

MODULE 81-85

- **CARTHASIS** in psychology, the idea that “releasing” aggressive energy (through action or fantasy) relieves aggressive urges.
- **FEEL-GOOD, DO-GOOD PHENOMENON** is people’s tendency to be helpful when already in a good mood.
- **SUBJECTIVE WELL-BEING** is self-perceived happiness or satisfaction with life. Used along with measures of objective well-being to evaluate people’s quality of life.