



Applied Positive Psychology

R - Relationships

Without purpose that is bigger than yourself you are more likely to serve only yourself.

Relationships and social connections are one of the most important aspects of life. Humans are social animals that thrive on connection, love, intimacy, and a strong emotional and physical interaction with other humans. Building positive relationships with your parents, siblings, peers, and friends are important to spread love and joy. Having strong relationships gives you support in difficult times.

In an interview with Dr. Mitch Prinstein's about his course on the psychology of popularity, he mentioned that there has been research that shows that pain centers in our brain become activated when we are at risk of being isolated. This is because, in an evolutionary perspective, isolation would be the worse thing we could do for survival.