

Enhancing health and transforming lives through optimism attitude model(OAM): Panacea in 21st century

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Abstract

Mental health and emotional stability are very important factors in a person's everyday life. One may be possessing world class qualifications and experience but everything will come to a naught if the mental health of the individual is in question. Certainly, emotional mental health, can be improved for one's success and prosperity. One needs to understand the current status of one's mental health in the context of developing resilience and fortitude in dealing with the dynamic environment. An individual's emotional mental health has a direct bearing on his personal and professional productivity. For personal and professional success of individuals and equally imperative for the success of organizations, one needs to develop the dimension of seventh sense – The inimitable sense of optimism. The good news is that social psychological researches have demonstrated that emotional resilience is an important attribute which can be learned or improved upon irrespective of the level we were born with. And developing Optimism along with Emotional Resilience is a sure predictor for success.

This paper presents some case studies in which individuals have been able to overcome obstacles and bounced back with renewed vigour and rejuvenation in their personal and professional life through effective interventions with OAM (optimistic attitude model). The good news is that OAM may be effectively used by individuals and organizations alike for sure success, prosperity and happiness albeit not necessarily in the same order.

Introduction

“The secret to getting ahead is getting started”

Mark Twain

Optimism, an important aspect of mental health index is the power, the central force within an individual which propels him towards higher accomplishments. The word optimism is derived from the Latin word, *optimus* which means “best”. Optimism has been defined by Martin Seligman (1991) as being proactive in reacting to the problems with positive attitude and confidence and effectively working towards the same. Thus, optimism is the innate belief system of an individual and it suggests that an optimist would always looks for the best and is positive that good things will certainly happen. Optimism is also a major dimension of emotional intelligence which if developed and inculcated consciously, may lead to enhanced Quality of life and mental health of an individual. Optimism is an indicator of a positive thinking process and about consequences when in the midst of dealing with stress and adversities.

There is no single secret of success but the fact remains that the magic in work and life happens not from being a spectator but being a participant. Optimism is the very elixir of life. To be optimistic is to say yes to life; to opt life despite all provocations to the contrary. In fact, Optimism is actually a belief system with three major components. Firstly, it is the belief in our own powers to make our life and our future better; secondly, it's a strong belief that negative events happening in our life are not going to be permanent howsoever poignant they may seem at the moment and thirdly is a very strong conviction that positive events in our life are more permanent and personal. Optimism means to an end and an end in itself too. Optimism is the power, the central force within an individual which propels him towards higher accomplishments.

Organisations can capitalise on their human potential if they know the level of their employee's satisfaction and to know what drives them for self achievement. If the employees are satisfied, it will

certainly have a positive impact the company they are working in. But to measure and assess objectively their present level of interest in the work they are doing is a formidable task.

That is how, the term PEROMA™ was coined which comprises of various dimensions which build up Optimism levels in an individual, namely:

Positive Emotions: Affect,
Engagement: Involvement,
Relationship Network

Optimism

Meaningfulness: Purpose and
Accomplishment/Achievement.

Here, in the word PEROMA, the letter O stands out in the middle as it is this very energy of the sun from within which helps an individual in self propelling and self-driving through self-motivation which leads to success and thriving to achieve excellence Banerjee, P.

Optimism Index

For measuring Optimism, Optimism Index, Oi 1.1", *the one of its kind in India*, a robust psychometric tool. The Oi identifies an individual's core strengths in the areas of *Positive Emotions, Engagement, Relationship Networks, Meaningfulness and Achievement*. This index rates the 'Optimism' level of the organization, group or an individual. This test is not only a measure of present performance but is also a predictive measure of success.

Based on the analysis of the optimism index scores individuals are classified into ten categories viz. **Collaborators ,Entrepreneurs ,Energetics ,Synergists, Networkers , Analysts, Innovators , Go getters, Experts and Leaders**. This classification highlights the attributes and strengths of individuals and creates distinction. This helps them in making career choices and to engage in suitable professional roles. Knowledge of results (KR) on this test benefits not only the individual but also the organization in decision making related to talent management.

Optimism index (Oi 1.1) *the one of its kind in India*, is an effective tool for quantifying the levels of optimism in an individual as one of the indices of competency mapping and developing Emotional Resilience leading to enhanced Mental Health. ,Oi 1.1 is a screening , therapeutic and developmental tool which helps promote mental health of the individual so that one develops resilience and fortitude in dealing with dynamic situations.

Smart organizations pave their way to success with strategic excellence and developing in their employees an abundance of optimism. Optimism Index (Oi 1.1) and Optimism Attitude Model (OAM) , *one of its kind in India*, help *the Organizations and Individuals to rewrite success and make historical innovations for the benefit of mankind and world peace*.

To measure these various dimensions in a standardized manner with sturdy psychometric properties of Reliability and Validity, this developmental tool was developed. This test is a culture fair, culture free test and had tremendous broad applications. Hence it can be used globally with equal results anywhere in the world to tap the untapped potential of the employee while also helping him unleash this hidden reservoir.

The good news is that this test is not only a measure of present performance but is also a predictive measure of future success too. This test measures accurately the results of interventional efforts made by the organization on an individual and correctly validates the maxim that optimism can/ is a learnt behavior which can be inculcated anytime, anywhere. Knowledge of results (KR) on this test benefits not only the individual but also the organizations as well which helps in decision makings of various kinds. Thus this test has multifarious implications and can be successfully used in various interventional works which spell success and invite happiness in people's lives.

The idea behind developing this developmental tool is to develop an index on 'Optimism'. This index will rate the 'Optimism' factor of the organization, group or an individual which will facilitate to know how focused and well directed the approach is to bring well being and happiness to life. The model will indicate how 'Optimism' can enhance the other variables of PEROMA.

