Developing a character strengths

LANGUAGE

to manage burnout and compassion fatigue

(Because we see in our daily work as interpreters that language shapes the way we think and research supports that too)
Sun and moon: male or female?
Germanic grammatical genders; the sun is feminine and the moon masculine. **DIE SONNE, DER MOND**
Celeste, Goluboy, Light Blue?

CELESTE Y BLANCA
The language you speak can affect how you see the world

English speakers were no better at distinguishing between dark and light blues than they were at telling apart two blues of a similar shade.

Russian speakers, by comparison, were 10% faster at distinguishing between light (goluboy) blues and dark (siniy) blues than at discriminating between blues within the same shade category.
The Negativity Bias

Negative emotions have an impact close to 3x stronger than positive emotions.

Published by psychologists Marcial Losada and Barbara Fredrickson, in a 2005 paper in *American Psychologist*. 
Our fear response is more influenced by the ancient species we struggled to escape than any modern challenges.
Two Pathways of Fear

- Sensory cortex
  - Long route
  - Short route
- Sensory thalamus
- Amygdala
  - Emotional stimulus
  - Emotional response
- Hippocampus
Character Strengths and Virtues, 2000
Six virtues shared in most cultures across three millennia

- **Wisdom**: Original, adaptive, insightful, creative, wise, doing things in different ways
- **Justice**: Fairness, even-handed, valuing others, genuine warmth
- **Courage**: Bravery, fearlessness, doing the right thing, integrity
- **Temperance**: Self-control, self-discipline, managing impulses, emotions, and urges
- **Humanity**: Love, kindness, compassion, altruism, doing for others
- **Transcendence**: Appreciation of beauty and excellence, gratitude, hope, spirituality
VIA Classification of Character Strengths and Virtues

1. A Strength contributes to fulfillment and to the “good life”
2. A Strength is morally valued in its own right
3. Displaying a Strength does not diminish others
4. Almost every parent wants his or her child to have the Strength
5. There are rituals and institutions within a society that support the Strength
6. Each of the Strengths is universal, valued by almost every religion, politics, and culture – now and in the past.
watch your thoughts: they become words
watch your words: they become actions
watch your actions: they become habits
watch your habits: they become your character
watch your character: it becomes your destiny

-frank outlaw-