



# The Role of Forgiveness, Sel-Esteem, and Greed in Shaping Positive Automatic Thoughts

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**Abstract :** This research dives deep into the complex interplay between forgiveness, self-esteem, greed, and their combined influence on generating positive automatic thoughts in young adults. The study seeks to quantify the individual contributions of these psychological factors to fostering a positive internal narrative within this demographic. Regression Analysis will be used to determine the independent sizes of forgiveness, self-esteem, and greed on positive automatic thoughts. Data will be collected from a representative sample of young adults using established and reliable questionnaires measuring each psychological construct: forgiveness, self-esteem, greediness, and positive automatic thoughts. In conclusion, this research delves into the intricate connections between forgiveness, self-esteem & greed, and their impact on fostering positive automatic thoughts in young adults. This study has a sample of young adults from the age of 18-40 years that are taken to answer the questions and fill the questionnaire in accordance with their perspective and experience regarding forgiveness, self-esteem, and greed on positive automatic thoughts. Snowball sampling is done in this study. Total number of subjects was 100, which is equally participated by males and females. Through rigorous analysis, the study seeks to provide a deeper understanding of these psychological factors and their potential for promoting mental well-being and resilience in this crucial developmental stage.

**Keywords:** *Positive Automatic Thoughts, regression analysis, forgiveness, self-esteem, greediness.*

## 1. Chapter: INTRODUCTION

Imagine this: your best friend snatches the last slice of pizza, leaving you feeling frustrated. But instead of dwelling on the betrayal, you consider the bigger picture. You remind yourself (positive automatic thought- PAT!), "Hey, they probably forgot I wanted some too, and friendships are more important than a slice." This inner pep talk, fuelled by forgiveness and healthy self-esteem, can actually influence how often you have these positive thoughts. This study is interested in how these factors work together in young adults, a crucial time for developing mental well-being in the long term. It aims to examine the combined influence of forgiveness, self-esteem, and greediness on the prevalence and intensity of PATs in young adults, a demographic critical for understanding and fostering long-term mental health.

Previous research has established individual correlations between each variable and PATs. Forgiveness promotes self-compassion and acceptance, contributing to a more positive internal narrative (Enright & Fitzgibbons, 2015). High self-esteem is associated with increased confidence and optimism, leading to more readily accessible PATs (Baumeister et al., 2003). Conversely, greediness, characterized by excessive self-focus and desire, may hinder gratitude and appreciation, reducing the frequency and strength of PATs (Harter, 2012). However, we know less about their combined impact. Exploring this interrelationship can provide valuable insights into the complex factors shaping young adults' internal thought patterns.

## 2.1. Positive Automatic Thoughts

### 2.1.1 Understanding Positive Automatic Thoughts

Positive Automatic Thoughts, also known as PAT, refers to the process of consciously cultivating and maintaining positive thoughts and attitudes. Positive automatic thoughts are thoughts that spontaneously arise in individuals and have a positive valence. These thoughts have been found to play a role in various aspects of psychology, including incentive salience, approach motivation, mental well-being, and meaning in life. Positive automatic thoughts have been shown to mediate the relationship between liking an activity and wanting to engage in it in the future. They have also been found to be related to people's passions and contribute to mental health, with positive thoughts about physical activity predicting the frequency of physical activity and mediating the relationship between harmonious passion and mental well-being. Additionally, positive automatic thoughts have been found to mediate the relationship between personality traits such as neuroticism and extraversion, and positive affect, with these thoughts fully mediating the relationship between personality and positive affect. Furthermore, positive automatic thoughts have been found to moderate the relationship between event stressfulness and meaning in life, with higher levels of positive thinking buffering the negative impact of stress on meaning in life.

#### The Power of Positive Automatic Thoughts

Positive automatic thoughts have a profound impact on our mental and emotional well-being. By deliberately shifting our focus to positive aspects, we can reframe challenging situations, view setbacks as opportunities for growth, and build resilience in the face of adversity.

Research has shown that positive automatic thoughts have astonishing effects on various aspects of our lives. They improve our overall happiness and life satisfaction, enhance physical and mental health, strengthen relationships, and increase our ability to cope with stress. Moreover, positive thoughts also promote creativity, productivity, and success in both personal and professional endeavours.

#### Developing Positive Automatic Thoughts

Developing positive automatic thoughts requires conscious effort and practice. Here are some techniques to cultivate this mindset:

##### 1. Self-Awareness

Self-awareness is the foundation of positive automatic thoughts. It involves observing and understanding the nature of our thoughts and identifying any negative patterns. By becoming aware of negative thought patterns, we can consciously challenge them and replace them with more positive and empowering thoughts.

##### 2. Cognitive Restructuring

Cognitive restructuring involves challenging and reframing negative thoughts into positive and rational ones. This technique helps replace unhelpful and pessimistic thoughts with more realistic and constructive ones. By consciously challenging negative thoughts and finding evidence that contradicts them, we can transform our mindset and promote positive automatic thoughts.

##### 3. Gratitude Practice

Gratitude is a powerful tool for cultivating positive automatic thoughts. By regularly practising gratitude, we shift our focus to appreciate the positive aspects of our lives. This practice helps rewire our brains, making us more inclined to notice and savour positive experiences. A gratitude journal, where we write down things we are grateful for each day, can be a helpful tool in this practice.

##### 4. Positive Affirmations

Positive affirmations are statements that reinforce positive beliefs and attitudes. By repeating positive affirmations regularly, we reprogram our subconscious mind to think positively. Examples of positive affirmations include "I am worthy of love and success," "I have the power to overcome any challenge," and "I attract abundance into my life." Embracing the power of positive affirmations can profoundly impact our thoughts and actions.

#### *Benefits of Positive Automatic Thoughts*

Practising positive automatic thoughts yields numerous benefits across various areas of life. Some key advantages include:

**Improved Mental and Emotional Well-being:** Positive automatic thoughts foster resilience, happiness, and reduced stress levels. They contribute to better mental health outcomes, including decreased symptoms of anxiety and depression.

**Physical Health Enhancements:** Positive thoughts have a positive influence on physical health, promoting a stronger immune system, improved sleep, and reduced risk of cardiovascular diseases.

**Strengthened Relationships:** Positive automatic thoughts enable individuals to approach relationships with optimism, compassion, and empathy. This mindset fosters healthier and more fulfilling connections with others.

**Enhanced Problem-Solving Skills:** Positive thinking enhances creativity and expands problem-solving abilities. It encourages individuals to approach challenges with a growth mindset, leading to more effective solutions.

**Increased Motivation and Goal Attainment:** Positive automatic thoughts create a sense of optimism and self-belief, increasing motivation to pursue and achieve personal and professional goals.

Incorporating positive automatic thoughts into our daily lives brings about profound and lasting changes in how we perceive and interact with the world around us. By understanding the power and techniques behind positive automatic thoughts, we can actively cultivate positivity and create a more fulfilling life.

In conclusion, understanding positive automatic thoughts is crucial in fostering personal growth and resilience. It allows individuals to reframe negative situations, cultivate gratitude, and adopt a growth mindset. By recognizing and challenging negative thoughts, individuals can develop a positive mindset that empowers them to navigate life's challenges with optimism and perseverance.

### 2.1.2 Developing a Positive Mindset

#### Positive Automatic Thoughts and Psychology

Negative thinking often becomes a roadblock on our journey towards success and happiness. Developing a positive mindset is the key to breaking free from this cycle and embracing a more fulfilling life. In this topic, we will explore various strategies and techniques to cultivate a positive mindset, enabling us to navigate challenges with optimism and achieve our goals.

#### 1. Understanding the Power of Mindset

The way we perceive and respond to the world around us is heavily influenced by our mindset. The characteristics of a positive mindset include optimism, resilience, and faith in one's ability to deal with challenges. It is a mindset that allows us to focus on solutions rather than dwelling on problems. By understanding the power of mindset, we can harness it to transform our lives.

#### 2. Identifying and Challenging Negative Thinking Patterns

Negative thinking patterns can become deeply ingrained, hampering our progress and affecting our emotional well-being. Identifying these patterns is the first step towards developing a positive mindset. We will explore common negative thinking patterns such as self-doubt, catastrophizing, and all-or-nothing thinking, and learn how to challenge them using techniques like cognitive restructuring and reframing.

#### 3. Cultivating Self-Compassion and Positive Self-Talk

Self-compassion is an essential component of a positive mindset. By treating ourselves with kindness and understanding, we can counteract self-criticism and foster self-worth. We will delve into the concept of self-compassion, explore its benefits, and learn practical strategies for cultivating self-compassion in our daily lives. Additionally, we will discover the power of positive self-talk and how it can influence our mindset and overall well-being.

#### 4. Building Resilience and Overcoming Obstacles

Life is filled with challenges, setbacks, and obstacles. Building resilience is crucial for maintaining a positive mindset in the face of adversity. We will explore various resilience-building techniques, including reframing setbacks as opportunities for growth, developing a growth mindset, and practising gratitude. These strategies will equip us with the tools necessary to overcome obstacles and bounce back stronger.

#### 5. Surrounding Yourself with Positivity

Our mentality is greatly influenced by the people and environment around us. To develop a positive mindset, it is essential to seek out positive influences and create a supportive network. We will explore the impact of social connections on our mindset, learn how to set healthy boundaries and discover techniques for fostering positive relationships and environments.

## 6. Maintaining a Positive Mindset in Daily Life

Developing a positive mindset is an ongoing process that requires consistent effort. The purpose of this section is to provide you with practical tips and techniques for incorporating positive thinking into your everyday life. From practising mindfulness and gratitude to setting goals and focusing on self-improvement, we will explore strategies to ensure that a positive mindset becomes a habit rather than a fleeting state of mind.

By delving into the process of developing a positive mindset, we will equip ourselves with the tools necessary to break free from negative thinking patterns and embrace a happier, more fulfilling life. With practice and persistence, we can cultivate a positive mindset that empowers us to achieve our goals, overcome challenges, and thrive in all areas of life.

To develop a positive mindset, it is essential to practice self-awareness, mindfulness, and self-compassion. Developing habits of positive self-talk, gratitude journaling, and mindfulness meditation can greatly contribute to a positive mental state. In order to achieve a solution-oriented mindset, individuals need to cultivate a positive mindset in order to be able to approach life's difficulties with resilience, curiosity, and a positive attitude.