'Optimism' signifies the driving force to move towards the achievement of other elements. It will act as a tool, as a construct and theory to comprehend and advance the factors affecting well being of the individual. The concept will be used in several connotations in the areas of Management and Psychology. It will have its implications at the industry at large and towards the development of well being, hope and resilience at an individual level.

Optimism Attitude Model (OAM)

On the basis of Oi scores, a new interventional approach has been developed, Banerjee P. 2016. Optimism Attitude Model presents simple steps to bring in the intervention required to enhance the levels of optimism leading to self-growth. The concept is shown diagrammatically as below.



Optimism Attitude Model (Banerjee, P.2017) presents simple steps to bring in the intervention required to enhance the levels of Emotional Resilience, sense of Well Being and Mental health. Optimism Attitude Model (OAM) is a scientific intervention for training one's mind to achieve optimum level of cognitive functioning, performance and the ability to handle stressful and uncertain environment with enhanced resilience.

Using this five step model the individual is able to self manage , monitor and acquire a positive attitude and mindset leading to improved self worth and efficacy In a very simple, concise and effective manner, this model helps one focus on the issues which need cognitive attention and development through cognitive priming, cognitive reinforcement among other steps ultimately leading to self efficacy. Thus, it's a cyclical process of one's transformation leading to success, growth and prosperity of the individual along with targeting organizational goals.

Oi is the tool to measure the current levels of optimism within an individual. Based on the composite score and the scores on the different dimensions, interventions are suggested. These interventions help an individual reinforce their existing strengths and work on their negative aspects or weaknesses. OAM help the individual to comprehend his issues and focus on the areas he needs to re-work on , in order to optimise his potential.

Banerjee P. (2016) has dwelled on this issue for a decade and she feels that yes, people can acquire this attitude of success which is through a very scientific process and which is certainly not delusional. Yes, she feels that positive predisposition can be inculcated and it does not depend on a particular situation or an event. It is something which a person deliberates upon deliberately and with a conscious effort. She has developed this model of Optimism which has scientific leanings. It evinces clearly that Optimism is the core ingredient inside every success . No matter whatever the degree and frequency of failures faced by an individual, his resilience and positivity will remain intact if he has one particular attitude/ quality/ trait within him and that is a big chunk of Optimism.

If and when Optimism as an Attitude is developed and inculcated, success is assured – sooner or later, no matter whatever the circumstances. Many theorists have also spoken about this directly or indirectly in their models on success. Banerjee, P. (2016) has dwelt upon and developed this model for

Optimism in her famous PEROMA perspective. The word contains O in the middle which reflects optimism. The other dimensions are: Positive Emotions, Engagement, Relationships, Meaningfulness and Achievement.

All these dimensions are independent, yet interrelated with each other. And to the extent that these dimensions can be developed in an individual, his success is assured. At the same time, how can one ensure that these dimensions are properly developed in an individual? What is "normal" and what is meant by under normal dimension? Can the dimensions be worked upon and improved? And in what areas will this prove successful? Is it going to help in personal life? Will it benefit the professional life of an individual? These and many similar questions are significant and will be answered in the following pages in detail. Suffice it to say here that all the questions have just one answer in common and that is – Yes, and a big positive affirmation. All these dimensions are measurable and quantifiable with proper norms in order. Banerjee (2016) has developed Optimism index (Oi) which measures the Optimism scores of an individual. The test gives the global score of the individual on Optimism along with the scores on above mentioned five dimensions of PEROMA.

This model has multiple utilities and its not meant for people with some mental issues or disorder. In fact, its meant for normal people struggling with their lives in trying to enrich it, both personally and professionally. Banerjee (2016) talks about Optimism and in effect success is very much in one's hands. Its about how positive/ optimistic we are about our life's situations in facing new challenges. This model of OAM insulates against failure, against despondency and shows us the ways in which success can be attained. This model is suitable for all age groups and in all walks of life for all professions. The following sections will enumerate this in detail in terms of a patient with history of alcohol abuse. It is challenging to deal with alcoholics as they do not view their addiction as of same level as other substance abusers and harder black marketed drugs. One of the more common pitfalls which occur during an alcoholism intervention is that the presence of a professional to guide through the process is not considered essential either by the individual or the family members. Since alcohol is legal, it is very difficult to convince the individual that he needs a professional support at any level. Hence the drop out rate during therapy is also very common.

Diagnosis of Alcohol Abuse and Dependence

Sturdy and researched diagnostic systems like DSM V or ICD 10 is important for identification, treatment and management of AUDs. It is imperative that correct diagnoses be made which facilitate communication among clinicians, researchers and family members (Robins and Barrett 1989; McGue 1999). The diagnosis is made after a detailed case history analysis which focus on pathological psychosocial behavior patterns resulting from alcohol which has a very negative impact on the families along with the individual. Alcohol dependence is diagnosed emphatically when three out of seven criteria are met which reflect impaired behavior pattern and control related to alcohol within a period of one year. Case history should reveal significant impairment arising from acute alcohol dependence along with severe feelings of subjective distress.

There is also developmental difference between adolescent drinking and adults. It is seen that although adolescents tend to drink lesser than adults but their intake is more almost at every occasion. (Deas et al 2000).

Oam therapy for happy living

"Everytime you are happy, you win" (Banerjee, P., 2018)

One just pops in medicines to relieve oneself of the inner pain but in vain. Substance abuse among youth is on the increase these days due to this harsh reality of life. To deal with these traumas and turbulences which the present day life presents, OAM (optimism attitude model) as a therapy to enhance quality of life and subjective well being was evolved after working on this for almost a decade (Padmakali, 2017).

