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CENTRO DE INVESTIGAÇÃO
ISPA - INSTITUTO UNIVERSITÁRIO



THE "GOOD" LIFE FROM VALUE, TRUTH & CONTROL, WORKING TOGETHER

Motivation lies at the heart of any inquiry into "happiness" or "the good life." Historically, the dominant perspective on "happiness" or "the good life" treats them as the maximization of pleasure and the minimization of pain. This point of view, however, has come under increasing criticism among positive psychologists. In this talk, I complement these recent perspectives. By applying principles of motivation science, I present an alternative theory of the good life that emphasizes the importance of people having an effective organization of their value, truth, and control motives (Higgins, 2012). This working together among value, truth, and control motives creates the sense of an overall "fit" with one's world that creates an experience of "feeling right" about one's life. Drawing on ancient wisdom and modern science, I argue that this perspective offers us a fuller picture of "the good life." Because this "working together" also involves establishing motivational integrity, as originally suggested by Aristotle, it also relates to moral character as reflected in charitable and helping behaviors. I discuss evidence that supports each of these proposals.



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12H30

AUDITÓRIO 1

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