### 2.1.3 Theories of Positive Automatic Thoughts

**The Power of Positive: Exploring Positive Automatic Thoughts (PATs)**

Our inner voice can be a harsh critic or a supportive cheerleader. Positive automatic thoughts (PATs) are those quick, self-generated beliefs that uplift and empower us. Psychologists have delved into the power of PATs, highlighting their impact on mental well-being. Here are some key contributors:

**Aaron T. Beck:** The pioneer of Cognitive Behavioural Therapy (CBT), Beck identified negative automatic thoughts (NATs) as a significant factor in depression and anxiety. However, his work also emphasized the importance of cognitive restructuring, a technique that helps cultivate PATs. By challenging negative self-talk and replacing it with more positive and realistic beliefs, individuals can experience a significant improvement in mood and self-esteem.

**Martin Seligman:** Founding father of Positive Psychology, Seligman focused on the importance of fostering positive emotions, thoughts, and character traits. His concept of learned optimism suggests that people can develop a more optimistic outlook by identifying and reinforcing positive self-talk patterns. PATs, in this view, become building blocks for resilience and mental well-being.

**Shelly Taylor:** Social psychologist Taylor explored the concept of positive illusions. She suggests that some degree of positive self-belief, even if slightly inflated, can be beneficial. Holding PATs about our capabilities and potential can motivate us to take on challenges and persist in the face of setbacks.

**Adrian Wells:** Building on Beck's work, Wells proposed a model of metacognition. This focuses on our awareness and evaluation of our own thoughts. By recognizing PATs and appreciating their positive influence, we can strengthen their hold and cultivate a more optimistic outlook.

### 2.1.4 Applying Positive Psychology Techniques

Positive psychology is a branch of psychology that focuses on understanding and cultivating positive emotions, traits, and behaviours. It aims to enhance well-being, happiness, and overall life satisfaction. Applying positive psychology techniques can have a profound impact on an individual's mental health and can help them lead a more fulfilling life.

#### *Gratitude Practice*

One of the fundamental techniques used in positive psychology is practising gratitude. This involves intentionally focusing on and appreciating the positive aspects of life, no matter how small. Research has shown that regularly expressing gratitude can enhance happiness, reduce stress, and improve overall psychological well-being.

To apply this technique, start by making a conscious effort to identify things you are grateful for each day. This could be a simple act of jotting down three things you appreciate or verbally expressing gratitude to others. By consciously directing your attention towards positivity and acknowledging what you are grateful for, you can reframe your perspective and strengthen your overall well-being.

### *Positive Self-Talk*

Positive self-talk involves changing negative or self-critical thoughts and replacing them with positive and supportive ones. By identifying and challenging negative beliefs, individuals can cultivate a more optimistic and empowering mindset. This technique helps combat negative thinking patterns and enhances self-esteem and resilience.

To apply positive self-talk, start by becoming aware of your self-talk. Notice when negative thoughts arise and consciously challenge them. Replace these negative thoughts with positive affirmations or statements that reflect self-compassion and acceptance. Over time, practising positive self-talk can help rewire your brain to default to more positive and empowering thoughts.

### *Building Strengths*

Focusing on and leveraging personal strengths is another key technique in positive psychology. Each individual possesses unique strengths and talents that can be harnessed to enhance well-being and success. Identifying and intentionally utilizing these strengths can lead to increased confidence, motivation, and overall life satisfaction.

To apply this technique, begin by identifying your strengths. Reflect on activities or tasks where you feel most competent, engaged, and fulfilled. Aim to incorporate these strengths into your daily life and work. By focusing on and using your strengths intentionally, you can increase your sense of accomplishment and fulfilment.

### *Cultivating Positive Relationships*

Positive relationships play a crucial role in overall well-being and happiness. Nurturing and maintaining healthy connections with others can bring joy, support, and a sense of belonging. Positive psychology emphasizes the importance of building and nurturing relationships to enhance life satisfaction.

To apply this technique, invest time and effort into cultivating positive relationships. Prioritize spending quality time with loved ones, engaging in meaningful conversations, and expressing appreciation and support. Actively seek out opportunities to connect and collaborate with others, as social connections are vital for our mental health and overall well-being.

### *Cultivating Mindfulness*

Mindfulness is the practice of paying concentration to the present occasion non-judgmentally. It involves developing an awareness of thoughts, feelings, and sensations without becoming attached to or carried away by them. Cultivating mindfulness has been shown to reduce stress, improve emotional regulation, and enhance overall well-being.

To apply this technique, incorporate mindfulness practices into your daily routine. Set aside dedicated time for meditation or mindfulness exercises, such as deep breathing or body scans. Also, aim to bring awareness into everyday conditioning by concentrating on the present moment, engaging your senses, and observing your studies and feelings without judgment.

## **2.2 Forgiveness**

### **2.2.1 The Psychology of Forgiveness: Understanding the Process**

#### **Introduction**

Forgiveness is a complex psychological process that involves letting go of feelings of resentment, anger, and vengefulness towards those who have caused us harm or wronged us in some way. It is often described as a healing journey that can bring emotional, psychological, and even physical benefits to the forgiver. Understanding the psychology behind forgiveness is crucial for mental health professionals, as well as anyone interested in personal growth and emotional well-being. This topic aims to delve into the various psychological aspects and processes involved in forgiveness.

#### *The Definition of Forgiveness*

Before exploring the psychology of forgiveness, it is important to establish a clear definition of what forgiveness entails. Forgiveness is not about condoning or excusing the actions of others, nor does it require reconciliation or forgetting the harm that was done. Instead, forgiveness involves a deliberate decision to let go of negative emotions and their associated thoughts, and to work towards developing empathy, understanding, and acceptance.

### The Emotional Impact of Unforgiveness

Unforgiveness can have significant negative consequences on an individual's emotional well-being. Holding on to anger, bitterness, and resentment can lead to increased stress, anxiety, depression, and even physical health problems. It can also create a cycle of negative thinking and rumination that perpetuates feelings of victimhood and powerlessness. Understanding the impact of unforgiveness is crucial in appreciating the importance of forgiveness as a healing mechanism.

### The Psychology of Forgiveness

#### 1. Empathy and Perspective-Taking:

- Empathy plays a pivotal part in the forgiveness process, as it includes understanding and sharing the sentiments of the individual who caused the hurt. Creating compassion towards the guilty party can offer assistance cultivate kindness and encourage forgiveness.
- Perspective-taking includes attempting to see the circumstance from the offender's viewpoint, permitting for a more profound understanding of their inspirations and eagerly. This can contribute to empathy and forgiveness.

#### 2. Grief and Acknowledgment:

- When someone experiences harm, loss, or betrayal, it is common to go through a grieving process. Acknowledging and processing the pain, anger, and sadness associated with the harm is an important step towards forgiveness.
- This stage involves allowing oneself to experience and express these emotions, rather than suppressing or avoiding them.

#### 3. Repair and Apology:

- Apology and reconciliation can be important factors in the forgiveness process. A sincere apology from the offender, along with efforts to repair the harm caused, can facilitate forgiveness by acknowledging the wrong and demonstrating remorse.
- The significance of the apology and the actions taken to make amends can vary depending on the context and severity of the harm.

#### 4. Letting Go and Building a New Narrative:

- Letting go of negative emotions associated with the harm is a key aspect of forgiveness. This involves releasing resentment, anger, and the desire for revenge.
- Building a new narrative involves reframing the experience and finding meaning or life lessons in the forgiveness process. It can also involve redefining one's identity about the harm suffered.

### Factors Influencing Forgiveness

The forgiveness process is influenced by several individual, interpersonal, and situational factors. Some of the key factors that can impact the likelihood and ability to forgive include:

- Personality traits, such as empathy, agreeableness, and openness to experience.
- Religious or spiritual beliefs that emphasize forgiveness.
- Social support and the presence of a supportive community.
- The severity and duration of the harm.
- The relationship between the victim and the offender.

### Benefits of Forgiveness

Forgiveness can be a powerful tool for boosting your mental and emotional health. It can lead to feeling calmer and more optimistic, with less stress, anxiety, anger, and depression. You might also experience better relationships with others as forgiveness can foster empathy and understanding. And there are even physical health benefits, such as lower blood pressure and a stronger immune system.

#### 2.2.2 The Benefits of Forgiveness for Mental Health and Well-being

Forgiveness is a complex phenomenon that has a significant impact on mental health and well-being. In the field of psychology, forgiveness is defined as a voluntary process that involves letting go of negative emotions, thoughts, and behaviours towards someone who has harmed us. While forgiveness is often mistaken for condoning or forgetting the act, it is an essential psychological tool that can bring about numerous benefits for individuals. This topic will delve into the effects of forgiveness on mental health and well-being, highlighting its potential to promote emotional healing, improve relationships, reduce stress, and enhance overall psychological functioning.

### Emotional Healing

One of the primary benefits of forgiveness is its potential for emotional healing. When individuals hold onto anger, resentment, and bitterness towards those who have wronged them, it can contribute to the development of psychological distress, such as anxiety, depression, and rumination. By choosing to forgive, individuals can experience a release of negative emotions and gain a sense of emotional freedom. Forgiveness allows individuals to unburden themselves from the weight of past hurts and find relief from emotional pain, ultimately promoting mental well-being.

### Improved Relationships

Forgiveness is a vital component in mending and enhancing relationships. It allows us to release past grievances, move forward, and create a healthier emotional environment. When we forgive, we unburden ourselves from resentment and open the door to healing. It doesn't mean condoning harmful behaviour rather, it's a choice to free ourselves from negative emotions that can keep us stuck. Forgiveness is a powerful act of compassion and self-care. By choosing to forgive, individuals have the opportunity to rebuild trust, restore communication, and foster a climate of empathy and understanding. By letting go of grudges and resentments, individuals can create space for healthier and more fulfilling connections with others. This process not only benefits the person who forgives but also contributes to significant improvements in the quality of relationships, leading to enhanced social support and overall life satisfaction.

### Stress Reduction

Holding onto grudges and refusing to forgive can have detrimental effects on both mental and physical health. Research has consistently shown that unresolved anger and hostility contribute to increased stress levels. By choosing to forgive, individuals can reduce the physiological and psychological responses associated with stress. Forgiveness has been found to decrease blood pressure, heart rate, and cortisol levels, thereby promoting better overall physical health and reducing the risk of stress-related illnesses.