One of the main ingredients of positive psychology is optimism. And with OAM therapy, this potion is filled in the person completely and absolutely, using simple steps as given in the model. Winston Churchill made this very famous statement on optimism, *"a pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."*

Optimism is a trait which should be consciously inculcated by each individual as it benefits the immune system immensely and makes us more hopeful, happy, cheerful, contented, serene and tranquil. Researches have also indicated that optimism raises the individual higher on positive mental health and decreases the vulnerability for negative mental health like anxiety and depression.

The author also believes that we can create happier life for people on this planet. We can create better world, where happiness and peace prevails. Similarly author is also quite passionate about the conjugal relation between optimism and passion which leads to innovation. And more such innovative individuals are required by the organizations, institutions and together such optimistic individuals need to grow in numbers to ensure the prosperity of the nation as a

Banerjee, P. (2016) opines that it should be the moral and ethical duty of teachers and parents to ensure that the spirit of optimism is imbibed very early at school levels. This will transform the child into a motivated, confident and competent adult, ready to take on the world and its multifarious uncertainties and challenges. The individual will develop optimism as part of his unconscious personality which will lead to more success and happiness improving his overall sense of well being.

Such an individual will remain unstoppable and will be able to pursue his life's desires and goals with resilience and positive spirit, undeterred and undaunted. Padmakali d (2017) suggests that its quite easy to develop this attitude of positive optimism. Its just a way of perceiving at life's uncertainties and telling the heart nonchalantly

*"Be still, sad heart and cease repining
Behind the clouds is sun still shining."*

Optimism Index - A predictive tool for success has been developed by Banerjee, P (2016) which gives quantitative measures in terms of a global optimism index along with scores on dimensions of Positive Emotions, Engagement, Relationship network, Meaningfulness and Achievement. Optimism index (Oi 1.1) the one of its kind in India, is an effective tool for quantifying the levels of optimism in an individual as one of the indices of competency mapping and developing Emotional Resilience leading to enhanced Mental Health. Oi 1.1 is a screening, therapeutic and developmental tool which helps promote mental health of the individual so that one develops resilience and fortitude in dealing with dynamic situations.

On the basis of scores, one is put on OAM therapy (Optimism Attitude Model)for developing the dimension one needs to fortify in order to be more successful. That is the benefit of the test Oi - Optimism Index and the Optimism Attitude Model.

The following steps delineate the OAM - Optimism Attitude Model process.

Awareness Development

Scenario Building (Internal Visualisation)

Reconstruction (Motivational videos and Illustrations

Reinforcement (Mindfulness meditation)

Attitude Formation (Optimism Development)

Self Worth - The Ultimate Peaking of Attitude

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Some Success Stories with OAM Therapy

Case 1

Saurabh's Alcoholism

The following is a case study of a 30 year old severe alcoholic whose life was strewn with multiple conflicts compounded by a dysfunctional family. OAM therapy was successfully used in individual as well as Family therapy over a six month period. The details of the case are enumerated below.

Saurabh's

Saurabh was a 30 year old , male with a history of alcohol abuse since his teen years. He was working as manager in a multi national company and was " stressed out" – in his own words. He said that he had been taking alcohol since the age of 11 years. Alcohol intake would bring him relief from his dreary life. He was brought to the hospital with the chief complaint of dizziness, nausea and insomnia since a week. He had stopped going to office and would fight often with his wife of 5 years . He had two young children , three married sisters and his aged parents with whom he lived. He seemed to be in delirium when he was brought in the OPD and was muttering unclear expletives. He was quite unkempt and had a disheveled appearance when he was brought in.

He was put on detoxification for a few days while the detailed case history was taken from his sister who had brought him forcibly to the hospital. Pathological family issues were revealed. The four siblings (which included the patients too) had been a mute helpless witness to domestic violence since childhood. After hitting the mother till she bled, their father would often beat up the children in rage and still hit Saurabh with a stick in front of his wife and children. Adding to Saurabh's woes was his father's number of illicit affairs with the hapless females of the house whose children also he had fathered. Now he was trying to coerce Saurabh's wife too into having physical relations with him. As the father control led the financial reins of the house, invariably the female relatives had to give in to his uncalled for, unethical demands as the rest of the family watched in silent horror but could not talk about family woes to anyone.

All these issues compounded Saurabh's drinking episodes which kept on increasing with age. He had begun drinking quite early during his childhood days as he would sometimes sneak and steal his father's drinks while he was away. He had changed jobs often, could not complete his studies and remained a vagabond even after his marriage five years ago. He was dependent financially on his father who was in the habit of taking his complete salary whenever he would join a new job. As a result he had to look up to his father for every small need of his including the fees and food for his children. Although he was popular in his office, was intelligent and hard working yet behind the humorous exterior was a heart who bled emotionally and wept internally.

With these multiple issues, it was increasingly difficult to put him on any particular therapy as his compliance was almost nil. He would sit in the therapy room with a sullen face and in a rebellious mood. Most of his responses were ,

" What can you do?"

" Even God cannot help me"

" My life has all come to a naught and what is the point in living."

His sisters had already taken him to various therapists but he remained sullen and uncooperative there and gradually would drop out. They said that with great hope they had come to our clinic and were willing to make him stay for some time till detox and therapy were being done.

That is how he was put on OAM therapy (banerjee, P., 2016). OAM (Optimism Attitude Model) is therapeutic techniques which bring in its wake a heightening sense of optimism in the individual leading to his self efficacy.

Using the simple steps of OAM , Saurabh was guided towards developing self Efficacy leading to believing in oneself and moving on in life taking on the various uncertainties with self belief, optimism and resilience.

