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THE WHY BEHIND THE TRY: LIVING A HARMONIOUSLY RECOVERED LIFE

DEFINITION OF PASSION

“Passion can be seen as a strong inclination toward a self-defining activity that one loves, finds important, and invests a significant amount of time and energy in.”

Vallerand, 2010



TWO TYPES OF PASSION

- “Furthermore, two forms of passion seem to exist. The first can be seen as being in harmony with other aspects of the self and the person’s life and should mainly lead to adaptive outcomes. The second form of passion may conflict with aspects of the self and the person’s life and should mainly lead to less adaptive and sometimes even maladaptive outcomes.”
- Dualistic Model of Passion (DMP) is the study of these two approaches to passion
- Vallerand, 2015; St. Louis, 2015

WHAT IS PASSION?

- An activity that one likes/loves/finds interesting
- Activity is meaningful and/or valuable
- A person engaged in this for a significant amount of time
 - 8 hours a week
- Part of one’s self-concept
 - Not “I like to fish, but I am a fisherman”
- Vallerand, 2015



ITEMS OF THE PASSION SCALE

“PLEASE NAME AN ACTIVITY THAT YOU LOVE, HIGHLY VALUE, AND REGULARLY SPEND TIME ON AND RESPOND TO THE VARIOUS ITEMS WHILE REFERRING YOURSELF TO THE ACTIVITY.”

- **Harmonious and Obsessive Passion**
- 1. This activity is in harmony with the other activities in my life.
- 2. I have difficulties controlling my urge to do my activity.
- 3. The new things that I discover with this activity allow me to appreciate it even more.
- 4. I have almost an obsessive feeling for this activity.
- 5. This activity reflects the qualities I like about myself.
- 6. This activity allows me to live a variety of experiences.
- 7. This activity is the only thing that really turns me on.
- 8. My activity is well integrated in my life.
- 9. If I could, I would only do my activity.
- 10. My activity is in harmony with other things that are part of me.
- 11. This activity is so exciting that I sometimes lose control over it.
- 12. I have the impression that my activity controls me.
- **Passion Criteria**
- 13. I spend a lot of time doing this activity.
- 14. I like this activity.
- 15. This activity is important to me.
- 16. This activity is a passion for me.
- 17. This activity is part of who I am.
- **Key:**
- Harmonious Passion: #1, 3, 5, 6, 8, 10
- Obsessive Passion: #2, 4, 7, 9, 11, 12
- Passion Criteria: #13, 14, 15, 16, 17
- Vallerand, 2015

GRIT VS ZEST VS PASSION

- Zest for life is having a *passionate approach* to things in life
 - I love being emotionally engaged when I tackle life's problems
- Grit is having the ability to *tackle life challenges with perseverance*
 - I finished my master's degree during chemotherapy
- Zest and Grit are ***not described in a duality sense***
- Passion is a synergy developed between a person and an activity, not a trait of one's personality
- Vallerand, 2015

OVERALL FINDINGS OF PASSION

- Harmonious passion is positively correlated:
 - Psychological well-being
 - Health
 - Positive interpersonal relationships
 - Performance and creativity
 - Contributions to society
 - Obsessive passion is negatively correlated or found to be unconnected with the above
- Bouzigarene, 2017; LaFreniere, 2012; Burke, 2012; LaFreniere, 2011; St. Louis, 2016



HOW IS PASSION CREATED



Who
Am
I?



PASSION AND IDENTITY

- We pursue passions as they relate to how we see ourselves and our identity
 - Our social selves (our roles, what we express)
 - Our spiritual selves (our dreams, beliefs, values)
 - Our material selves (our bodies, clothes, house)
 - We often express ourselves by our passions
- Challenge for patients with ED, identity is wrapped up in ED
- Family therapy to help with who “she or he was”

INTERNALIZATION OF PASSION

- DMP explores the way that passion is internalized into one’s identity
 - “Internalizing” passionate activities includes applying social values, relationships, pastimes into one’s own value system and behaviors
 - An autonomous internalization style is correlated with Harmonious Passion
 - A controlled internalization style is correlated with Obsessive Passion
 - With autonomous internalization, we develop a process that is more adaptable, creative and open
- LaFreniere, 2012, Deci, 2000; Bouizegarene, 2017; Vallerand, 2015

HARMONIOUS PASSION & AUTONOMOUS INTERNALIZATION

- **Autonomous internalization into one's identity-**
 - Freely accepts the activity as important
 - Engages in an activity for oneself and willingly
 - Activity is done in balance with other life needs/activities/responsibilities
 - Participant is the one in control
 - Can foster growth in other areas



