**Table 1** Empirically Validated Positive Psychology Interventions (PPIs)

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| **PPI** | **Reference** |
| Active listening | Weger, Castle Bell, Minei, & Robinson, 2014 |
| Affective forecasting | Zhang, Kim, Brooks, Gino, & Norton, 2014 |
| Altruism | Levine, Prosser, Evans, & Reicher, 2005; Pavey, Greitemeyer, & Sparks, 2011; Small, Loewenstein, & Slovic, 2007 |
| Awe | Passmore & Holder, 2016; Piff, Dietze, Feinberg, Stancato, & Keltner, 2015; Rudd, Vohs, & Aaker, 2012 |
| Compassion toward others | Carmody & Baer, 2008; vanOyen Witvliet, DeYoung, Hofelich, & DeYoung, 2011 |
| Dealing with conflict | Carrere, Buehlman, Coan, Gottman, Coan, & Ruckstuhl, 2000; Lewicki, Polin, & Lount, 2016 |
| Empathy | Neff & Germer, 2013 |
| Expressive writing | Pennebaker, Kiecolt-Glaser, & Glaser, 1988 |
| Feeling supported | Mikulincer, Shaver, Gillath, & Nitzberg, 2005 |
| Finding meaning | Steger, Shim, Barenz & Shin, 2014 |
| Finding silver linings | Sergeant & Mongrain, 2014 |
| Focus on character strengths | Bryant & Veroff, 2006; Quoidbach & Dunn, 2013; Seligman, Steen, Park & Peterson, 2005 |
| Forgiveness | Baskin, & Enright, 2004; Harris, Luskin, Benisovich, Standard, Bruning, Evans, & Thoresen, 2006 |
| Generosity | Weinstein & Ryan, 2010 |
| Goal setting | Duckworth, Grant, Loew, Oettingen & Gollwitzer, 2010; Sergeant & Mongrain, 2014 |
| Gratitude intervention | Emmons & McCullough, 2003; Koo, Algoe, Wilson, & Gilbert, 2008; Lyubomirsky, Sheldon & Schkade, 2005; Seligman, Steen, Park, & Peterson, 2005 |
| Kindness | Fredrickson, Cohn, Coffey, Pek, & Finkel, 2008; Lyubomirsky, Sheldon, & Schkade, 2005; Warneken & Tomasello, 2008 |
| Meaningful activities | Peterson, Park, & Seligman, 2005 |
| Mindfulness | Arch & Craske, 2006; Carmody & Baer, 2008; Grossman, Niemann, Schmidt, & Walach, 2004; Praissman, 2008 |
| Overcoming fear | Schiller, Monfils, Raio, Johnson, LeDoux., Phelps, 2010 |
| Possible selves | Sheldon & Lyubomirsky, 2006 |
| Quality time | Gander, Proyer, Ruch, & Wyss, 2013 |
| Reciprocal self-disclosure | Aron, Melinat, Aron, Vallone, & Bator, 1997 |
| Relationship building | Gable, Gonzaga, & Strachman, 2006; Pavey, Greitemeyer, & Sparks, 2011 |
| Savouring | Bryant & Veroff, 2006; Quoidbach & Dunn, 2013 |
| Self-compassion | Neff, & Germer, 2013 |
| Three good things | Seligman, Steen, Park, & Peterson, 2005 |
| Values clarification | Crocker, Niiya, & Mischkowski, 2008 |

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