Awareness

In this stage Saurabh was made aware about his problems using confrontational therapeutic mode, He had erstwhile been using denial and escape mechanisms of drinking to drown his negative inner turmoil in alcohol.

Visualization (Scenario building)

Here, Saurabh was made to visualize a conflict free life where he lived with his wife and children in harmony.....his wife had begun to love and respect him...his office people were happy with him...he was able to earn well and have a decent livingAll this led to him being more in control and off the financial manipulations of his father...he has been able to but the luxuries of life he had always yearned for but could not have..... etc

This scenario building inevitably would bring a smile to his face.

Reconstruction (Cognitive Priming)

After such powerful and positive visualizations, Saurabh could connect with the idea of leading a healthy, happy and successful Alcohol free life with dignity and inner strength. He was shown motivational videos and he could relate with many victims who came out of this self inflicted abuse and were now symptom free. This leads to developing the self confidence of the person and encourages him to become more responsible towards his commitment towards this change in his behavior patterns and life style.Sauabh could visualize this change in him.

Reinforcement

During periodic sessions with him over six months, gradually the emphasis to be alcohol free to be able to enjoy a more satisfying life was reinforced every time. The importance of a healthy life style and alternative methods to distress and divert his mind during a very strong urge were delineated, discussed and even practiced with him. Early in therapy he was provided with strategies for targeting his alcohol abuse. With the help of the therapist, he could identify the time which triggered his drinking behavior. He could now see that many of his actions were more of automatic responses than his conscious decisions. Also he could initiate the change in himself. With periodic sessions, he was beginning to question his reasons for taking alcohol as an excuse to drown his sorrows. The same was repeatedly reinforced with him during the sessions.

Mindful Meditation

Periodic sessions of focused mindful meditation helped him re-establish trust between his wife and himself. The therapist achieved this by working with Saurabh to identify the mindful patterns he was comfortable with in order to achieve a tranquil state. He was now more quiet and at peace with himself over the past events over which he had no control. He was made to realize that even in the present one does not have control over how others behave but certainly there are ways in dealing with situations without aggravating the issues.

Attitude Formation

His strengths were that he was intelligent and insightful about the therapeutic program he was put in. With periodic sessions he was able to realize that that they could have conversations in the family sans hurling accusations at each other speaking at the top of their voices in taunting manner.

. He learned to listen more without getting into confrontational aggression and argument. This new found attitude was making him more confident, calm and he was able to find way out of heated arguments with his father and wife.

Self Efficacy

Six months after the termination of sessions, Saurabh was sober, joined his office, involved in hospital's families group therapy sessions and had become a motivational speaker for individuals with similar Alcohol abuse. He was more confident in his abilities as an individual, experienced less stress and was doing well at office too. The relationship with his family members had transformed into a positive one and he no longer felt overwhelmed by his family's dysfunctional issues.

Case Theme in Saurabh's case was in fact confusion about expressed emotions in the family and the chaos resulting from it. The family kept their grievances to themselves and did not express their real emotions even to each other directly. It was as if some of the topics were just taboo especially when they were related to his father's behaviours. The resulted in inhibiting him emotionally from talking it over with his father and family members and keeping things boiling within himself.

Another related theme that emerged during the therapy was his immense desire to maintain a façade with himself and the world .by looking normal and happy to the world around him.This was exact opposite and inconsistent of his real feelings and emotions. He was able to have an insight about these patterns during therapy and the correct mode of behavior he needed to adopt if he were to be able to move forward accepting himself with his strengths and weaknesses.

Stage 1

Initial therapy sessions were mainly involved to reassure him about the therapeutic alliance which was going to be supportive of him, his needs, emotions and to develop insight into the time where his life had gone off track, how he visualizes himself to be and what he would like from his family members. Saurabh was receptive to these suggestions and a sturdy therapeutic alliance spread over several months.

Along with individual sessions with Saurabh, his parents were also seen by the therapist who discussed about their own lives, parenting styles and their perception of what went wrong and where. There were conflicts too as a couple which the therapist allowed them to let them share their own hurts and disappointments out in the open honestly. Other members of the family were also subsequently brought in which included his sisters and wives too.

Later on with the progress in therapy, the therapist during a family therapy addressed the conflicting issues which possessed his mind frequently. This paved the way for confrontations and positive arguments over past issues which he could not let go of.

Stage 2

The emphasis in this stage was in Saurabh taking charge of his life in a more responsible manner by being internally motivated and taking concrete steps in rebuilding his own life personally and at work too. During one such family session, he confided that he was able to start trusting more and was confident that he will be able to be off drinks completely. The therapist gave emotional space to the family, during the sessions to have conversations about being happy and contented and ways to help each other accomplish their goals. The father was encouraged by the therapist to be more friendly rather than critical of Saurabh and be more friend involved in his life on a daily basis. Father and son should develop “guy” bond and trust is most fundamental in repairing relationships. Saurabh was suggested to stay focused on his goals and stay motivated at all times.

Stage 3

During the final family therapy session, the family was asked to talk about the positive changes they had witnessed over the course of various therapeutic sessions and how comfortable they were in this newly formed bonding and understanding with each other.

Saurabh admitted to having more comfortable relation with his father. He had accepted his father with his past weakness, came to terms with that . His wife also was becoming more overtly supportive of him and the quality of relationship he shared with her also improved considerably. He voiced that it was actually very difficult to forgive and gloss over the past mistakes of his family members, yet he was honestly trying to do that and was succeeding too. He felt happy and contented seeing his children in the evening after a day’s long work and was spending more quality time with them. Saurabh’s journey during the course of the therapy over six months was encouraging, challenging and successful.