### Enhanced Psychological Functioning

Forgiveness has been associated with various positive psychological outcomes, such as increased self-esteem, greater life satisfaction, and improved psychological well-being. When individuals choose forgiveness, they adopt a more positive mindset, which fosters an increased capacity for empathy, compassion, and resilience. By cultivating forgiveness, individuals can develop a more positive outlook on life, improve their ability to cope with adversity, and experience higher levels of psychological functioning.

#### 2.2.3 Theories of Forgiveness

- **The Release of Negative Emotions:** Psychologists like Robert Enright and Fredric forgiveness as a way to let go of negative emotions such as anger, resentment, and bitterness. They emphasize that forgiveness is for you, the victim, to move forward rather than staying chained to the hurt.
- **Not About Reconciliation:** Forgiveness doesn't necessarily mean reconciliation with the offender. This distinction is highlighted by psychologists like Everett Worthington Jr. who developed the REACH therapy model (Reconciliation, Empathy, Altruistic gift, Commitment, and Holding on to the positive). Forgiveness allows you to detach from the negativity without needing the other person to apologize or change.
- **Trait vs. State Forgiveness:** Roger D. Forgiveness research suggests there are personality differences in forgiveness. Some people are naturally more forgiving (trait forgiveness), while others find it more challenging depending on the situation (state forgiveness).
- **Benefits for Mental Health:** Studies by psychologists like Michael McCullough show that forgiveness can lead to numerous mental health benefits. It can reduce stress, anxiety, and depression, while also boosting optimism and overall well-being.
- **Evolutionary Perspective:** In their book "Forgive and Forget," Michael McCullough and Daryl Tennen propose that forgiveness evolved alongside revenge as social tools. Forgiveness fostered cooperation within groups, while revenge deterred future harm.
- **The Power of Modelling Forgiveness:** Psychologists like Stephanie Toussaint believe that forgiveness can have a ripple effect. By forgiving others, we model this behaviour for those around us, potentially leading to improved relationships and a more forgiving society.

### 2.2.4 Forgiveness and Relationships: Healing Wounds and Rebuilding Trust

Forgiveness plays a significant role in the healing and sustaining of healthy relationships. When people are hurt or betrayed by those they love or trust, the wounds can be deep and the resulting damage can strain or even break the bonds that hold relationships together. However, forgiveness offers the possibility of healing these wounds and rebuilding trust. In this topic, we will explore the concept of forgiveness within the context of relationships, examining its impact on individuals and the process through which forgiveness can be achieved.

#### The Importance of Forgiveness in Relationships

Forgiveness is essential in relationships because it allows individuals to move past hurts and conflicts, promoting healing and growth. When we hold onto anger, resentment, or a desire for revenge, these negative emotions can erode the foundation of trust and intimacy within relationships. By choosing to forgive, individuals open the doors to reconnecting and rebuilding what has been damaged or lost.

#### Understanding Forgiveness

1. **Definition of Forgiveness:** Forgiveness involves the voluntary act of releasing negative emotions, such as anger, resentment, and bitterness, towards someone who has harmed us. It does not necessarily imply condoning or forgetting the offense, but rather a decision to let go of the emotional burden attached to it.
2. **Components of Forgiveness:** Forgiveness comprises several interrelated components, including:
  - Empathy: Being able to put oneself in the shoes of the person who caused the harm, attempting to understand their motivations or circumstances.
  - Compassion: Cultivating a sense of understanding and kindness towards the person who caused the harm, recognizing their humanity and inherent flaws.
  - Reconciliation: The process of restoring the relationship to a positive state, often involving communication, acceptance, and mutual growth.

#### Impacts of Forgiveness on Individuals and Relationships

1. **Emotional Healing:** Forgiveness can lead to emotional healing for both the person forgiving and the one being forgiven. By letting go of negative emotions, individuals experience relief, reduced stress, and increased emotional well-being.
2. **Rebuilding Trust:** Forgiveness is a critical process when it comes to reestablishing trust. It allows individuals to open up again and believe in the sincerity of the wrongdoer's apologies or efforts to change.
3. **Improved Communication:** Forgiveness enables healthy communication to flourish within the relationship. As both parties let go of resentments, they can engage in honest and open dialogue, fostering understanding and deeper connection.
4. **Increased Intimacy:** Forgiveness creates a space for vulnerability and intimacy to develop. It allows individuals to let down their guard, fostering a sense of safety and emotional closeness within the relationship.

#### The Process of Forgiveness in Relationships

1. **Acknowledgment of Hurt:** The first step in the forgiveness process involves recognizing and acknowledging the hurt caused by the other person's actions or words. This involves accepting the emotions associated with the offense.
2. **Making a Decision to Forgive:** Forgiveness is a voluntary choice that involves deciding to release negative emotions and move towards healing. This decision is often aided by understanding the benefits forgiveness can bring.
3. **Working through Feelings:** Forgiveness is not instantaneous but requires individuals to work through their feelings over time. This may involve seeking professional help, engaging in self-reflection, or sharing emotions with a trusted person or therapist.
4. **Empathy and Compassion:** Cultivating empathy and compassion towards the wrongdoer helps individuals to see the situation from a different perspective, potentially reducing resentment and promoting forgiveness.
5. **Communication and Reconciliation:** To rebuild the relationship, open and honest communication is crucial. This may involve expressing emotions, listening actively to the other person's perspective, and collectively working towards healing and growth.

Forgiveness and Relationships: Healing Wounds and Rebuilding Trust Forgiveness plays a crucial role in healing wounds and rebuilding trust in relationships. It enables individuals to let go of resentment, bitterness, and anger, and create space for healing and reconciliation. Forgiveness allows for the restoration of trust, fostering deeper connections and promoting healthier communication. By embracing forgiveness, we can nurture more meaningful and fulfilling relationships.



## 2.3 Self-Esteem

### 2.3.1 Understanding Self-Esteem: Definition and Importance

Self-esteem plays a fundamental role in shaping our thoughts, emotions, and behaviours. It influences our overall well-being, relationships, and achievements. In this topic, we will delve into the definition of self-esteem and its significance in psychology.

#### DEFINING SELF-ESTEEM

Self-esteem refers to how we perceive, value, and feel about ourselves. It encompasses our beliefs, judgments, and evaluations of our personal worth, competence, and overall adequacy. It is a multifaceted concept that involves both cognitive and emotional components.

At its core, self-esteem represents our self-image and self-worth, influencing how we perceive our capabilities and how we interact with the world around us. It can vary in intensity and stability subdifferential situations and life stages.

#### IMPORTANCE OF SELF-ESTEEM IN PSYCHOLOGY

Understanding self-esteem is crucial within the realm of psychology due to the significant impact it has on an individual's mental and emotional well-being. Here are some key reasons why self-esteem holds such importance:

##### 1. Psychological Well-being:

Self-esteem is intricately tied to an individual's overall psychological well-being. When we possess a positive self-image and a healthy sense of self-worth, we are more likely to experience higher levels of happiness, life satisfaction, and emotional stability. On the flip side, having low self-esteem can lead to experiencing emotions such as sadness, anxiety, and even depression.

##### 2. Motivation and Achievement:

Self-esteem is closely associated with motivation and achievement. Individuals with high self-esteem tend to be more motivated to pursue goals, take on challenges, and persist in the face of setbacks. They believe in their abilities and are willing to put in the effort required to succeed. On the other hand, low self-esteem can hinder motivation and impede personal growth.

##### 3. Relationships and Social Interactions:

Self-esteem also plays a significant role in interpersonal relationships and social interactions. When we possess a healthy level of self-esteem, we are more likely to engage in healthy and fulfilling relationships. We feel deserving of love, respect, and kindness from others, and we are better equipped to maintain boundaries and assert our needs. In contrast, individuals with low self-esteem may struggle with establishing and maintaining healthy relationships, leading to difficulties in social interactions.

##### 4. Resilience and Coping Abilities:

Self-esteem contributes to an individual's resilience and ability to cope with life's challenges. When faced with adversity or failure, individuals with high self-esteem are more likely to bounce back, learn from their experiences, and adapt to new situations. They possess a belief in their capabilities and are less likely to be deterred by setbacks. On the other hand, low self-esteem can limit an individual's resilience and hinder their ability to effectively cope with stressors.

##### 5. Personal Development and Growth:

Self-esteem is essential for personal development and growth. It involves recognizing and accepting our strengths and weaknesses, owning our achievements, and acknowledging areas for improvement. A healthy level of self-esteem encourages self-reflection and self-improvement, enabling individuals to strive for personal growth and self-actualization.

In conclusion, understanding self-esteem is essential in psychology as it defines how people perceive and value themselves. It plays a significant role in human development and mental well-being. By recognizing the factors that influence self-esteem, both internal and external, individuals can gain insight into the root causes of their self-perception. Moreover, identifying strategies and techniques to improve self-esteem empowers individuals to cultivate a positive self-image and enhance their overall psychological health.

### 2.3.2 Factors Influencing Self-Esteem: Internal and External

Self-esteem is a key concept in psychology that refers to how individuals perceive and evaluate themselves. It plays a crucial role in shaping our thoughts, emotions, and behaviours, ultimately influencing our overall well-being. Many factors contribute to the development and maintenance of self-esteem, with some arising from within individuals (internal factors) and others from outside sources (external factors). This topic explores the various internal and external factors that can impact self-esteem.

#### INTERNAL FACTORS

##### 1. Self-Evaluation:

One of the primary internal factors influencing self-esteem is self-evaluation. Individuals assess themselves based on various criteria, including their skills, abilities, achievements, and perceived self-worth. Positive self-evaluation tends to boost self-esteem, while negative self-evaluation can lead to lower self-esteem.

##### 2. Self-Perception:

How individuals perceive themselves also affects their self-esteem. Self-perception encompasses aspects such as body image, physical appearance, personality traits, and overall self-concept. If individuals have a positive self-perception, they are more likely to have higher self-esteem.

##### 3. Self-Attributions:

People's internal attributions, or the explanations they give themselves for their successes and failures, play a role in self-esteem. When individuals attribute their achievements to personal effort, they are more likely to experience higher self-esteem. Conversely, attributing failures solely to internal causes can diminish self-esteem.

##### 4. Emotional State:

The emotional state of individuals can impact their self-esteem. Positive emotions, such as happiness and contentment, tend to boost self-esteem, while negative emotions, including sadness and guilt, can reduce it. The ability to regulate emotions effectively can help maintain a healthy level of self-esteem.

