

**Virtual Gratitude Visit**  
®



*Dan Tomasulo, PhD, TEP, MFA, MAPP*  
Faculty, Columbia University, Teachers College

Master of Applied Positive Psychology Program  
University of Pennsylvania

New Jersey City University

Dare2BeHappy.com  
tomasulo@att.net

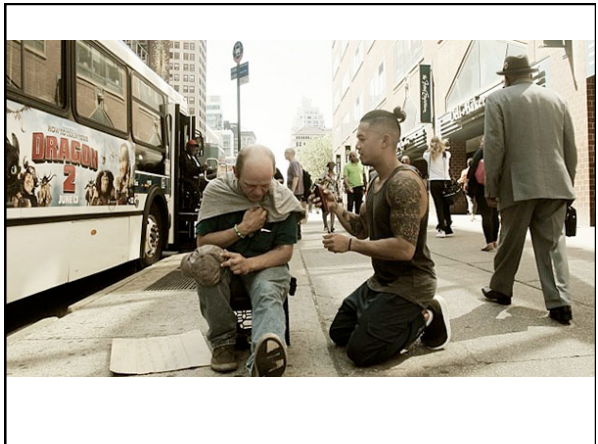
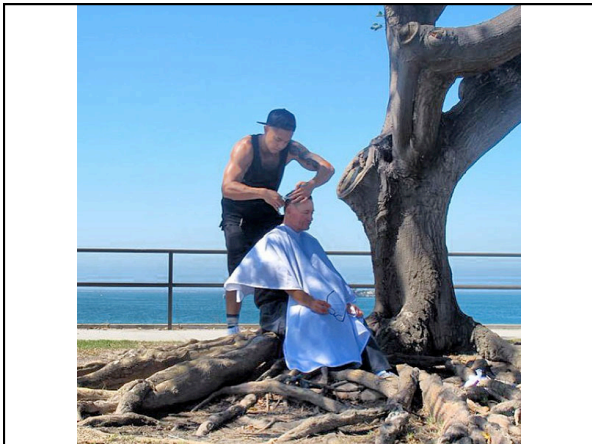
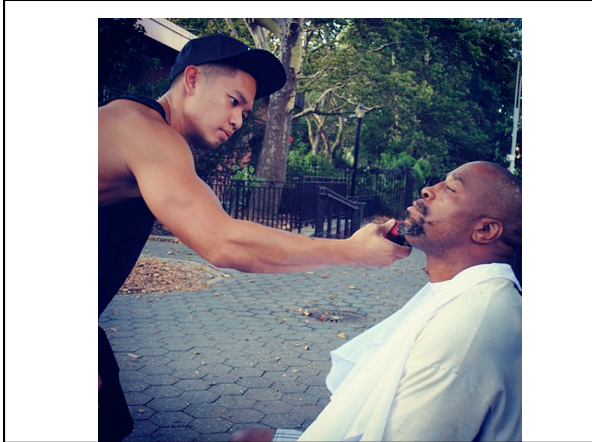
**No act of kindness,  
no matter how small,  
is ever wasted.**  
- Aesop

**This is Mark Bustos, a barber from New York.**



**EVERY SUNDAY, HIS ONLY DAY OFF, HE WALKS  
THE STREETS GIVING AWAY FREE HAIRCUTS.**







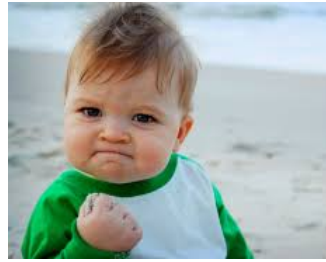
### Elevation: Three main features








- 1) Elicitors: acts of courage, kindness, loyalty.... or any other act of moral beauty
- 2) Phenomenology/physiology: calm/relaxed, a warm/open/pleasant feeling in the chest; sometimes getting "choked up".
- 3) Motivation: emulation, moral self-improvement, altruism (but not always action)

## Not-So-Random Acts of Kindness



5 Times Today



-  Grit
-  Zest
-  Self-Control
-  Optimism
-  Gratitude
-  Social Intelligence
-  Curiosity

# GRATITUDE

## The Gratitude Attitude

**GRATITUDE, GOD, AND GUCCI**

**BEING GRATEFUL TO GOD, WHEN COMBINED WITH ONE'S RELIGIOUS COMMITMENT, TRUMPS CONVENTIONAL GRATITUDE AND ENHANCES THE PSYCHOLOGICAL BENEFITS.**

Rosmarin, D.H., Pirutinsky, S., Cohen, A., Galler, Y., & Krumrei, E.J. (2011). Grateful to God or just plain grateful? A study of religious and non-religious gratitude. *Journal of Positive Psychology*, 6, 389-396.