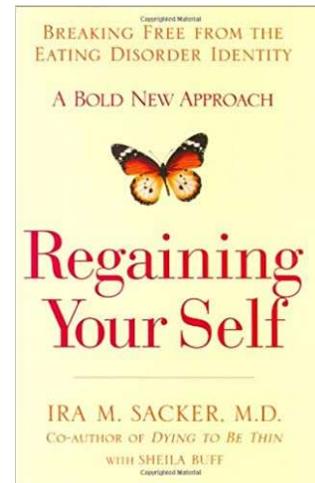
OBSESSIVE PASSION & CONTROLLED INTERNALIZATION

- Passion calls the shots, not the participant
- Rigid
- Motivated and compelled to do activity by interpersonal or intrapersonal reasons
- Passion creates an imbalance with other life activities-
 - Conflict to participate/to not participate
 - Conflict with other needed and desired activities
 - Difficult time NOT doing activity
- St. Louis, 2018, Lafreniere, 2012



APPLICATION TO RECOVERY

“Most people with eating disorders pick up on the things that get a lot of approval from the outside world, rigidly channeling themselves into activities that look good, rather than those that feel good to them. They learn how to perform so as to get the maximum amount of recognition from others, rather than satisfying themselves...” Sacker, 2007



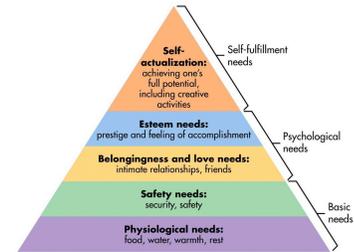
PERSONALITY AND PASSION

PERSONALITY CAN BE A FACTOR IN DEVELOPMENT OF APPROACH TO PASSION

- Harmonious passion is positively correlated with:
 - Conscientiousness
 - Extraversion
 - Agreeableness
 - Openness to experience
 - NOT correlated with neuroticism
- Obsessive passion is correlated with:
 - Negatively correlated with agreeableness
 - Positively correlated with neuroticism
 - Positively related to extraversion
- Dalpe, 2019

PASSION AND NEEDS

- Through DMP research we find that those who approach their passions in an obsessive way may have unmet needs in other areas of their life
- The obsessively passionate person could be trying to compensate for other needs
- The obsessively passionate person has been found in research to avoid issues through the passion
- Lalonde, 2017



PASSION AND ENVIRONMENT

- Parents, coaches, teachers can impact passion
- If those in the environment support a person in an autonomous way, then this will impact passion in a harmonious way
- If parents, coaches, teachers encourage participation in a pressure filled and controlled way, obsessive passion is more likely to develop, self-development is stunted
- Development of Passion is seen as a combination of the environment, activity and person
- Mageau, 2009; Vallerand, 2015



APPLICATION TO ED AND RECOVERY

- I used to say, you have so many gifts you are just using your determination in the wrong direction
- Patients with ED tend to look at productivity and accomplishment for feelings of worth
- Patient with ED struggle with rigidity and obsessiveness
- External motivation and rewards drive the ED and sometimes their recovery process
- Patients with ED have passion

APPLICATION TO ED RECOVERY

- Cues from environment can greatly help these patients
- Sessions, family members and coaches can be helpful to combat some of this process by encouraging the patients to be intuitive in their choices for activities
- Exploring other passions, ones that had before the ED can help combat the obsessiveness of ED
- Encouraging autonomous approaches to activities, encouraging growth and adaption instead of productivity
- Experiential therapies can be helpful for patients to try new things with support

WHY THE WHY IS IMPORTANT

FLOW (PROCESS) HARMONIOUS PASSION

- Open minded when doing an activity
- Less defended
- Mindful attention
- Concentration is more focused
- Flow is set by participant
 - Creative
 - Flexible
 - Adaptable
 - Flow can spill over to flow in other activities
- Participants don't feel negatively when they are prevented from engaging in their activity



HARMONIOUS PASSION AND OUTCOME

- When participants are engaged harmoniously with their passion, they report positive outcome *during* the task
 - Enjoyment of the task
 - Positive affect during task
 - Flexible and creative flow
 - Participants don't feel pulled or regret not attending to other activities
 - When not doing the task that they want, they don't feel conflicted and can focus their energy on the task that needs to be done
- *After* task
 - Participants report higher high satisfaction and a positive affect
 - Higher quality of relationships
- Ratelle, 2013; Vallerand, 2003

FLOW- OBSESSIVE PASSION

- Defensiveness
- Sensitivity when engaging in passion
- Avoidance of other needs and concerns
- While doing task, is worried about how others see them
- Passion is done at times when it isn't wise
- If kept from an activity, can feel negative, act aggressive with others
- Vallerand, 2015; Phillippe et al, 2009; Donahue, et al., 2009





OBSESSIVE PASSION AND OUTCOME

- The passion becomes the person's identity
 - Other people, activities revolve around passion
- The passion becomes the person's values
- Passion create the rules
- The participant can't help but to engage in the activity
- Experience conflicts during and after the activity
 - Can experience distress with self and activity
 - Reports conflicts with other needs, time, energy
 - Shame and guilt are often reported
- Report more stress and tension *after* the activity



WHAT ABOUT ENGAGING IN ACTIVITIES THAT ARE PEACEFUL?

