

## Commonly proposed subcomponents of wisdom

### I Prosocial attitudes and behaviors

- “Achievement of a common [social] good”
- “Implicit idea that wisdom serves a common good”
- Factor analysis yielded “altruism” as a dimension of wisdom
- Affective wisdom includes “positive emotion and behaviors toward others, and absence of indifferent or negative emotions toward others”
- One of 5 dimensions of wisdom is warmth

### II Social decision making/pragmatic knowledge of life

- Two basic criteria: (1) rich factual knowledge regarding human nature and life course and (2) rich procedural knowledge regarding ways of dealing with life’s problems
- The tacit nature of knowledge implies more than knowing but also knowing when, where, how, and why to apply knowledge
- “Practical knowledge” as a dimension of wisdom
- Practical wisdom is “good interpersonal skills and understanding, expeditious use of information, and expertise in advice giving”
- Three dimensions of wisdom include judgment, life knowledge, and life skills

### III Emotional homeostasis

- Emotional stability despite uncertainty as a component
- Affective wisdom includes “absence of indifferent or negative emotions toward others, and remaining positive in the face of adversity”
- One dimension of wisdom: emotional management

### IV Reflection/self-understanding

- Reflective abilities are a key component of wisdom
- Reflective judgment an important part of wisdom
- Transcendental wisdom comprises interest in self-understanding
- Reflective wisdom is 1 of 3 key dimensions of overall wisdom
- Self-knowledge identified as a dimension of wisdom

### V Value relativism/tolerance

- Value relativism and tolerance 1 of 3 meta-criteria for wisdom
- Value relativism seen as a component of wisdom
- As part of reflective wisdom: “ability and willingness to examine phenomena from multiple perspectives; absence of projections”
- “Tolerant and understanding” part of descriptors of Practical Wisdom Scale

### VI. Acknowledgment of and dealing effectively with uncertainty and ambiguity

- “Handling of uncertainty, including the limits of knowledge”
- Comprehension of/dealing with uncertainty
- “3 key components: (1) Meta-cognition (acknowledging uncertainty and ability for dialectical thinking); (2) Personality/affect (emotional stability despite uncertainty and openness to new experience); (3) Behavior (ability to act in the face of uncertainty)”

From Figure 2 in *Neurobiology of Wisdom: A Literature Overview* - Thomas W. Meeks, MD; Dilip V. Jeste, MD, Arch Gen Psychiatry. 2009;66(4):355-365