#### EXTERNAL FACTORS

##### 1. Social Comparisons:

Social comparisons, or comparing oneself to others, are common external factors that affect self-esteem. Individuals often evaluate their abilities, achievements, and attributes about those of others. When individuals perceive themselves as better off than others or as meeting societal standards, their self-esteem generally increases. Conversely, unfavourable social comparisons can lower self-esteem.

##### 2. Social Feedback:

Feedback from others plays a significant role in influencing self-esteem. Positive feedback tends to enhance self-esteem, reinforcing one's positive self-perception and competence. Conversely, negative feedback or criticism can negatively impact self-esteem, leading to self-doubt and lower self-evaluation.

##### 3. Cultural and Societal Influences:

Cultural and societal factors shape self-esteem by promoting certain ideals, values, and expectations. Cultural beauty standards, for example, can significantly impact individuals' self-esteem related to body image. Societal messages about success, achievement, and worthiness can also influence self-esteem. Individuals who align with societal norms and expectations may experience higher self-esteem.

##### 4. Family and Peer Influences:

The family and peer environment can have a significant impact on self-esteem. Positive and nurturing relationships, supportive family dynamics, and healthy social connections contribute to higher self-esteem. Conversely, abusive or critical family environments, bullying, and rejection by peers can significantly lower self-esteem.

To sum up, internal factors like thoughts, beliefs, and emotions greatly impact self-esteem. Understanding these internal influencers enables individuals to challenge negative self-perception and develop a more positive mindset. On the other hand, external factors such as social interactions, societal norms, and cultural influences also shape self-esteem. Recognizing and navigating these external pressures empowers individuals to maintain a healthy sense of self-worth. By addressing both internal and external factors, individuals can improve their self-esteem and lead fulfilling lives.

#### 2.3.3 Theories of Self Esteem

Psychologists have dedicated significant research to understanding this complex construct, and several prominent figures have contributed noteworthy theories:

### 1. Abraham Maslow's Hierarchy of Needs:

This theory, proposed by Abraham Maslow, places self-esteem at the core of human motivation. Maslow suggests that individuals have a hierarchy of needs, with esteem needs (feeling respected and valued by oneself and others) arising after basic physiological and safety needs are met. Fulfilling these esteem needs is crucial for achieving self-actualization, reaching one's full potential.

### 2. Morris Rosenberg's Self-Esteem Scale:

Morris Rosenberg developed a widely used self-report measure to assess self-esteem. This scale helps quantify an individual's positive or negative evaluations of themselves.

### 3. Carl Rogers' Self-Concept Theory:

Carl Rogers believed our self-esteem is shaped by how we perceive ourselves (self-concept) about how we believe others see us (ideal self). Positive regard from significant others fosters a healthy self-concept, while a perceived discrepancy between these two aspects can lead to low self-esteem.

### 4. Albert Ellis' Rational Emotive Behaviour Therapy (REBT):

Albert Ellis challenged the idea that external events determine our emotions. Instead, REBT emphasizes how our interpretations of events significantly influence our feelings. Ellis argued that negative self-talk and irrational beliefs can contribute to low self-esteem. REBT helps individuals identify and challenge these patterns, fostering a more realistic and compassionate self-view.

### 5. Nathaniel Branden's Six Pillars of Self-Esteem:

Nathaniel Branden proposed six core needs that contribute to healthy self-esteem: living consciously, accepting reality, taking responsibility, self-assertiveness, living purposefully, and personal integrity. By fulfilling these needs, individuals can build a strong sense of self-worth.

#### 2.3.4 Improving Self-Esteem: Strategies and Techniques

Self-esteem plays a crucial role in our overall well-being and mental health. It reflects our perception of our worth and value as individuals. When we harbour negative feelings about ourselves, it can lead to self-isolation and a diminished quality of life. On the other hand, having a healthy level of self-esteem can enhance our confidence, resilience, and ability to cope with challenges. This topic will explore various strategies and techniques that can help individuals improve their self-esteem.

##### UNDERSTANDING SELF-ESTEEM

Before diving into the strategies and techniques, it is important to have a clear understanding of what self-esteem is and how it is formed. Self-esteem is not a fixed trait but rather a dynamic, malleable construct that can be influenced by various factors such as early childhood experiences, social interactions, and personal achievements. By exploring the foundations of self-esteem, individuals can gain insights into the root causes of their low self-esteem and identify areas for improvement.

##### CHALLENGING NEGATIVE BELIEFS

Negative beliefs and self-critical thoughts can significantly impact self-esteem. In this section, individuals will learn techniques for identifying and challenging negative beliefs. Cognitive restructuring, for example, involves recognizing distorted thinking patterns and replacing them with more rational and positive thoughts. By challenging negative beliefs, individuals can begin to create a more supportive and compassionate inner dialogue.

##### Setting Realistic Goals and Celebrating Achievements

Setting realistic goals is an essential aspect of improving self-esteem. This section will guide individuals in setting achievable goals that align with their values and strengths. Moreover, it emphasizes the importance of celebrating even small achievements along the way. By acknowledging and rewarding their progress, individuals can boost their self-esteem and maintain motivation throughout their growth journey.

##### Building Supportive Relationships

Social support is a key factor in enhancing self-esteem. This section will explore strategies for building and nurturing supportive relationships. It will cover effective communication skills, assertiveness training, and boundary setting as important tools for developing healthy

relationships. Participants will also learn about the benefits of surrounding themselves with positive and supportive individuals who can uplift and validate their sense of self-worth.

### Practicing Self-Compassion and Self-Care

Self-compassion and self-care are vital components of improving self-esteem. This section will delve into practices that promote self-compassion, such as self-forgiveness and self-acceptance. Participants will learn self-care techniques that meet their physical, emotional, and psychological needs, leading to increased self-esteem. By prioritizing self-care and treating themselves with kindness, individuals can cultivate a more positive self-image.

#### OVERCOMING FEAR OF FAILURE AND EMBRACING MISTAKES

Fear of failure can contribute to low self-esteem and hinder personal growth. This section will provide strategies for overcoming the fear of failure and embracing mistakes as valuable learning opportunities. Participants will learn how to reframe failure, develop resilience, and build a growth mindset. By shifting their perspective on failure, individuals can foster a sense of self-worth that is not solely based on external accomplishments.

In conclusion, improving self-esteem requires a combination of strategies and techniques. Self-reflection, positive affirmations, and setting realistic goals are effective ways to enhance self-esteem. Additionally, practicing self-care, seeking support from loved ones, and engaging in activities that bring joy and fulfilment contribute to a positive self-image. Embracing self-acceptance and embracing personal strengths can also play a significant role in improving self-esteem. By adopting these strategies and techniques, individuals can cultivate a healthy and resilient self-esteem.

#### 2.4 Greed

##### 2.4.1 The Psychology of Greed: Understanding the Motivations and Behaviours

Greed, a fundamental aspect of human nature, has intrigued psychologists for decades. This topic delves into the complex and often controversial field of the psychology of greed, exploring its underlying motivations and behaviours. By understanding the psychological factors contributing to greed, we can gain insights into how it shapes our thoughts, emotions, and actions.

##### a. Development of Greed

###### 1 Nature vs. Nurture Debate

The debate of whether greed is an innate or learned behaviour has provoked extensive research. This section examines studies exploring the role of genetics, environmental influences, and social conditioning in the development of greed. By analysing these findings, we can gain a better understanding of the origins and potential triggers for greed-related behaviours.

###### 2 Cognitive Biases and Greed

Cognitive biases are influential in shaping our decision-making processes, and they also have a role in fuelling greed. This section unravels the cognitive biases associated with greed, such as the endowment effect, loss aversion, and the framing effect. By comprehending the cognitive processes that underpin greed, we can recognize how these biases contribute to our motivations and actions.

##### b. Motivations Behind Greed

###### 1 Self-Interest and Materialism

Self-interest and materialistic desires have long been linked to greed. In this section, we explore the psychological underpinnings of these motivations, investigating the impact of societal factors, personal values, and cultural norms on the development of materialistic tendencies. By examining research from multiple perspectives, we can gain insights into why individuals become driven by their self-interest and materialistic desires.

###### 2 Status and Power

Another powerful motivation driving greed is the pursuit of status and power. Delving into the psychological fascination with social hierarchies, this section examines how a desire for dominance and control influences greedy behaviours. It explores the psychological motives behind the quest for status and power, shedding light on the mechanisms that drive individuals to accumulate wealth and resources.

### c. Consequences and Impacts of Greed

#### 1 Psychological Impact on Individuals

Greed can have negative consequences on an individual's psychological well-being. This section explores the emotional and cognitive consequences of greed, including increased stress levels, reduced life satisfaction, and impaired decision-making abilities. By understanding the psychological toll of greed, we can devise strategies to mitigate its detrimental effects and promote healthier attitudes towards wealth and possessions.

#### 2 Societal and Environmental Implications

Greed extends beyond individual consequences; it also has significant societal and environmental impacts. In this section, we examine the consequences of greed on social inequality, corruption, and resource depletion. By uncovering the wide-ranging repercussions of greed, we can evaluate its effects on both human societies and the planet we inhabit.

### d. Overcoming and Managing Greed

#### 1 Psychological Interventions

To address the negative implications of greed, psychologists have developed various psychological interventions. This section explores the efficacy of interventions like cognitive-behavioural therapy, ethical decision-making training, and mindfulness practices in mitigating greed-related behaviours. By exploring these interventions, we can gain insights into how to promote healthier attitudes towards wealth and possessions.

#### 2 Cultivating Empathy and Generosity

Empathy and generosity have been identified as important antidotes to greed. This section delves into the role of empathy and generosity in counteracting greed and explores strategies for cultivating these traits. By understanding the psychological mechanisms that promote empathy and generosity, we can develop strategies to foster a more compassionate and giving society.

The psychology of greed invites us to explore the complex motivations and behaviours underlying this universal human trait. By understanding the origins, motivations, and consequences of greed, we can begin to address its negative impacts and foster a more equitable and sustainable world. Through continued research and intervention, we have the potential to reshape our relationship with wealth and possessions, promoting a more balanced and fulfilling human experience.

