

Cryptograms

CRYPTOGRAM 01

F V C C B L N X J Z G H I J H X E D J N Z J C I B
 E E E E
 D J N S G W U G X N D R W J L Z R X J R D C
 N D N W L N X X H X J N E Y G W U X Y J E
 E R V W X J Z G W X V G X G S J L G H C R F X Y N X
 E E E E
 G W X J Z S J W X G R W R Q X J W A Z R D R W U H
 E E E E E E
 X Y J A Z R I D J F G X F J N W H X R H R D S J .

FREQUENCY

X	J	R	W	G	N	D	H	Z	C	F	L	S	Y	E	I	U	V	A	B	Q
19	18	12	12	11	10	8	7	7	5	4	4	4	4	3	3	3	3	2	2	1
13%	13%	8%	8%	8%	7%	6%	5%	5%	4%	3%	3%	3%	3%	2%	2%	2%	2%	1%	1%	1%

CIPHER KEY

A	B	C	D	E	F	G	H	I	J	L	N	Q	R	S	U	V	W	X	Y	Z
									E											

– Alan Watts

NOTES

CRYPTOGRAM 02

B S P E K F D V U Y N U S F D N Z O
 E E E E
 B F S V Z V U F O U K W Z O V P K H E K F V Y P H K A
 N K L N W V E F V H V B F M U F A N V E E
 G H F V U Z P O V N V X F A Z O U Y F L S P O C
 L N W L S P U F P K A N K N O L N U U V
 A Z N C O P V Z O C U Y F M P D D P O A Z V F N V F E E
 P J E N A J S N D Z O C .

FREQUENCY

V	F	N	O	P	U	Z	K	A	S	D	L	C	E	H	Y	B	W	J	M	G	X
16	15	14	11	11	11	9	8	7	6	5	5	4	4	4	4	3	3	2	2	1	1
11%	10%	10%	8%	8%	8%	6%	5%	5%	4%	3%	3%	3%	3%	3%	3%	2%	2%	1%	1%	1%	1%

CIPHER KEY

A	B	C	D	E	F	G	H	J	K	L	M	N	O	P	S	U	V	W	X	Y	Z
					E																

– Alan Watts

Cryptograms

CRYPTOGRAM 03

E E E E E E
 F H Y F U H Q Y X Y I P O X I I Y Z H U H G G
 E E E E E E
 Q H F N H G G H Q I A H C P O X I I Y Z H
 E
 A O F F M H N O X Q I A O I M G O
 E E E
 T J X Q O V H X I O U U C Q M T T H N H X I I A M X B
 E
 G O M Q V O N I M X G H U M B V O X T Y J X Q M X B
 E
 F Y G M I M K H F G C L A Y U Y B C .

FREQUENCY

H	I	X	O	M	G	Y	Q	F	U	A	B	C	N	T	V	J	P	Z	K	L
15	13	12	11	10	9	9	8	7	6	5	4	4	4	4	3	2	2	2	1	1
11%	10%	9%	8%	8%	7%	7%	6%	5%	5%	4%	3%	3%	3%	3%	2%	2%	2%	2%	1%	1%

CIPHER KEY

A	B	C	F	G	H	I	J	K	L	M	N	O	P	Q	T	U	V	X	Y	Z
					E															

- Martin Seligman

NOTES

CRYPTOGRAM 04

K C G Z W H Y H J G O C D H Q B R C Q Q W N E
 C Q R T G H I P N X E D N C C X D T T X L X J N E
 O Q O C X Y C H Q W N C Q R T G H I E
 C Q F N D J Q W X D T A O F Q R N C X O T H Y T E
 L X F Q O D C N Y O J L X D F N H F O N D Q O D J X E
 P W H Y N I O N Y T . E

FREQUENCY

C	N	Q	O	X	D	H	T	Y	F	J	W	G	R	I	L	P	A	B	E	K	Z
12	12	12	10	10	9	9	8	6	5	5	5	4	4	3	3	2	1	1	1	1	1
10%	10%	10%	8%	8%	7%	7%	6%	5%	4%	4%	4%	3%	3%	2%	2%	2%	1%	1%	1%	1%	1%

CIPHER KEY

A	B	C	D	E	F	G	H	I	J	K	L	N	O	P	Q	R	T	W	X	Y	Z
												E									

- Martin Seligman

NOTES

Answer Key – Cryptograms

Solve before peeking. Full solutions below.

- 01 MUDDY WATER IS BEST CLEARED BY LEAVING IT ALONE WROTE OLD ALAN WATTS TEACHING THE COUNTERINTUITIVE WISDOM THAT INTERVENTION OFTEN PROLONGS THE PROBLEM IT MEANS TO SOLVE.
– Alan Watts

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- 02 PROBLEMS THAT REMAIN PERSISTENTLY INSOLUBLE SHOULD ALWAYS BE SUSPECTED AS QUESTIONS ASKED IN THE WRONG WAY WROTE OLD ALAN WATTS DIAGNOSING THE COMMON DISEASE OF BAD FRAMING.
– Alan Watts

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- 03 PEOPLE DO NOT WANT TO BE LESS DEPRESSED THEY WANT TO BE HAPPIER AND THAT IS A FUNDAMENTALLY DIFFERENT THING SAID MARTIN SELIGMAN FOUNDING POSITIVE PSYCHOLOGY.
– Martin Seligman

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- 04 PSYCHOLOGY IS NOT JUST THE STUDY OF WEAKNESS AND DAMAGE IT IS ALSO THE STUDY OF STRENGTH AND VIRTUE SAID OLD MARTIN SELIGMAN REORIENTING A WHOLE FIELD.
– Martin Seligman