The course of the therapy in each succession eventually helped Saurabh to talk directly to his father about the pent up emotions he had within him since the childhood. The family too were suggested ways to explore this and the therapist helped Saurabh’s mother too to learn how her passivity in the physical abuse by her husband inflicted on her and her children had impacted him, traumatized him.

During these discussions, the family were suggested to focus on spending quality time with each other punctuated with fun, frolic and laughter together as a family and to let go of the past without it interfering in the present.

Primary Components of Treatment:

Improving communication amongst each other without shouting, screaming or yelling; the ability to listen with understanding and compassion.

Develop Saurabh's emotional regulation and distress tolerance for seemingly unpalatable situations without confrontational arguments.

Help Saurabh to focus on short term goals during therapy sessions with the aim of developing a positive life.

Enhancing his belief in himself and provide hope for future.

To bury the past with amicability and positivity.

The Take-Away:

Saurabh's case effectively demonstrates the effectiveness of OAM therapy on AUD (Alcoholism Use Disorder). The individual along with his family can create synergy for bringing about this long term positive change impacting him, family and community alike.

In the present case, there was a significant change within Saurabh, in his outlook as a person and in his ability to deal with problematic situations in a more calm, optimistic and responsible way.

Thus, indubitably, OAM as a therapeutic interventional model works well even on individuals with Alcohol abuse. This has been demonstrated effectively in the present work and is highly recommended for future work even in clinical population.

Table 1 Changes in levels of optimism index at each month with OAM therapy

| Changes in levels of optimism index at each month with OAM therapy | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| Dimensions | 1 st Month | 2 nd Month | 3 rd Month | 4 th Month |
| Positive Emotions | 28 | 35 | 38 | 43 |
| Engagement | 22 | 32 | 37 | 41 |
| Relationship Network | 25 | 29 | 31 | 36 |
| Meaningfulness | 22 | 26 | 31 | 39 |
| Achievement | 25 | 29 | 37 | 43 |
| Global | 122 | 151 | 174 | 202 |

Case 2

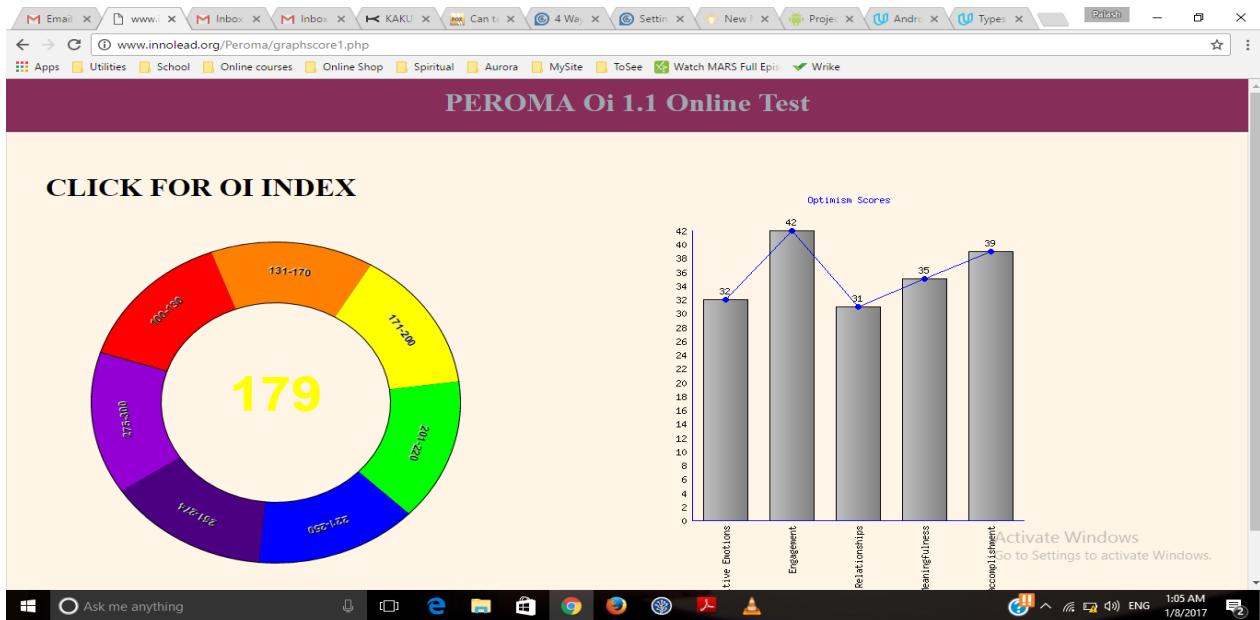
Komal's Marital Dysharmony

Komal was apparently asymptomatic about thirteen years back till she was married in 2000, to Mr. X, everything was fine between the husband and wife for some time, but slowly as time passed the couple started having fights, arguments which happen between couples, but these became a problem when the fights became very serious, the husband stopped believing the wife regarding her complaints for the mother-in-law's ill treatment towards her, who in his absence, she would taunt the patient, would make her work etc.

Since the beginning of the marriage the husband had high expectations from her, which had put a lot of pressure on her, according to his expectations, the wife should be working independently, he had tried to indulge in her various activities, such as driving, working as a beautician, applying for various other jobs. Komal was not expected to do all this, by her parents and when after marriage she was asked to do all that she had never done it became tough for her to cope with all this which led her to take steps to end her life and made her think that the husband did not love her. Komal also started fearing her mother-in-law's visits as whenever she would visit, the husband would be a completely different person, he would not pay attention to her, would not care if she had her meals and she would have to do a lot of house work that time and nobody would help her in that. She tried to commit suicide two years back by jumping in front of the car and also tried consuming phenyl but was saved. She had made many other attempts to end her life but does not remember them clearly.