## 2.4.2 The Impact of Greed on Individuals and Society: Consequences and Ethical Considerations

Greed, the excessive desire for wealth, power, or possessions, has been a recurring motif in human history. This insatiable craving often leads individuals to prioritize personal gain over the well-being of others and the larger society. Such self-centred behaviour can have profound consequences on both the individual and the community at large. This topic explores the impact of greed on individuals and society, delving into its consequences and ethical considerations that arise from this destructive behaviour.

### 1. Psychological Consequences of Greed:

- Psychological well-being

Greed often triggers a cycle of dissatisfaction, leaving individuals perpetually chasing after material possessions in a bid to find fulfilment. This relentless pursuit can have adverse effects on individuals' psychological well-being, including increased stress levels, anxiety, and a diminished sense of self-worth. This section explores how greed can erode one's mental and emotional health, ultimately leading to a sense of emptiness rather than satisfaction.

- Relationships and social bonds

Greed can strain relationships and weaken social bonds. When individuals prioritize personal gain over nurturing and maintaining healthy relationships, the result is often a breakdown in trust, conflict, and isolation. This section examines how greed can negatively impact intimate relationships, friendships, and the broader social fabric, creating an environment of suspicion, competition, and disconnection.

## 2. Social Consequences of Greed

- Economic inequality

Greed contributes significantly to economic inequality within societies. As individuals pursue self-interest above all else, they may exploit opportunities and resources, leaving many marginalized and disadvantaged. This section explores the connection between greed and the perpetuation of social and economic disparities, including the concentration of wealth and limited access to resources for those in need.

- Corruption and ethical erosion

Greed often leads to corrupt practices and the erosion of ethical principles within various spheres of society. Whether in politics, business, or other institutions, individuals driven by greed may engage in fraudulent activities, bribery, or misuse of power. This section discusses the consequences of greed-driven corruption, including the erosion of public trust, compromised governance, and negative societal outcomes.

## 3. Ethical Considerations

- **Moral responsibility**

Examining the ethical considerations surrounding greed requires an exploration of personal and societal moral responsibilities. This section delves into philosophical perspectives on greed, exploring concepts like ethical egoism and altruism, and considering the implications of personal choice and accountability in the face of greed.

- **Balancing self-interest and the common good**

Finding a balance between self-interest and the common good is a central ethical challenge when addressing greed. This section examines ethical frameworks and theories, such as utilitarianism and virtue ethics, to analyse ways individuals and society can navigate the ethical complexities of greed and foster a more equitable and compassionate world.

### 2.4.3 Theories of Psychology of Greed

**Sigmund Freud:** The father of psychoanalysis believed greed stemmed from unresolved childhood conflicts, particularly around the anal stage of development. Here, children grapple with issues of control and possession. According to Freud, if this stage isn't resolved healthily, an insatiable desire to acquire and control (including money and possessions) might persist in adulthood.

**Alfred Adler:** Adler, another psychoanalytic giant, viewed greed as a manifestation of an inferiority complex. He proposed that individuals with a strong sense of inadequacy strive to accumulate wealth or power to compensate for their perceived shortcomings. This relentless pursuit can become a barrier to genuine feelings of accomplishment and belonging.

**Karen Horney:** Horney, a Neo-Freudian theorist, proposed that individuals may develop a neurotic need for power as a defense mechanism against basic anxiety. This can manifest as greed, where the insatiable acquisition of power becomes a desperate attempt to feel secure and in control.

**Melvin Lerner:** Moving away from psychoanalytic theories, Lerner focused on social and cultural influences. His "just world" hypothesis suggests that people have a deep-seated belief in fairness. When they see others accumulating wealth seemingly unfairly, it can trigger greed as a way to restore a sense of balance and justice.

**Paul Paff:** Recent research by Paff explores the neurological underpinnings of greed. His studies suggest that the anticipation of rewards activates the brain's reward system, leading to a heightened desire for acquisition. This can cloud our judgment and make us more susceptible to greedy behaviour.

#### 2.4.4 Overcoming Greed: Strategies for Cultivating Contentment and Compassion

Greed is a complex psychological phenomenon that can have detrimental effects on individuals and society as a whole. It is characterized by an insatiable desire for wealth, possessions, and power, often at the expense of others. This intense craving for more can lead to negative emotions, unethical behaviour, and a decrease in overall well-being. However, by cultivating contentment and compassion, individuals can overcome greed and lead more fulfilling lives. In this topic, we will explore strategies that can help in overcoming greed and developing contentment and compassion.

### 1. Understanding the Psychological Roots of Greed

To effectively address and overcome greed, it is essential to have a deep understanding of its psychological roots. In this section, we will examine various theories and perspectives that explain the origins of greed, such as evolutionary psychology, social comparison theory, and the influence of cultural and societal factors. By understanding the underlying causes of greed, individuals can develop insights into their own patterns of behaviour and begin to take steps towards change.

### 2. Cultivating Contentment

One of the key strategies for overcoming greed is cultivating contentment. Contentment involves finding satisfaction and fulfilment in the present moment, rather than constantly striving for more. In this section, we will explore mindfulness practices, gratitude exercises, and the power of positive psychology in fostering contentment. Participants will learn practical techniques to shift their mindset towards appreciating what they already have and finding joy in simplicity.

### 3. Developing Compassion

Compassion is a fundamental human trait that can counteract the negative effects of greed. By developing compassion towards oneself and others, individuals can cultivate a sense of connectedness and empathy, fostering a more caring and inclusive society. This section will delve into the science of compassion, including research on the benefits of compassion for mental and emotional well-being. Participants will also learn strategies for practising self-compassion and empathy towards others, ultimately helping to reduce greed and its detrimental consequences.

### 4. Realigning Values and Priorities

Overcoming greed requires a conscious effort to realign one's values and priorities. In this section, we will explore the importance of reflecting on personal values and reassessing what truly matters in life. Participants will engage in activities that encourage self-reflection, goal-setting, and identifying meaningful pursuits. By aligning their actions with their intrinsic values, individuals can reduce the grip of greed and cultivate a greater sense of purpose, happiness, and fulfilment.

## 3. CHAPTER: REVIEW OF LITERATURE

### 1. Positive Automatic Thoughts (PAT)

Positive automatic thoughts are thoughts that spontaneously arise in individuals and have a positive valence. These thoughts have been found to play a role in various aspects of psychology, including incentive salience, approach motivation, mental well-being, and meaning in life. Positive automatic thoughts have been shown to mediate the relationship between liking an activity and wanting to engage in it in the future. They have also been found to be related to people's passions and contribute to mental health, with positive thoughts about physical activity predicting the frequency of physical activity and mediating the relationship between harmonious passion and mental well-being. It was found that positive automatic thoughts fully mediate the relationship between personality traits such as neuroticism and extraversion, and positive

affect. Furthermore, positive automatic thoughts have been found to moderate the relationship between event stressfulness and meaning in life, with higher levels of positive thinking buffering the negative impact of stress on meaning in life.

Rice & Fredrickson (2017) researched on Do positive spontaneous thoughts function as incentive salience. Study 1: 103 adults reported on key aspects of 10 everyday activities. Study 2: 99 undergraduate students viewed amusing and humourless cartoons and completed a thought-listing task. Positive spontaneous thoughts may increase approach motivation by making enjoyable cues more noticeable in the environment.

Boyras & Lightsey (2012) researched Can positive thinking help? Positive automatic thoughts as moderators of the stress-meaning relationship. The paper discusses the relationship between positive automatic thoughts and the meaning of life. It found that individuals with high levels of positive thinking had higher meaning in life even in the presence of greater event stressfulness. Results were obtained when controlling for positive affect, as well as the positive affect  $\times$  event stressfulness interaction, and the overall model accounted for 47% of the variance in meaning in life.

Richard, et al. (2013) researched Positive Automatic Cognitions that Mediate the Relationship Between Personality and Trait Positive Affect. In this paper, positive automatic thoughts (PATs) mediated the relationship between neuroticism, extraversion, and PA among 199 college students (137 women, 70% White, 66% first- and second-year students, mean age = 24.13, SD = 8.86). The paper discusses how positive automatic thoughts (PATs) mediate the relationship between personality traits (neuroticism and extraversion) and positive affect. It suggests that PATs play a role in influencing well-being and emotion.

Calvete & Connor-Smith (2005) researched Automatic thoughts and psychological symptoms: A cross-cultural comparison of American and Spanish students. Automatic Thoughts Questionnaire-Revised (ATQ-R) was used to measure automatic thoughts. Young Adult Self-Report was used to measure psychological symptoms. The study found a hierarchical arrangement of automatic thoughts, with four first-order categories encompassed by two broad factors. The structure of automatic thoughts and their relations with psychological symptoms were comparable in both American and Spanish samples. In this article, the authors examined the structure of automatic thoughts and the relations between automatic thought and psychological symptoms from a cross-cultural perspective and found that the nature of automatic thought is similar across Western cultures.

## 2. Psychology of Greed

Greed is a personality trait characterised by the desire for more and the dissatisfaction of never having enough. It has been linked to negative emotions, such as depression and negative affect, as well as aggressive behaviours. Greedy individuals experience a boost of authentic pride from acquisitions, but these feelings quickly fade, potentially leading to perpetual acquisitiveness. Consumer perceptions of organisational greed are influenced by factors such as the size and behaviour of the organisation, as well as socio-psychological biases. The concepts of greed and selfishness have received little attention in psychology and counselling, but they have implications for counsellors in clinical practice. Dispositional greed is associated with heightened impulsivity and excessive risk-taking, which is mediated by individual differences in loss aversion and neural activity in the ventral striatum and medial orbitofrontal cortex.

Harradine, Tracy & Götz (2023) researched on Greed communication predicts the approval and reach of US senators' tweets. I have analysed every tweet posted by all US senators who held office between 2013 and 2021. Identifying a psycholinguistic factor, greed communication, that predicts approval and reach of tweets. In this paper, the authors identify a psycholinguistic factor, greed communication, that robustly predicts increased approval (favourites) and reach (retweets) of all US senators holding office from 2013 to 2021.

Wei et al. (2022) researched on greed personality trait links to negative psychopathology and underlying neural substrates. Greed personality trait (GPT) is linked to negative symptoms, lower psychological well-being, and aggression. Negative psychopathology and happiness mediate the relationship between GPT and aggression. Zhang et al. as discussed by the authors utilized a series of scales to measure corresponding emotion/affect and aggression and collected their neuroimaging data to explore underlying morphological substrates.



