

Author: Christopher Baccash

Advised by: Marianna Graziosi Suozzi

INTRODUCTION

- Positive psychology offers research on how friendship impacts individual well-being, how it is shared, how it spreads and ways in which to be a good friend.
- However, much of the research comes from the past few decades, so this paper supplements positive psychology with teachings from philosophy and other established disciplines.

PHILOSOPHY

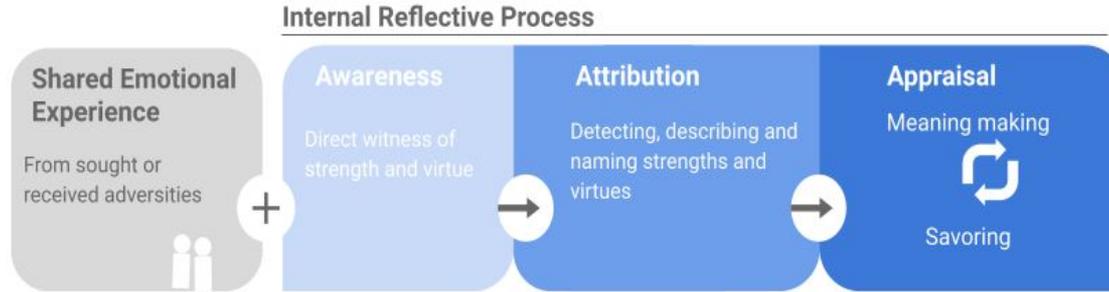
- Aristotle and Cicero agree that the root of friendship is a mutual regard of a friend's goodness, merit - in their words "virtue," and that friendship is one of the finest human experiences. (Aristotle, 350 B.C.E./1998; Cicero, 44 B.C.E./2018)
- "For no one would choose to live without friends, but possessing all other good things."
-Aristotle, 350 B.C.E./1998
- "All I can do is urge on you to regard friendship as the greatest thing in the world; for there is nothing which so fits in with our nature, or is so exactly what we want in prosperity or adversity."
-Cicero, 43 B.C.E./2018

EVOLUTIONARY PSYCHOLOGY

- Witnessing the merit of a peer is advantageous in that it reveals how cooperation could benefit us in terms of resources and complement our strengths.
- "It is possible that the sense of alienation and loneliness felt in modern living, a lack of deep social connectedness, might stem from the lack of critical assessment events that tell us who is deeply engaged in our welfare."
- Buss, 2019

How does sharing adversity or choosing to do hard things together create growth and deeper fulfillment within friendships?

The Virtue Resonance Heuristic



Struggling together displays our character and virtue. Witnessing and savoring other's strength is the root of friendship.

KEY REFERENCES

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VIRTUE RESONANCE HEURISTIC

- **Awareness:** Proximity, frequent interaction and seeking adversity together (type of experiences) makes strength and virtue apparent.
- **Attribution:** Learning the language of character strengths can help friends point to and understand the goodness of their peers (Peterson & Seligman, 2004).
- **Appraisal:** Savoring is the propensity to stop and notice past, current or future positive states (Hurley & Kwon, 2012). The positive emotional experiences and the presence of our friend's virtues may create a resonant experience between friends.

CONCLUSION

- This paper attempts to expose why friendship flourishes when we do challenging things together.
- The positive psychology literature, with an emphasis on the "R" in PERMA showed how connection and positive relationships increase physical and mental well being. Philosophy and evolutionary psychology uncovered an array of thought and science that describes why friendship is so sought after and necessary.
 - This capstone shines a light on adversity as a potential arena for friendship to grow in. Finally, these literatures were synthesized to propose the theoretical foundations for a new construct: virtue resonance.