**WHY ARE MATERIALISTS LESS HAPPY?  
BECAUSE THEY LACK GRATITUDE.**

**EMPTINESS IS FUELED BY UNREALISTIC  
EXPECTATION OF GOOD FEELING.**

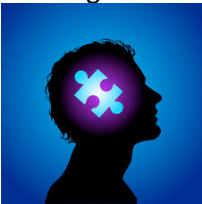
**DESPERATE BUYING = LESS GRATITUDE  
FOR WHAT THEY HAVE.**

TSANG, J. A., CARPENTER, T. P., ROBERTS, J. A., FRISCH, M. B., & CARLISLE, R. D. (2014). WHY ARE MATERIALISTS LESS HAPPY? THE ROLE OF GRATITUDE AND NEED SATISFACTION IN THE RELATIONSHIP BETWEEN MATERIALISM AND LIFE SATISFACTION. *PERSONALITY AND INDIVIDUAL DIFFERENCES*, 64, 62-66.


- We have a **choice** about what we feel~
- We can **change** how we think and feel~
- We can **cultivate** sustainable positive feelings~
- We can **create** and inspire this in others~

**Gratitude**


Cognitive



Expressive




Integrative / Interactive





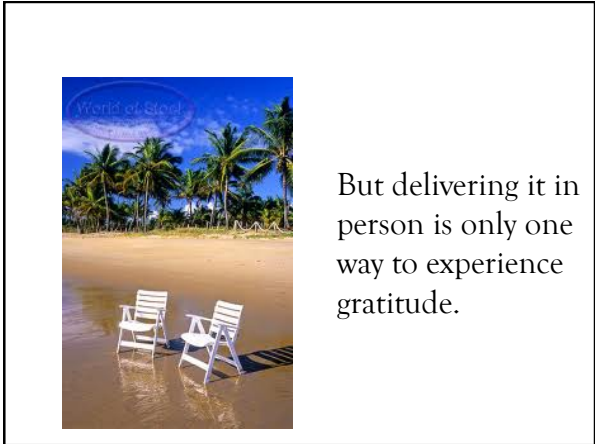
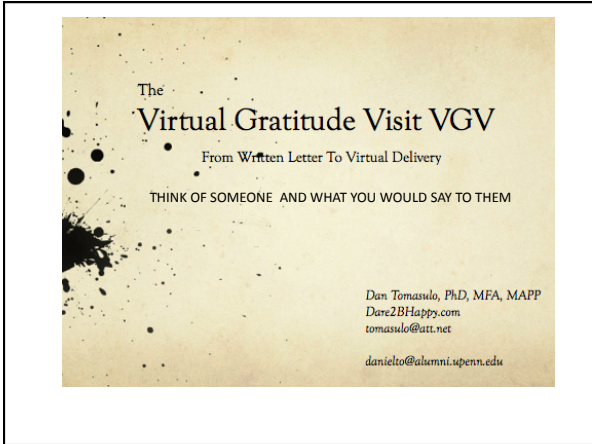
Cognitive




THE **GRATITUDE** REVIEW

Emmons, R. A. & M. E. McCullough (Eds.) (2004), *The psychology of gratitude* (pp. 145-166). New York: Oxford University Press







**The Empty Chair in History**

**Jacob Moreno:** Developer of Psychodrama & Social Network Theory

**Fritz Perls:** Developer of Gestalt Therapy

Moreno, J. L., & Fox, J. (1987). *The essential Moreno: Writings on psychodrama, group method, and spontaneity* Springer Publishing Company.

Moreno, J. L., & Jennings, H. H. (1953). *Who shall survive?* Beacon House New York.



The New York Times  
**The Opinion Pages**

WORLD U.S. N.Y./REGION BUSINESS TECHNOLOGY SCIENCE

OP-ED CONTRIBUTOR  
**What the Chair Could Have Told Clint**

By JONATHAN D. MORENO  
Published: August 31, 2012

Clint Eastwood Virtually Addressing President Obama at the 2012 Republican Convention

**The Empty Chair in the Modern World**

To read more and see a video demonstration simply Google:

**Virtual Gratitude Visit**




*Dan Tomasulo, PhD, MFA, MAPP*  
*Dare2BHappy.com*  
*tomasulo@att.net*

GRATITUDE VISIT





**Virtual Gratitude Visit**



*Dan Tomasulo, PhD, TEP, MFA, MAPP*  
Faculty, Columbia University, Teachers College

Master of Applied Positive Psychology Program  
University of Pennsylvania

New Jersey City University

Dare2BeHappy.com  
tomasulo@att.net