Mussel, et al. (2022) researched The development of trait greed during young adulthood: A simultaneous investigation of environmental effects and negative core beliefs. In this article, the authors conducted a longitudinal investigation into the development of trait greed across time. They found negative core beliefs, which until now have only been proposed in the clinical literature (e.g., being unloved or being insecure) contributed to the development, indicating that striving for material goals might be a substitute for unmet needs. Negative core beliefs contribute to the development of the trait of greed. Greedy individuals self-select into business-related environments to fulfil their greed-related needs.

TerBush (2021) researched on The Irrationality of Greed. The paper discusses greed from a psychological perspective, defining it as a desire for more and more of a resource coupled with constant dissatisfaction. The authors argued that greed is distinguished from self-interest by its irrationality, and argued that rationality is a constitutive part of truly self-interested behaviour and that arguments forwarding the notion that "greed is good" is flawed, as it conflates greed with self-interest and makes unreasonable claims.

### 3. Relation of Self-Esteem and PAT

Self-esteem and positive automatic thoughts are related concepts. Research has shown that positive automatic thoughts (PATs) can predict higher self-esteem, which in turn predicts less frequent negative thoughts and ultimately leads to lower levels of negative affect. Additionally, self-esteem has been found to mediate the relationship between automatic thoughts and levels of hopelessness in university students. Furthermore, self-esteem has been identified as a predictive factor for mental health symptoms, automatic thoughts, and self-esteem in university students. It is important to note that the effectiveness of positive self-statements, a form of positive automatic thoughts, may depend on an individual's trait of self-esteem. Individuals with high self-esteem may benefit from positive self-statements, while those with low self-esteem may not experience the same benefits and may even feel worse. Overall, these findings highlight the importance of considering self-esteem and positive automatic thoughts in understanding mental health and well-being.

Johanson (2022) researched Self-esteem predicts positive affect directly and self-efficacy indirectly: a 10-year longitudinal study. Random-intercept cross-lagged panel model used for data analysis. The longitudinal mediation model used to examine the relationship between variables. In this article, the authors examined the relative strength of self-esteem and self-efficacy in predicting affective well-being and found that self-esteem contributes directly to future levels of positive affect and indirectly to self-efficacy.

Yavuz, et. al (2014) researched The Role of Peer Pressure, Automatic Thoughts and Self-Esteem on Adolescents' Aggression. Peer pressure and automatic thoughts influence aggression levels. Self-esteem is a factor in aggression among adolescents. In this article, the authors examined the effects of peer pressure, automatic thoughts and self-esteem variables on the aggression levels of male and female adolescents in Antalya, Turkey.

Shakuni (2008) researched on Understanding the role of implicit self-esteem in responses to positive feedback. In this paper, the authors examined the effect of positive feedback on positive and negative speeded self-ratings and negative affect, and found that participants with low explicit self-esteem respond differently to positive feedback depending on their level of implicit self-esteem.

McGuire & McGuire (1996) researched on Enhancing self-esteem by directed-thinking tasks: cognitive and affective positivity asymmetries. Experiment 1 explored the correlation between participants' momentary self-esteem and possession or lack of desirable/undesirable self-characteristics. Experiments 2 and 3 used directed-thinking tasks to manipulate the importance of desirable/undesirable self-characteristics possessed or lacked. Cognitive positivity bias predicts that self-esteem is affected more by desirable characteristics possessed. Directed-thinking tasks can manipulate self-esteem by enhancing the salience of desirable self-characteristics.

#### 4.Relation of Forgiveness and PAT

Forgiveness is associated with positive automatic thoughts, as more forgiving individuals tend to have more positive thoughts and behaviours towards those who have hurt them. This relationship is seen in both intrapersonal and interpersonal dimensions of cognitive flexibility, where individuals with an agreeable personality style, which measures interpersonal cognitive flexibility, are more likely to have positive thoughts and behaviours towards others. Additionally, positive psychology and Islam both emphasize the importance of forgiveness and encourage individuals to be forgiving. The teaching of Jesus of Nazareth on forgiveness aligns with positive psychological approaches and highlights the positive role of forgiveness in psychotherapy. Furthermore, forgiveness is related to the cognitive aspect of stress, with higher levels of forgiveness being associated with better cognitive activities in stressful situations. Overall, forgiveness is linked to positive automatic thoughts and has positive implications for mental health and well-being.

Honduras, İnci & Karahan (2017) researched on Predictors of Mental Health Symptoms, Automatic Thoughts, and Self-Esteem Among University Students. Data collected using student information form like, Brief Symptom Inventory, Automatic Thoughts Questionnaire, and Rosenberg Self-Esteem Scale. Predictive factors determined through statistical analysis of collected data revealed important information to practitioners and researchers by showing the elements that need to be screened for mental health of university students and issues that needs to be included in counselling activities.

Idi Warsaw (2020) researched Forgiveness Viewed from Positive Psychology and Islam. In this paper, the authors conducted library research and reviewed scientific works, with 58 works selected for in-depth scrutiny. to reveal how forgiveness is viewed from the perspectives of positive psychology and Islam, and found that the discourses in the field of Positive Psychology and Islam imply that forgiveness attitude is of importance to be embedded in human beings and continuously constructed by its positive natural properties.

Stunner, Dalton & MacDonald (2019) researched Application of forgiveness in rehabilitation psychology: a positive option for change. Forgiveness has been considered and promoted as a helpful skill or approach when counselling persons with disabilities or in the rehabilitation counselling/psychology profession at large as discussed by the authors, however, it has not been considered nor promoted as an effective skill or a helpful approach in the practice of rehabilitation psychology.

Bast & Barnes-Holmes (2015) researched on Priming Thoughts of Failing Versus Succeeding and Performance on the Implicit Relational Assessment Procedure (IRAP) as a Measure of Self-Forgiveness. The participants completed two Implicit Relational Assessment Procedures (IRAPs) targeting feelings and outcomes related to failing and succeeding behaviours. Positive and negative priming conditions affected the IRAP differently. The Implicit Relational Assessment Procedure (IRAP) which was designed to target feelings, only predicted self-reported psychopathology when used in the positive priming condition.

Larkin, Goulet & Cavanagh (2015) researched on Forgiveness and Physiological Concomitants and Outcomes. Forgiveness has been associated with reductions in the human stress response, including activity in the cortex, the autonomic and somatic nervous systems, and the neuroendocrine/immune systems as mentioned in this paper. The methods include exposure to actual betrayal events, imagining fictional scenarios, and making forgiveness judgments.

Çakar (2014) researched The Effect of Automatic Thoughts on Hopelessness: Role of Self-Esteem as a Mediator. A theoretical model was proposed and tested using structural equation modelling. The Automatic Thoughts Scale, Beck Hopelessness Scale, and Rosenberg Self-Esteem Scale were utilized to collect research data. In this paper, a theoretical model concerning the role of self-esteem as a mediator between university students' automatic thoughts and their levels of hopelessness was tested using structural equation modelling.

Pareek & Mathur (2013) researched Theoretical and Practical Vision on Forgiveness: A Systematic Review of Ancient and Contemporary Literature It explores the religious, spiritual, philosophical, cultural, psychological, and psychometric understanding of forgiveness. The paper reviewed the concept of forgiveness in ancient and contemporary reports using relevant literature from primary and secondary source.

Liu, et.al., (2013) investigated on Forgiveness as a moderator of the association between victimization and suicidal ideation. The psychological used were Chinese versions of the Olweus Bully/Victim Questionnaire (OBVQ), Positive and Negative Suicide Ideation scale (PANSI), Forgiveness Questionnaire (FQ). In the study, it was discovered that forgivingness moderated the link between suicidal thinking and victimization, making forgiveness to stand as a protective factor against suicidal thoughts in victimized learners.

Lightsey, Johnson & Freeman (2012) researched on Can Positive Thinking Reduce Negative Affect? A Test of Potential Mediating Mechanisms. The paper discusses the relationship between positive automatic thoughts (PATs) and self-esteem. It measured positive automatic thoughts (PATs), self-esteem, negative thoughts, and negative affect were administered to 161 undergraduates. It states that PATs predict higher self-esteem, which in turn predicts less frequent negative thoughts.

Williamson & Gonzales (2007) researched The Subjective Experience of Forgiveness: Positive Construals of the Forgiveness Experience. They used Confirmatory factor analysis and Exploratory factor analysis with oblique rotation and concluded that the forgiveness experience includes relief from psychological pain, increased empathy, and positive regard for offenders, discovering new meaning in their religious values and moving towards reconciliation with offenders. Those who have forgiven experience more benefits of forgiveness than those who have not forgiven or reflected on their experiences before forgiveness.

McCullough & Bono (2006) researched on Positive Responses to Benefit and Harm: Bringing Forgiveness and Gratitude into Cognitive Psychotherapy. According to the paper, forgiveness and gratitude are positive psychological responses to both interpersonal harms and benefits that individuals have experienced. These responses have been proven to be linked to several measures of physical and psychological well-being. They used a selective review of effective interventions for promoting forgiveness and gratitude. The paper provides a review of research on forgiveness and gratitude. It suggests integrating insights from this research into cognitive psychotherapy.

Burgess & Haaga (1994) The positive automatic thoughts questionnaire (ATQ-P) and the automatic thoughts questionnaire—Revised (ATQ-RP): Equivalent measures of positive thinking? The Positive Automatic Thoughts Questionnaire (ATQ-P) and the Automatic Thoughts Questionnaire—Revised (ATQ-RP) are equivalent measures of positive thinking. Both measures showed high internal consistency, strong negative associations with depressive symptoms, and specificity to depressive symptoms rather than anxiety symptoms.

#### 4. CHAPTER: METHODOLOGY

**Aim:-** To assess the relationships between forgiveness, greed and self-esteem on positive automatic thoughts among young adults, aged 18-40 years, utilizing the Bolton Forgiveness Scale (BFS) developed by Reginald U. Amanze and Jerome Carson, Rosenberg Self-Esteem Scale (RSES) developed by Morris Rosenberg (1965), Dispositional Greed Scale (DGS) developed by Erin M. Britt, Scott W. Lilienfeld, and Steven J. Lerner (2003), and Automatic Thoughts Questionnaire- Positive (ATQ-P) K. Winick and R. Ingram (1988).

#### Objective:

1. To assess the significance between forgiveness and positive automatic thoughts.
2. To assess the significance between self-esteem and positive automatic thoughts.
3. To assess the significance between greed and positive automatic thoughts

#### HYPOTHESIS:

##### Null Hypothesis ( $H_0$ ):

There is no significant impact of forgiveness, self-esteem, and greed, on positive automatic thoughts.