The couple came to the clinic when all these fights, and suicidal ideations became very problematic and they could not handle it any more. From past six months Komal had lost interest in all pleasurable activities, she did not like to interact with any one, she did not talk to any of her friends, her appetite had decreased, she had disturbed sleep (early awakening), and she feels lethargic and does not like playing with her children as well.

Her BDI score showed severe depression and Oi score also shows her low in all dimensions of optimism.



OAM therapy was used on her for a duration of 4 months with follow up every week. She was regular in the sessions and subsequent scores showed marked improvement in her behavior patterns and coping skills. She was more at peace with herself now and took interest in her daily activities with her family members.

Table 2 Changes in levels of optimism index at each month with OAM therapy

| Changes in levels of optimism index at each month with OAM therapy | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| Dimensions | 1 st Month | 2 nd Month | 3 rd Month | 4 th Month |
| Positive Emotions | 23 | 27 | 31 | 42 |
| Engagement | 31 | 37 | 41 | 47 |
| Relationship Network | 25 | 32 | 37 | 42 |
| Meaningfulness | 30 | 38 | 40 | 45 |
| Achievement | 27 | 35 | 39 | 42 |
| Global | 136 | 169 | 188 | 218 |

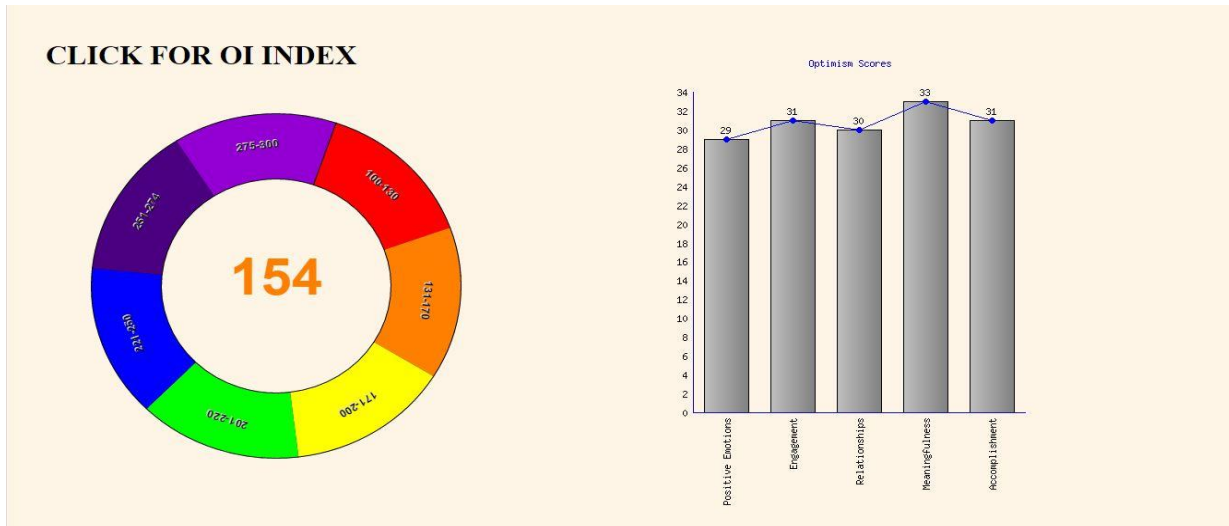
Case 3

Rohit's Emotional dysregulation

Rohit was brought by mother with the chief complaints of excessive and inappropriate emotional reaction in response to a negative life event. The informant reported excessive and regular consumption of alcohol, cigarettes and other psychoactive substances since the past 2-3 years. Premorbid personality was characterized by impulsivity, chronic feelings of emptiness, instability of mood and self image, difficulty sustaining relationships, fear of abandonment and episodes of deliberate self harm. Personal history reveals separation of parents 10 years ago. He seemed to be fearful of losing loved ones and she would tend to breakdown in stressful situations. He had a low frustration tolerance and got easily upset and emotional. He had traumatic memories of her childhood and regretted s certain impulsive and irresponsible behaviors of the past.

In therapy, Rohit wished to achieve his personal and professional ambitions. His outlook towards the future seemed to be bleak and pessimistic when he was brought to the clinic.

Psych diagnostics revealed him high on GAD – Generalised Anxiety Disorder. His Oi scores were also low on all dimensions.



OAM therapy for 5 months was done with a follow up every week. There was marked improvement in his behavior pattern and coping skills as a result of OAM therapy. His family life improved considerably and she was able to focus on his professional goals with a better focus and concentration.

Table 3 Changes in levels of optimism index at each month with OAM therapy

| Changes in levels of optimism index at each month with OAM therapy | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| Dimensions | 1 st Month | 2 nd Month | 3 rd Month | 4 th Month |
| Positive Emotions | 25 | 31 | 38 | 42 |
| Engagement | 32 | 36 | 38 | 46 |
| Relationship Network | 27 | 31 | 33 | 39 |
| Meaningfulness | 28 | 29 | 32 | 38 |
| Achievement | 28 | 35 | 38 | 41 |
| Global | 140 | 162 | 179 | 206 |

**Case 4
Ishan’s Depersonalisation**

Ishan an 18 year old Male was referred for for a psychological evaluation to determine his current cognitive and emotional status. He had a long history of poor academic performance due to dysfunctional family history. His parents were divorced and his alcoholic mother having remarried, had a 6 year old daughter and lives in Dwarka, Delhi. There had been a long history of domestic violence (emotional abuse) from both sides which persists even now. He stays with his teetotaler, easy going father, who did not remarry for the sake of Ishan and was never in a relationship.

