unconscious. 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 next 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 we couldn't do anything 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 4 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). If people can't avoid these social situations eventually the unhealthy personalities we described can collapse into depression 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 often until the next crisis, as without the science explained in this article it is very difficult to create a happy personality that will not collapse.

Data can be collected by whoever want to prove evidences concerning the unhealthy personalities described in Part 4. But it 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 improvised 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 was an unconscious process because they were too young when they form their personalities to understand what was 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.

Part 5: 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 behavior" (Hassett & Gevirtz, 2009). Those strategies established by CBT are extremely good to get self-confidence and have an accurate perception which are two important requirements of the science of happiness but not complete.

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. And this is a big gap because when you know the general principle of the cognitive process resulting in happiness you obviously do increase a lot the efficiency of the therapy.

For example the CBT focus a lot on the correction of cognitive bias but miss the fundamental importance of desires which should be at the centre 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 so I would say that EHPD can obviously still be classified as a Cognitive Behavioural Therapy but is an improvement to the existing therapies by going further into the understanding of the principles of happiness and emotions. 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 simply 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 be fully happy will require a long term strategy: it must be taught at school before that children form habits too difficult to change. The main culprit of all the emotional suffering in the world today is school without a doubt. Schools do not teach us how to build a healthy happy personality but simply because this science was not discovered yet. But now that it has been scientifically demonstrated it would simply be completely irresponsible and bad if we don't all do the necessary efforts to convince politicians to implement immediately lessons for all the children who still have the chance to form a healthy happy personality. If we do that these children will not need a therapy because we will address for them the cause of mental illnesses from which most of humanity currently suffer, they will simply have healthy thinking habits. This is preventive medicine that any government should immediately evaluate in terms of the gain it will bring by saving psychotherapies later on, decreasing violence (obviously anger is the cause of so much violence) and dramatically increasing productivity and creativity which can hardly be measured as innovations can definitively make a country much richer (computers, iphones...). You can have absolutely no doubt that when people are constantly trapped into destructive thinking patterns of "being perfect", "being the best" and so on, they waste a huge part of their energy lying to themselves and trying to convince themselves that they are who they are not to avoid to suffer too much and are as a result much less creative. Science of happiness at school is today an innovation and like for all innovations the most open minded, the faster to implement them will benefit the most. 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 two parts of this article “FPDE” and “Personalities Unconsciously Improvised in an Unhealthy Way”, the core of **the fundamental dynamic of happiness becomes clear: it is all related to your perception and your desires, make sure they are not unhealthy. And this make perfect sense perception and desires should be at the centre of psychology. So this new type of EHPD psychotherapy aim to learn to always analyse and control your perception and desires to Ensure Healthy Perception and Desires. Which starts with these basic principles:**

1. **The first preliminary basis concerning perception is to never lie to yourself. Make sure to do your best to 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. The truth will heal you because when you know the truth you build healthier desires for yourself, you stop pretending, trying to be unhealthy ideals like perfection, the best...
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 self-knowledge: analysing and understanding yourself and your desires.** As per the old famous "Know yourself" from philosophy and humanistic psychology. 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 always feel clever, original, loved, nice..." 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 happy.

Those are the general principles. Some less general more specific principles can be deducted 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 adapted to each situation).

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 weeks, months or years depending on how hard you force yourself to change and 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 described in Part 5. But it is not necessary to prove it as the FPDE has already been backed by data (Barnat, 2019) 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 aims precisely to find principles which can explain all the related

phenomenon. And this is the case here as the FPDE gives the logic of emotions and explains why the good principles 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

The best conclusion I can give to be concise is one article for four deeply interconnected ground-breaking theories:

1. "The Fundamental Principles of Happiness and Emotions". 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". 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". 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. Even more now that we know with epigenetics that genetics does not mean fixed for life.

4. "Personalities Unconsciously Improvised Resulting in Emotional Pain". 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.

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