##### Alternative Hypothesis ( $H_1$ ):

There is a significant impact of forgiveness, self-esteem, and greed, on positive automatic thoughts.

**Research Design:**

This study looks into the relationship between forgiveness, self-esteem, greed on positive automatic thoughts among young adults using both correlation and regression analysis. To comprehend the research gaps, an exhaustive literature assessment was conducted. Snowball sampling was employed in this study to collect the relevant

**Description of the Sample:**

This study is having a sample of young adults from the age of 18-40 years that are taken for answering the questions and filling the questionnaire by their perspective and experience regarding forgiveness, self-esteem, greed on positive automatic thoughts. Snowball sampling is done in this study. Total number of subjects was 100, which is equally participated by males and females.

**Description of the Tools:**

- The **Automatic Thoughts Questionnaire-Positive (ATQ-P)** was developed by K. Winick and R. Ingram in 1988. It was designed to measure the frequency of positive automatic thinking, which is an adaptation of the Automatic Thoughts Questionnaire (ATQ) by Aaron T. Beck and Sandra F. Hollo.

**Scoring:** The ATQ-P consists of 30 items, each answered on a 5-point Likert scale with the following anchor points: 1 = Never; 3 = Sometimes; and 5 = All the Time. The total score is calculated by summing the scores of all items.

**Reliability:** The ATQ-P has demonstrated excellent internal consistency, with a coefficient alpha of .94. The split-half reliability for odd and even items is .95, indicating excellent stability.

**Validity:** The ATQ-P has shown adequate convergent and discriminant validity. It is inversely associated with measures of depressive symptoms, and it discriminates reliably between subjects experiencing depression and those not experiencing depression<sup>1</sup>. Factor analysis revealed a four-factor solution (Positive Daily Functioning; Positive Self-Evaluation; Other Evaluations of Self; and Positive Future Expectations), which together account for 92.6% of the variance.
- The **Rosenberg Self-Esteem Scale (RSES)** is a widely used instrument developed by Morris Rosenberg in 1965. It was originally designed to measure the self-esteem of high school students, but since its development, the scale has been used with a variety of groups including adults.

**Scoring:** The RSES consists of 10 items, each answered on a four-point scale ranging from "strongly agree" (4) to "strongly disagree" (1). The items are scored as follows:

- For items 1, 2, 4, 6, 7: Strongly Agree=4, Agree=3, Disagree=2, and Strongly Disagree=1. For items 3, 5, 8, 9, 10 (which are reversed in valence): Strongly Agree=1, Agree=2, Disagree=3, and Strongly Disagree=4. The self-esteem test produces scores ranging from 10 to 40, with higher scores indicating higher levels of self-esteem. A score between 25 and 35 is considered normal, and a score below 25 is suggestive of low self-esteem.

**Reliability:** The RSES demonstrates a Guttman scale coefficient of reproducibility of .92, indicating excellent internal consistency. Test-retest reliability after 2 weeks shows high stability with correlations of .85 and .88.

**Validity:** The RSES demonstrates concurrent, predictive, and construct validity using known groups. The Rosenberg Self-Esteem Scale (RSES) is a reliable measure of self-esteem and has a significant correlation with other self-esteem assessments, such as the Coopersmith Self-Esteem Inventory. Additionally, the RSES is positively correlated with measures of anxiety and depression.
- The **Dispositional Greed Scale (DGS):** Imagine a questionnaire that helps us understand how much someone desires "more" – not just material things, but anything from success to attention. That's the idea behind the Dispositional Greed Scale (DGS). It uses 7 key questions to gauge a person's overall tendency towards greed.
- **Reliability:** The good news is that the DGS seems to be a reliable tool. The questions themselves work well together (internal consistency), and your answers would likely be similar if you took the test again sometime later (temporal stability).The DGS goes beyond just asking if you like nice things. It's been shown to be valid in two key ways:

**Validity:** Construct Validity: Researchers compared the DGS to other questionnaires that measure similar personality traits. The results lined up, suggesting the DGS is capturing what it's designed to. Predictive Validity: Here, scientists used the DGS to

predict behaviour in economic games – how much someone would try to take for themselves. The DGS results did predict behaviour, suggesting it can measure real-world tendencies.

- **The Bolton Forgiveness Scale (BFS)** was developed by Reginald U. Amanze and Jerome Carson. It was created to measure forgiveness, covering different ranges of forgiveness categories, dealing with new challenges, and addressing the deficiencies of previous measures.

**Scoring:** The BFS consists of 15 items. The scale has four scores to be calculated: BFS-Coming to terms and letting go subscale (BFS-ctlg): Add up items 1,3,6,9,11,13 & 15. The highest score is 42. Scores of 28-35 are considered high, 22-27 are good, and less than 21 is considered low and poor.

**Reliability:** The BFS has demonstrated excellent reliability. The 115-item pool was reduced to a 15-item pool via factor analysis before testing in a representative sample of adults in the UK and Nigeria.

### **Procedure:**

The participants were required to sign a consent form and then, 15 items of Bolton Forgiveness Scale (BFS), 10 items of Rosenberg Self-Esteem Scale (RSES), 6 items of Dispositional Greed Scale (DGS), 30 items of Automatic Thoughts Questionnaire- Positive (ATQ-P) and demographic form were used. To reach out to individuals from the age of 18-40 from various domains, questionnaires were being administered in the message box as well as various places to volunteer. Questionnaires were distributed in the message box along with opportunities for volunteers in order to reach out to people from other domains. Following an explanation of the study's goals and methodology, they were asked to participate. They were also given a set of questionnaires that included information about the study, confidentiality concerns, the contact details of the topic researcher, and study scales. After the process of data collection, the scoring was done for every scale and the total scores were obtained for the individuals was calculated. The relationship between each variable—variable A to variable D, variable B to variable D, and variable C to variable D—was then found by correlation. And then to analyse the degrees of forgiveness, self-esteem, greed on positive automatic thoughts using an independent sample test. After that, the summary and conclusion were formed.

### **Ethical Approval:**

Prior to data collection, ethical approval was sought from the relevant review board. Informed consent was obtained from each participant, emphasizing voluntary participation and confidentiality.

### **Data Analysis:**

Descriptive statistics will be employed to characterize the sample, and Pearson correlations will be used to explore the relationships between emotional intelligence and sports anxiety. After confirming the significant relationship, the collected data will undergo thorough analysis using statistical software (e.g., SPSS) to analyse multiple regression analysis with a focus on relationships between variables. Descriptive statistics will summarize the demographic characteristics of the sample. Regression analyses will examine the associations of forgiveness, self-esteem and greed on positive automatic thoughts.

### **Limitations**

While efforts will be made to ensure the study's validity and reliability, certain limitations are acknowledged. The cross-sectional design prohibits causal inferences, and self-report measures may be susceptible to response biases. A smaller sample limits the captured experiences and perspectives, potentially hindering the generalizability of findings. Additionally, the sample's geographical, and cultural homogeneity may limit the generalizability of findings.

## 5. CHAPTER: RESULT

**Table No.5. 1:** Descriptive statistics and Correlation matrix between forgiveness, self-esteem, greed and positive automatic thoughts, respectively.

VARIABLE	N	Mean ( X )	SD	PEARSON CORRELATION		
				Forgiveness	Self-Esteem	Greed
1. Positive Automatic thoughts	100	81.1800	27.39807	0.355640084**	0.221681721**	0.068873511**
2. Forgiveness	100	69.7700	10.17906	-	-	-
3. Self-Esteem	100	21.2500	8.35618	-	-	-
4. Greed	100	28.0700	3.30673	-	-	-

**Note: \*\*.** A smaller sample size diminishes the statistical power to detect a correlation, potentially leading to an underestimation of its true strength.

Variable A (Forgiveness) is correlated with Variable D (Positive Automatic thoughts) ( $r = 0.355640084$ ,  $p > 0.01$ ) (table no. 5.1)

Variable B (Self-Esteem) is correlated with Variable D (Positive Automatic thoughts) ( $r = 0.221681721$ ,  $p > 0.01$ ) (table no. 5.1)

Variable C (Greed) is correlated with Variable D Positive Automatic thoughts) ( $r = 0.068873511$ ,  $p > 0.01$ ) (table no. 5.1)

These results indicate a correlation between forgiveness, self-esteem, greed and positive automatic thoughts. In particular, there is a positive linear correlation between Variable A & Variable D and Variable B & Variable D and Variable C & Variable D. This points to an interaction where positive automatic thoughts are positively affected by forgiveness and self-esteem. Moreover, according to the result, there is a negligible but positive correlation between greed and positive automatic thoughts. (Rejecting null hypothesis  $H_0$ )

**Table No.5.2:** Regression Analysis of multiple independent variables (forgiveness, self-esteem, greed) on one dependent variable (positive automatic thoughts).

Predictor	Unstandardized Coeff		Standardized Coeff BETA	t	R	R SQ.	ADJ SQ.	R Sig.	F
	B	S.E.							
1 (Constant)	-19.799	29.186	-	-.678	.416 <sup>b</sup>	.173	.147	.000 <sup>b</sup>	6.700
Self-Esteem	.656	.306	.200	2.144	-	-	-	.035	-
Greed	.804	.771	.097	1.042	-	-	-	.030	-
Forgiveness	.924	.251	.343	3.684	-	-	-	.000	-

*a. Dependent Variable: VAR00004 (PAT)*

*b. Predictors: (Constant), VAR00001 (F), VAR00002 (G), VAR00003 (SE)*

**Note: Forgiveness, Self-Esteem and Greed are the predictors in this multiple linear regression study, while Positive Automatic Thoughts is the outcome variable.** The findings are shown in the following:

F-statistic: Significant i.e. 6.700 ( $p < 0.000$ ). This indicates the overall model is statistically significant, meaning the combined effect of the independent variables (forgiveness, self-esteem, greed) on PAT is statistically different from zero.

**Individual Variable Effects:****Self-Esteem:**

- Standardized Coefficient (Beta): 0.200. This is a relatively weak positive effect. One unit increase in self-esteem is associated with a 0.200 unit increase in predicted PAT score, controlling for other variables.
- t-statistic: 2.144 ( $p > 0.05$ ). This suggests the effect of self-esteem on PAT might not be statistically significant at a conventional alpha level (0.05). Further testing or a larger sample might be needed for confirmation.