Ishan was introduced to his ex-girlfriend when he was 14, by his mother. They had been in a live in relationship for some time in Ishan’s house where his father and grandparents had given their tacit approval for the same. His present issues are the he gets violent, aggressive, abusive and threatens his family (breaks laptops, mobiles – anything which comes in sight) whenever he feels that his needs are being thwarted. He has severe depersonalization issues, suffers from nightmares, mood swings from one extreme to another, threatens self harm, drinks frequently and of late does not feel satisfied with sexual encounters since the last 8-9 months. He suffers from acute body aches, headaches, feels lethargic and procrastinates promptly. During driving, he gets obsessed with the thought that he must have hit somebody even though he has never done it so far.

He does rash driving and spends a lot on things he does not require (ranging from 1k to 70 k) at times, whenever he gets mad or angry. He visits his mother often and the family feud, distrust and unhappiness persists.

Sources of information

Background information was obtained from his parents, paternal grandmother and girlfriend which appears to be reliable and valid. Current status of his emotional health was obtained from

observation during testing and from standardized psychological tests. The validity of his performance on these tests was deemed to be accurate due to his cooperation and compliance in sharing information about his life even while doing the tests. He desires to be off his symptoms which seem to have overpowered this seemingly docile (during sessions) six foot boy.

Assessment Procedures

Rorschach test
 Personality Trait Inventory
 Short BPD test
 Optimism Index

Mental Status Examination

Results of mental status examination revealed an attention seeking teenager who showed evidence of excessive distractibility but tracked conversation well. He was casually dressed and groomed. Orientation was intact for person, time and place. Eye contact was appropriate. There was no abnormality of gait, posture or deportment. Vocabulary and grammar skills were suggestive of intellectual functioning within the average range.

His attitude was open and cooperative. His mood was euthymic. Affect was appropriate to verbal content and showed broad range. Memory functions were grossly intact with respect to immediate and remote recall of events and factual information. His thought process was intact, goal oriented, and well organized. Thought content revealed no evidence of delusions or paranoia. His level of personal insight appeared to be good, as evidenced by ability to state his current disillusionment with his own self regarding his drinking, body aches, and depersonalization issues. He says that he is obsessed with the thought that he must have hit somebody while driving and sometimes goes as far back as 20 km to find out if indeed he had done it. Social judgment appeared good, as evidenced by appropriate interactions with the other hospital staff during MSE.

Results of evaluation:

Using information from multiple sources, the following domains of functioning were analyzed in terms of the effect on Prashant's behavior and personality.

Rorschach test

His interpersonal relations appeared to be poor (H and Hd low). He tends to suspect the intentions of others and even gets hostile to them (Perception of aggressive animals, devil - Raakshas, ghost, horrible looking creatures etc.). His thinking is not systematized. It is impulsive rather, but after some time, he tends to regain the control and also tends to perceive the popular responses which he should have perceive ahead of non-popular responses. His adaptive capacity seems impoverished.

Responses also indicate that his behavior is entirely governed by his emotions and he is quick in releasing emotions outside. Disturbance in interpersonal relationship is indicated as there are lesser H responses. R is low, slow in responding, card turning and shading shock on plate VI stopped him to give any response on it. The content category is narrow. He showed discomfort on the plates requiring imagination and adaptation and therefore there has been more card turning. His basic intelligence seems to be average. He has dry reality orientation without affective component (F + % high without mature colour responses). His adjustment has gone down to a low degree (High A %). He is concerned about his inner body and strength (High Presence of Anatomical Responses).

The protocol is consistent with the diagnosis of Depressive illness and Somatoform Disorder.

2. Personality Trait Inventory

Ishan's personality pattern was a focus of this evaluation due to a concern with long history of emotional and behavioral difficulties. This information was gathered from Personality Trait Inventory.

His scores indicate that he is high on **Emotional Instability and Depression**. His responses also indicated that he appears to be somewhat naïve and immature with a strong need for attention and affection. He may often react to stress or avoids responsibility by not paying attention to work or by procrastination, He has good insight into this tendency. Many symptoms of anxiety, tension, worries and sleep difficulties

were reported. He may be too dependent for his age and relate to others in an immature but aggressive, violent fashion.

Feelings of insecurity, inadequacy, hypersensitivity and anxiety were noted. There was also a need for support combined with a low self-concept. He has immature, dependent and aggressive tendencies and often feels depressed. He feels constricted and threatened from his environment. He seeks escape from his present surroundings but feels caged and controlled by others which render him helpless and despondent of future. He has a strong tendency to rebel, flout social norms by not conforming to the prevalent ones.

3. Short test of BPD (STB)

Prashant reported positive to the following concerns during the test.

Often been distrustful of the other people.

Reckless driving and excessive spending

Frequent feelings of dejection

Having bad mood swings

Tried to do self harm in fits of anger

Close relationships troubled by lot of arguments

Impulsive anger

Problems with drinking and verbal outburst

Frequently feeling as if things around seemed unreal

Strong need for control.

Acute body aches

1. Optimism Index

His score on Optimism Index came to be 180, indicative of low energy levels, depression, sense of hopelessness and learned helplessness. Overall, the results are suggestive of the diagnosis of Borderline Personality Disorder, Somatoform disorder along with Depression.

For Interventions, he was put on OAM therapy for 6 months and there was marked improvement in his symptoms. Ishan continues to be regular in therapy and is doing well on academic front too. . He had developed good insight about his issues and OAM therapy helped him to build an approach that focuses on developing distress tolerance and emotional regulation. This helped him to cultivate a more adaptive coping/defensive pattern.

