

Pursuit of Happiness Capture Sheet



Name: _____

Why do you think Chris thinks everyone looks so happy during the Ferrari scene? There are no wrong answers here. But think about a group of people that you think are happy. Why?

What kind of support does Chris' girlfriend offer him when he mentions his idea of being a stockbroker?

- no support financial support emotional support call a friend

What type of skills did Chris show in the cab?

- Spatial intelligence
- Interpersonal intelligence
- Grit
- All of the above?

What type of cognitive strategy did Chris use when he got the number for Jay Twistle?

- Maintenance rehearsal
- Elaborative rehearsal
- Effortful encoding
- Sensory Memory

From what you know of Dr. Seligmans' TED Talk, on positive psychology, why is Linda not happy but Chris is.

Chris asks his son whether he is happy and then states that he is happy. Using what you know of Dr. Seligman's TED Talk and given what you have seen of the movie at this point, why would Chris say he is happy?

What are the lyrics of the song that start to play when Chris is studying?

If you were in the morning rush hour, in a fancy office building and you saw a man with no shirt covered in paint, to what would most people attribute his behavior?

Situational Factors

Dispositional factors

How can you remember this idea and hold it until the next time you see someone acting weird or unpleasant?

Chris impresses the men during the interview. Did he use skills that can be learned or talents that he born with?

Describe one ability he used during the interview. You must use (and underline) at least one vocabulary word in your answer.



What does phrase Chris finally tell Christopher at the end of the basketball scene (check all that apply)

Don't ever let anyone tell you can't do something

You got a dream you got to protect it

People can't do something themselves they want to tell you, you can't either

You want something get it

Take your reward from others if you need to

There can be only 1 winner

What reason does Chris tell Christopher why they moved to a hotel?

Because he's going to get a better job

Because it is cheaper

Because they don't need 2 bedrooms anymore

Because it is closer to his internship

What does not hanging-up the phone or not drinking what represent?

External Locus of Control

Internal Locus of Control

Why did Christopher say he was smart?

Is such a thing a:
fixed talent **OR**
improvable skill?

After the tax letter, describe how Chris treats Christopher?

Is such behavior in Chris's control?

How would you handle Christopher's tantrum outside of the motel?

In the subway scene, what does Chris do for Christopher? Use 3 of the words in the list to the right to describe it.

- Cognitive Appraisal
- Divergent Thinking
- External Locus of control
- Amygdala
- Frontal lobe
- Emotion focused
- Problem focused
- Yerkes-Dodson
- Hedonic adaptation
- Display Rules

- musical-rhythmic
- visual-spatial
- verbal-linguistic
- logical-mathematical
- bodily-kinesthetic
- interpersonal
- intrapersonal
- naturalistic

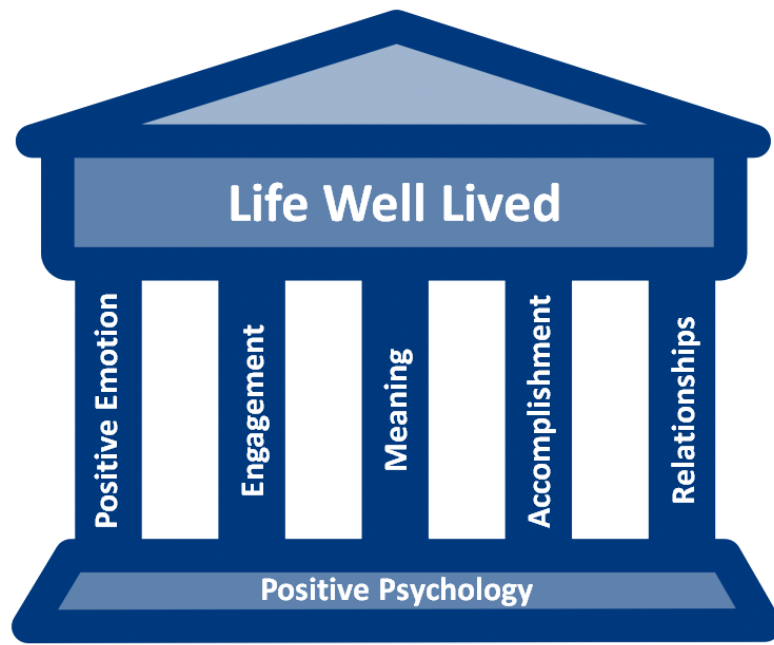
At the football game, which one of Howard Gardner's intelligences does Chris display?



What does Christopher say when Chris asks him if he wants to sleep with him for the rest of his life?

What can you infer regarding happiness from that answer?

At the end of the movie, when Chris walks out, why is he happy? Use each of Dr. Seligman's 5 pillars in your explanation



Throughout the whole movie, Chris consistently demonstrates **goal-hyperopia**. Some critics suggest he acted too recklessly that he should have just taken a paying job instead of following a risky dream.

How can one find a balance between pursuing future happiness and taking care of oneself?