**Greed:**

- Standardized Coefficient (Beta): 0.097. This is a very weak effect, close to zero. There's practically no association between greed and PAT scores after accounting for other variables.
- t-statistic: 1.042 ( $p > 0.05$ ). Similar to self-esteem, the effect of greed is not statistically significant.

**Forgiveness:**

- Standardized Coefficient (Beta): 0.343. This is a moderate positive effect. One unit increase in forgiveness is associated with a 0.343 unit increase in predicted PAT score, controlling for other variables in the model.
- t-statistic: 3.684 ( $p < 0.000$ ): This indicates a statistically significant positive association between forgiveness and PAT scores.

**Interpretation:**

Forgiveness emerges as the strongest predictor of positive automatic thoughts. People who score higher on forgiveness tend to have higher predicted PAT scores, even after accounting for self-esteem and greed. Self-esteem has a weak positive association with PAT, but the effect might not be statistically significant depending on the chosen alpha level. Greed shows practically no significant association with PAT scores in this model.

These results indicate that both self-esteem and forgiveness are statistically significant predictors of positive automatic thoughts, as evidenced by their low p-values. Greed, while statistically significant, has a higher p-value compared to self-esteem and forgiveness, suggesting it may have a weaker effect on positive automatic thoughts in this model. The overall model is significant, indicating that the combination of these predictors explains a meaningful proportion of the variance in positive automatic thoughts.

**Limitation:**

**Measurement Error:** Self-report measures like surveys and questionnaires are susceptible to various biases. Additionally, the specific wording and interpretation of questions can influence responses.

**Restricted Sample Range:** If the study sample was relatively homogenous regarding forgiveness, self-esteem, or greed, it might be difficult to detect the full range of their influence on PAT. Future research with a more diverse sample that encompasses a wider range of scores on all variables would likely yield more robust findings.

**Omitted Variables:** A more comprehensive theoretical framework that incorporates a broader range of potential predictors could help explain a larger portion of the variance in PAT scores

**Sample Size:** A smaller sample size can limit the statistical power of the analysis. With fewer participants, the observed correlations are more likely to be due to chance, and the model might not be able to detect even moderate-sized effects.

**6. CHAPTER: DISCUSSION**

The aim of this research was to assess the relationships between forgiveness, greed and self-esteem on positive automatic thoughts among young adults, aged 18-40 years, utilizing the Bolton Forgiveness Scale (BFS) developed by Reginald U. Amanze and Jerome Carson, Rosenberg Self-Esteem Scale (RSES) developed by Morris Rosenberg (1965), Dispositional Greed Scale (DGS) developed by Erin M. Britt, Scott W. Lilienfeld, and Steven J. Lerner (2003), and Automatic Thoughts Questionnaire- Positive (ATQ-P) K. Winick and R. Ingram (1988).

This study is interested in how these factors work together in young adults, a crucial time for developing mental well-being for the long term. It aims to examine the combined influence of forgiveness, self-esteem, and greediness on the prevalence and intensity of PATs in young adults, a demographic critical for understanding and fostering long-term mental health.

Forgiveness is a complex psychological process that involves letting go of feelings of resentment, anger, and vengefulness towards those who have caused us harm or wronged us in some way. It is often described as a healing journey that can bring emotional, psychological, and even physical benefits to the forgiver.

Self-esteem refers to how we perceive, value, and feel about ourselves. It encompasses our beliefs, judgments, and evaluations of our personal worth, competence, and overall adequacy. It is a complex idea that encompasses both cognitive and emotional aspects. At its core, self-esteem represents our self-image and self-worth, influencing how we perceive our capabilities and how we interact with the world around us. It can vary in intensity and stability subdifferential situations and life stages.

Greed, a fundamental aspect of human nature, has intrigued psychologists for decades. This topic delves into the complex and often controversial field of the psychology of greed, exploring its underlying motivations and behaviours. By understanding the psychological factors contributing to greed, we can gain insights into how it shapes our thoughts, emotions, and actions.

Positive Automatic Thoughts, also known as PAT, refers to the process of consciously cultivating and maintaining positive thoughts and attitudes. Positive automatic thoughts are thoughts that spontaneously arise in individuals and have a positive valence. These thoughts have been found to play a role in various aspects of psychology, including incentive salience, approach motivation, mental well-being, and meaning in life.

The research supporting the study are Boyraz & Lightsey (2012) found that positive automatic thoughts were associated with higher levels of meaning in life, even in the presence of greater event stressfulness. This suggests that cultivating positive thinking may buffer the impact of stress on one's sense of meaning in life. Mussel et al. (2022) discovered that negative core beliefs contribute to the development of trait greed during young adulthood. This implies that individuals may pursue material goals as a means to compensate for unmet psychological needs stemming from negative beliefs about themselves or their environment. Johanson (2022) conducted a longitudinal study and found that self-esteem directly predicts future levels of positive affect, while self-esteem indirectly influences self-efficacy. This underscores the importance of self-esteem in shaping emotional well-being and one's belief in their ability to achieve goals. Stunner, Dalton & MacDonald (2019) highlighted the potential application of forgiveness in rehabilitation psychology. They suggested that forgiveness could be a beneficial skill or approach in counselling individuals with disabilities, yet it has been underutilized in the field. This implies a potential area for intervention and improvement in rehabilitation psychology practice.

In conclusion, these studies contribute valuable insights into the roles of positive thinking, negative core beliefs, self-esteem, self-efficacy, and forgiveness in various aspects of psychological well-being and behaviour. Boyraz & Lightsey (2012) found that positive automatic thoughts were associated with higher levels of meaning in life, even in the presence of greater event stressfulness. This suggests that cultivating positive thinking may buffer the impact of stress on one's sense of meaning in life.

Moreover, the results indicate a correlation between forgiveness, self-esteem, greed and positive automatic thoughts. In particular, there is a positive linear correlation between Variable A & Variable D and Variable B & Variable D and Variable C & Variable D. This points to an interaction where positive automatic thoughts are positively affected by forgiveness and self-esteem. Moreover, according to the result, there is a negligible but positive correlation between greed and positive automatic thoughts. (Rejecting null hypothesis  $H_0$ )

Considering a smaller sample size can limit the statistical power of the analysis. With fewer participants, the observed correlations are more likely to be due to chance, and the model might not be able to detect even moderate-sized effects.

Also, F-statistic: Significant ( $p < 0.000$ ). This indicates the overall model is statistically significant, meaning the combined effect of the independent variables (forgiveness, self-esteem, greed) on PAT is statistically different from zero.

Hence, *Forgiveness* emerges as the strongest predictor of positive automatic thoughts. People who score higher on forgiveness tend to have higher predicted PAT scores, even after accounting for self-esteem and greed. *Self-Esteem* has a weak positive association with PAT, but the effect might not be statistically significant depending on the chosen alpha level. *Greed* shows practically no significant association with PAT scores in this model.

## 7. CHAPTER: SUMMARY & CONCLUSION

This study is interested in how these factors work together in young adults, a crucial time for developing mental well-being for the long term. It aims to examine the combined influence of forgiveness, self-esteem, and greediness on the prevalence and intensity of PATs in young adults, by using regression analysis.

This study is having a sample of young adults from the age of 18-40 years that are taken for answering the questions and filling the questionnaire in accordance with their perspective and experience regarding forgiveness, self-esteem, greed on positive automatic thoughts. Snowball sampling is done in this study. Total number of subjects was 100, which is equally participated by males and females.



The results indicate a correlation among forgiveness, self-esteem, greed and positive automatic thoughts. In particular, there is a positive linear correlation between Variable A & Variable D and Variable B & Variable D and Variable C & Variable D. This points to an interaction where positive automatic thoughts are positively affected by forgiveness and self-esteem. Moreover, according to the result, there is a negligible but positive correlation between greed and positive automatic thoughts. (Rejecting null hypothesis  $H_0$ )

Considering, smaller sample size limited the statistical power of the analysis. With fewer participants, the observed correlations are more likely to be due to chance, and the model might not be able to detect even moderate-sized effects.

Therefore, the regression analysis suggests that forgiveness is the most significant predictor of positive automatic thoughts among the three variables examined. Self-esteem might have a weak positive influence, while greed shows negligible association. It's important to consider the limitations of the model and explore other potential factors that might contribute to positive automatic thoughts.

While this study provides a preliminary understanding of how forgiveness, self-esteem, and greed relate to positive automatic thoughts in young adults, further research can expand on these findings.

Firstly, addressing the limitations mentioned, such as the sample size, is crucial. Recruiting a larger and more diverse sample of young adults could yield more robust results and potentially reveal stronger interactions between the variables. Additionally, exploring alternative measurement approaches, such as implicit measures of greed or ecological momentary assessment (EMA) to capture real-time fluctuations in positive thoughts, could provide a more nuanced picture.

Secondly, investigating potential mediating and moderating variables could offer a deeper understanding of the underlying mechanisms. For example, exploring how self-compassion mediates the relationship between forgiveness and positive thoughts, or examining how stress moderates the impact of greed on positive automatic thinking, could reveal more intricate pathways influencing mental well-being.

Finally, a longitudinal study design following young adults over an extended period could illuminate the causal relationships between these factors and their long-term effects on mental health. By tracking changes in forgiveness, self-esteem, greed, and positive thinking as individuals navigate life transitions, researchers can gain valuable insights into how these factors contribute to overall mental well-being in the long run.

By addressing these limitations and exploring new research avenues, future studies can build on this foundation and provide a more comprehensive understanding of how forgiveness, self-esteem, and greed interact to shape positive thinking in young adults. This knowledge can then be used to develop targeted interventions and prevention strategies that promote positive mental health during this critical developmental period.

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Sincerely,

Ananya Praveen

## 9. CHAPTER: REFERENCE & APPENDIX

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## APPENDIX

**Bolton Forgiveness Scale (BFS)** developed by Reginald U. Amanze and Jerome Carson

**Dispositional Greed Scale (DGS)** developed by Erin M. Britt, Scott W. Lilienfeld, and Steven J. Lerner (2003)

**The Rosenberg Self-Esteem Scale (RSES)** developed by Morris Rosenberg in 1965

**The Automatic Thoughts Questionnaire-Positive (ATQ-P)** developed by K. Winick and R. Ingram in 1988