- Yoga- centering of mind/body
 - Interviewed those who do yoga for years
 - Completed passion scale and other measurements for anxiety
 - Yoga and HP was positively correlated with decreases of negative emotions, and positively correlated with increase in positive emotions
 - Yoga and Obsessive Passion correlated increase in negative emotions while doing yoga
- Not the activity but the approach- the interests and values one holds leads to better outcomes
- Vallerand, 2012; Vallerand, 2015

IMPORTANT ASPECTS TO RECOVERY

- Being present
 - Mindfulness, DBT skills to become aware of inside not outside
- The why you are recovering
 - Is this a pleasing activity, am I healthy enough for it
 - Is this an externally motivated activity (praise, weight loss, perfectionism)
 - Is this part of my chosen identity
- Am I filling up my battery
 - Am I doing this to be closer to my own goals (ACT)
 - Do I feel better during and after



TONY ADKINS: MEDICINE WITH A PURPOSE



TONY ADKINS

- PA at Children's Hospital of California working in the Neurosurgery Department
- Approaches his work with minimizes fear and anxiety by dancing with them and their families
- Using passion in his youth of music to help his patients

RELATIONSHIPS AND HARMONIOUS PASSION

- We normally do passionate activities with others
 - HP approach can strength the quality of our relationships
 - We are more fun, and we are having more fun
 - Spills into other aspects of life
 - More open, we touch, laugh, share more
- Patients with ED can be self-conscious, often shameful and find it difficult to be vulnerable, try new things and experience attachment injuries and concerns

Phillipe, 2010;Vallerand, 2015

RELATIONSHIPS AND OBSESSIVE PASSION

- Obsessive Passion
 - Can make our focus very myopic
 - The passion can dominate identity and become isolative to forming rx with others
 - Narrow focus can become irritating
 - Creates a more stressed-out state, sending vibes others that can offend
 - Can create an environment of being closed off from others



HOW PASSION IMPACTS YOUR ACHIEVEMENT GOALS

- Harmonious passion focuses on "mastery" goals- focusing on the task and developing your competence
- Obsessive passion focuses on
 - Performance-avoidance (not looking bad in someone else's eyes)
 - Performance-approach (reaching goals in comparison to others, looking proficient)
 - Was associated with all three types
- Vallerand, 2015; Vallerand, 2007; Vallerand, 2008; Bonneville-Roussy, 2011

FOCUS ON GOALS

- Counterfactual- focus is on one goal, sacrificing other goals in order to reach it
 - Obsessive passion are found to engage in this
 - Obsessive passion tends to worry about falling short on goal, so they hyper focus on it (goal-shielding)
 - The most beloved passion takes the most attention, other passions suffer
- Vallerand, 2015



FOCUS ON GOALS

- Multifinal- means that allow you to seek multiple goals (with a lesser goal expectancy) can look at enhancing many areas of your life at once
 - Harmoniously passionate people are found to engage in this type of goal process
 - Goals don't compete with other goals
- ED recovery needs to be focused on this process, not the ED as the focus of goal



APPLICATION TO ED RECOVERY

- Encourage multiple activities
 - Physical, Intellectual, Emotional, Social, Spiritual (PIESS)
- Goals for self-growth not for accolades in the eyes of others,
 - Focus in therapy on counterfactual goals and set goals that would be more multifinal
 - Using CBT to combat injuries to core self and how to find worth in internal sense of self
 - Use DMP to educate but really to set goals in preparation and action phases of change
- Relationships and passion
 - Journal about thoughts and awareness about how you act in relationships when engaged in passions in a Harmonious or Obsessive way
 - Family therapy to get feedback on how others feel and what they notice

THOUGHTS FOR PROFESSIONALS

For patients

EATING DISORDER WORK

- Comorbidity with General Anxiety Disorder
- Comorbidity with OCD
- Rigid approach to life
- Others oriented
- Self-esteem through obtaining praise and goals, pleasing others
- Recovery is often approached the same way
- Using Harmonious Passion in recovery goal setting would be a better approach for this population

TIME TO MAKE A LIST

- Make a list of 3 of your most important harmonious passionate activities
- Exposure therapy to help
- Make a list of 3 of your most significant obsessively passionate activities
- Symptom reduction/addictive cycle approach