Table 4 Changes in levels of optimism index at each month with OAM therapy

| Changes in levels of optimism index at each month with OAM therapy | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| Dimensions | 1 st Month | 2 nd Month | 3 rd Month | 4 th Month |
| Positive Emotions | 32 | 35 | 39 | 41 |
| Engagement | 30 | 35 | 41 | 45 |
| Relationship Network | 28 | 31 | 35 | 39 |
| Meaningfulness | 29 | 34 | 39 | 46 |
| Achievement | 31 | 37 | 41 | 46 |
| Global | 150 | 172 | 195 | 217 |

Way forward: transforming lives (On becoming an Oamian)

Of late, the burgeoning importance of including positive psychology in work place is being increasingly recognized. Many researchers globally are working on understanding the impact of optimism and motivation in work place. In fact, Optimism has been recognized as one of the most wide spread of behavioral biases. Studies on Optimism have shown that individuals who believe that good things will happen in their future actually benefit from this positive thinking. Such individuals are more at peace with themselves, lose temper less frequently, remain calm even in the most provoking situations and are able to deliver under most trying circumstances.

The paradox is that despite many researches backing up their claims with statistical significance yet very few organizations actually employ employee involvement or engagement. This happens because the command and control style of work management still is quite predominant. This is surprising but true although many researches actually claim the opposite i.e. self-responsibility comes in with collaborative team effort, yet organizations fail to work on this particular perspective. There are also not many psychometric tests available which are able to measure and maximize employee involvement and engagement.

PEROMA Oi – A Tool for Predicting Success does exactly this.

It is a very simple, yet effective tool to measure the present levels of Optimism in an individual.

It gives a profile picture of the individual very succinctly and it also measures the impact of incremental increase in the levels of Optimism inculcated after training.

The present competitive world give a breather to only the survival of the happiest. OAM handholds the individuals to understand how optimism affects our chances of success and happiness. The preceding sections tell us about measuring optimism with the hope of maximising it too with conscious efforts using OAM therapy. This Seventh Sense will help one and all to inculcate the spirit of optimism, achieve greater heights, and pursue our dreams to reach our goals. It is the magnetic super power. Enhances the capacity of an individual for superior outcome. The driving force of O (Optimism) which enhances the attainment of the individual. Optimism is like the sun which gives rise to magnetic power to achieve superior outcome. The Optimism which when combined with engagement along with compelling purpose gives rise to the **seventh sense** in the individual.

The author is passionate about spreading Peace through Optimism. She strongly feels that the world can be made into a happier place by development of self towards scientific temperament for learning to imbibe optimism from the very beginning of one's life which begins at school level. Hence, she exhorts teachers and other stakeholders at school level to keep "Optimism in Your Hands" as a fun game as an integral part of their curriculum at all levels ie Primary, Middle and Secondary. Just as Moral Science is taught in schools, similarly optimism as a subject should be taught in schools. This will positively impact the young minds in their early years to develop the attitude of innovation, creativity, gratitude, hope and resilience. Thus, Incredible India will be able to create a community of people who are incorrigibly optimistic, happy, and hopeful and are able to withstand changes thereby maximizing their chances of enhancing their quality of life. (QOL) as they become incorrigibly happy Oamians.

An OAMIAN is an individual who believes and practices OAM (Optimism Attitude Model) in his daily life. In fact being optimistic and positive at most of the times helps him to be meaningfully engaged, resilient in his approach while on his way for greater accomplishments in his life. He has uploaded and installed firmly the principles of OAM in his life.

OAM therapy is more about enabling people to find their own paths than prompting people to walk those laid out by the therapist. OAM therapy has been honed with a decade of experience in the field. This is a hands on approach and focuses on equipping the individual with more effective strengths and fulfillment to address his issues and come up with positive solutions. This therapy is not meant for life long participation but emphasis is on arming the individual with a repertoire of attitudinal skills he may use whenever faced with a challenging situation/ task.

In the present day scenario when the world is facing tumultuous situations in socio-politico-economic landscape, there is an urgent need to harness the latent power that is within every individual towards constructive goals. The world has virtually got converted into a global village where we all live together and are mutually interdependent in some form or the other. At this critical juncture of human history, the need of the hour is to ensure that the youth in this global village take the lead role in making it a better place to live. The world population is currently dominated by the youth power. Majority of the global populace is constituted by the youth. They have tremendous potential within themselves. It is important for policy makers at the global stage to facilitate maximum avenues for the young generation to unleash their divine potential through a spirit of optimism and mindfulness. And this can be done right from childhood in the family, in educational institutions, and eventually in the work place. The world has already witnessed the positive force that is within youth in the world of technology, innovation and creativity.

Their success stories are truly mesmerizing in that context. Now it is time when they need to take frontal leadership role in all facets of world developmental process. It is high time that they come up to the expectation of all and discover their innate potential with the magnetic force of optimism that in turn would facilitate the unbounding of the superpower that is within them in the form of “**Seventh Sense**”. Once that is happening their natural dynamism will automatically provide them with unrelenting mental capacity to drive through and reach newer heights of success, glory and self-actualization. If the young generation all across the world is able to be the agent of change then that will be truly transformational for the global community at large.

That will be truly inspirational for human beings on the face of the earth. But in the midst of all these immense possibilities, the bottom-line is that all of us should relentlessly make a sincere effort to move forward with positive emotions and mindfulness. We should never forget that the spirit of optimism is the lifeline of our inherent energy, just like the sun in the solar system, and drives us all the way to higher levels of achievement. Once such construct allows us to realize our full potential that is within ourselves, we are able to rediscover our own selves and harness the all-encompassing superpower within ourselves manifested by “**Seventh Sense**” that is bound to make our lives versatile and enable us to reach higher levels of success, glory, and self-actualization.

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