

TABLE 5.2
Comparing the Four Main Types of Savoring Processes

<i>Criteria</i>	<i>Thanksgiving</i>	<i>Marveling</i>	<i>Basking</i>	<i>Luxuriating</i>
Conceptual definition	acknowledging or expressing gratitude for blessings, gifts, or favors	being struck with awe by an external stimulus, losing sense of self & time	receiving praise or congratulations from self or others	indulging oneself in pleasurable physical sensations
Perceptual stimulus	good fortune or gifts received	great majesty, power, rarity, or mystery in an external stimulus	personal victory or accomplishment	deservingness of pleasure or need for restoration
Focus of attention	world (others, fate, or a deity)	world (external stimulus)	self	self
Type of experience	reverent reflection (outward expressions of appreciation)	reverent absorption in sublime grandeur	cognitive self-reflection (self-praise or self-admiration)	experiential absorption in physical delight
Dominant feeling	gratitude (can be reverent)	awe (can be reverent)	pride	physical pleasure
Real-world examples	victorious athletes crediting God or others, grateful survivors of accidents or disasters, telling others you cherish them	one's first view of the Grand Canyon, viewing an art exhibit, listening to a virtuoso musician, watching a sunset	social compliments, award ceremonies, celebration (which can also include both thanksgiving & luxuriating)	soaking in a Jacuzzi, treating oneself to special luxury, gourmet dining, massage, sexual behavior
Time of experience	before, during, or after a positive event (reactive), or at will (proactive)	during a positive event (in reaction to an unfolding stimulus)	after achievement (reactive) or at will (proactive)	after stress or hard work
Outward expression	head bowed, eyes closed, physically still with serious demeanor	wide-eyed, open-mouthed, immobilized, with goose bumps, chills	self-satisfied smile, head slightly tilted back, expanded posture, with arms raised	eyes closed, satisfied smile, expressive sounds ("mmm" or "ahh")
Locus of control for positive outcome	external (though one can also give thanks for internalized personal achievements)	external	internal	internal
Temporal duration of savoring experience	can be prolonged, less subject to habituation	intense, fleeting, harder to prolong, habituation also occurs	can be prolonged, less subject to habituation	harder to prolong, habituation also occurs
Enhancers	downward comparison (social, temporal, or counterfactual)	curiosity, spirituality, mindfulness	internalizing: high self-esteem, downward comparison (social, temporal, or counterfactual); flattery from others	perceived entitlement ("I owe it to myself"); downward hedonic contrast
Inhibitors	upward comparison (social, temporal, or counterfactual), guilt, mindlessness	self-awareness, external distraction, time pressure, mindlessness	externalizing, guilt, depression, low self-esteem, perfectionism, excessive modesty or punitive criticism, upward comparison	guilt or belief in the Protestant Ethic, mindlessness
Potential benefits	thankful gratitude, feelings of self-worth	awe, wonderment, astonishment, amazement, the roots of spirituality	esteem of self or others, self-confidence, ego enhancement	soothing pleasure, physical ecstasy
Potential costs	sense of indebtedness or powerlessness	sense of personal insignificance or existential angst	egocentrism, narcissism, bragging	narcissistic hedonism
Opposite feeling	resentment	horror	shame	pain
Opponent process	holding a grudge	being horrified or traumatized	self-blame	suffering

Frederick Bryant and Joseph V. Wall, *Savoring*, Erlbaum 2007, p.138-9