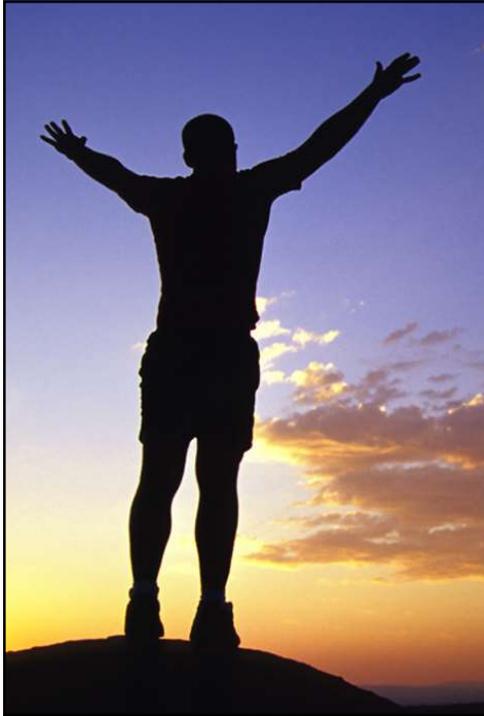
TREATMENT GOALS

- When formulating treatment goals have patients take inventory in their passions
 - Hand out a questionnaire on interests
 - Have them meet with an educational counseling on testing for career choices
- Formulate time in their recovery for mindfulness and meditation
 - Using DBT skills, teach them mindfulness
- Learn how to say no, teaching communication styles, relationship skills, focus on boundaries

TREATMENT GOALS

- Body image and harmonious passion
 - Teaching how to approach their relationship with their bodies from a less obsessive approach
 - 3D body image
- Relationships and recovery- have accountability within relationships for goals
 - Use ACT to help with harmonious approach, to manage anxiety along the way





MOVEMENT WITHIN THE TWO TYPES OF PASSION

- Research in DMP shows that even though we may have learned one way of approaching passion, we can with maturity and self-development we can develop skills in to adopt a different way of approaching passion
- DMP theory also states that no person operates on one approach to passion, like eating disorder recovery work, we can learn to listen to the recovery minded voice, or in this case the HP approach that is used and help it to grow
- Very similar to learning how to process thoughts, urges in recovery

HOW DO I BECOME HARMONIOUS IN MY APPROACH?

- Approach internalization process more autonomously:
 - Explore value system and how the activity/passion fits into this (ACT)
 - Question how the passion impacts one's autonomy
 - I feel good when I do this, I feel creative, I can choose to limit/balance this activity
- If passion isn't healthy or conflicts with values/identity, then explore other passions
- Focus on how the activity/passion gets in the way of life
- Ask for help from support system
- Vallerand, 2010; Vallerand, 2015

IS OBSESSIVE PASSION ALWAYS BAD?

- No!
- Can get very benefits from an activity even if you approach it obsessively
 - Performance can be enhances
 - Knowledge gained
 - Character growth
 - Positive emotions can come from engaging in activities

THOUGHTS FOR PROFESSIONALS

For YOU



THE MORAL PERIL OF MERITOCRACY

- First mountain- HAPPINESS- starting your career you want to define yourself and find career and family success
 - Focus on reputation
 - Strengthening ego
 - I make my own happiness
- Second mountain- JOY- adversity brings you to a point in life where you honor what you value most
 - Heart and soul decisions for employment and living life
 - More significance in this journey
 - Life is not about you as focus but about relationships with others, your commitments to others
- Brooke, 2019



FOR THE BOSS

- For the employer, are you autonomous or controlling in your approach to working with your employees?
 - Your part can impact whether your employee's approach Harmonious or Obsessive to work
 - Autonomous workplaces impact creativity in companies
 - Ask yourself if your environment with your coworkers leads to Harmonious Passion or Obsessive Passion
- Brooke, 2019; Vallerand, 2015; Liu, 2011



FOR THE EMPLOYEE

- Is your work based on your values
- Work-vs-Ego
 - Are you doing your work because it is satisfying or because it brings accolades
 - Do you know how to achieve goals at work and achieve personal goals
- Do you have a work/life balance
- Do you need to do some work emotionally to approach your work differently
 - Challenging perfectionism

KARATE KID

- Obsessive Passion
 - Kobra Kai was fighting for outcome, to be the best
 - Johnny wanted revenge for Alee choosing Daniel
 - Cheating was abundant in the tournament
 - Relationships and outcome suffered





KARATE KID

- Harmonious Passion
 - Daniel wanted peace and freedom in his new life
 - Miyagi taught balance
 - Miyagi taught “you train so you don’t have to fight”
 - Daniel’s participation in the tournament displayed what he learned, not outcome



TO SUM IT UP!

“You remember lesson on balance? Lesson not for karate only, lesson for whole life... whole life have balance, and everything be better, understand?”

- Mr. Myagi

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