



How Positive Emotions Work and Why

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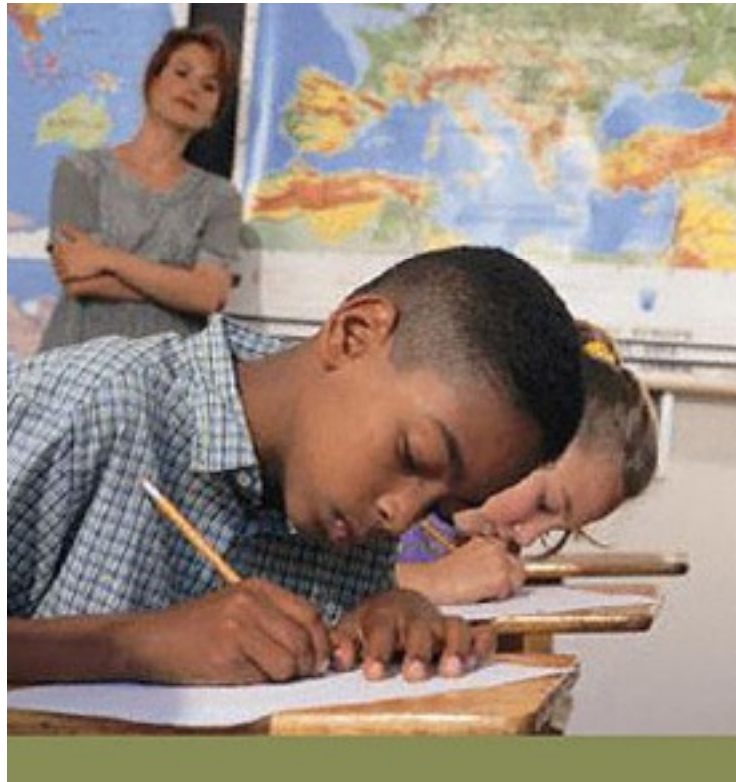
www.PositiveEmotions.org

www.PositivtyRatio.com











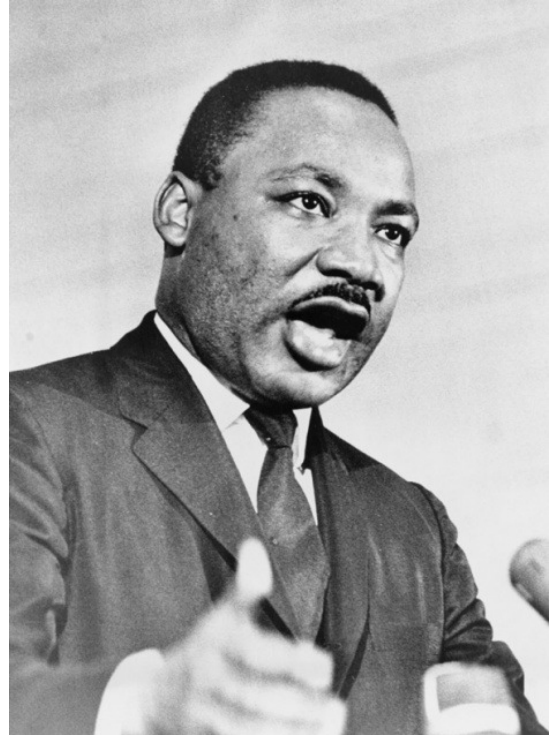


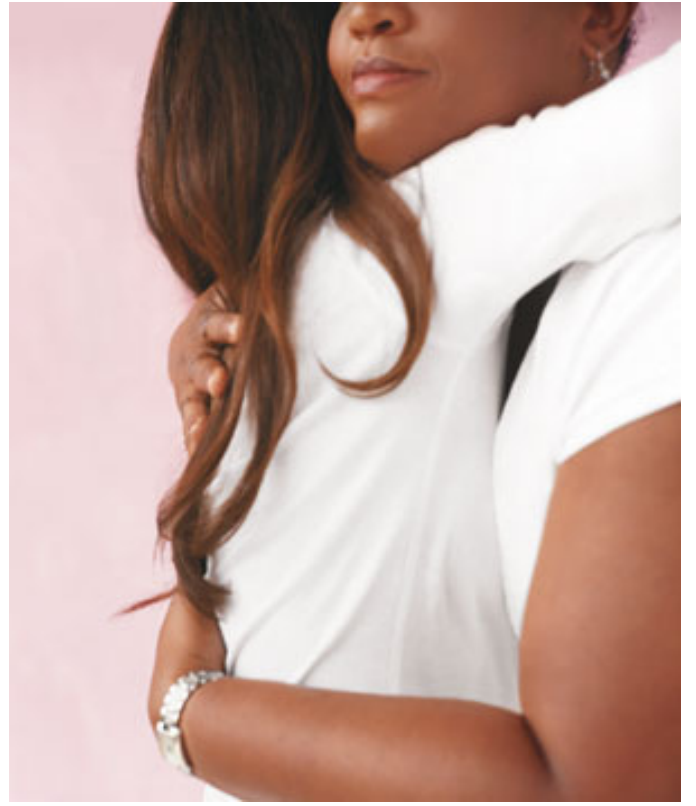












Positivity **Opens** Us

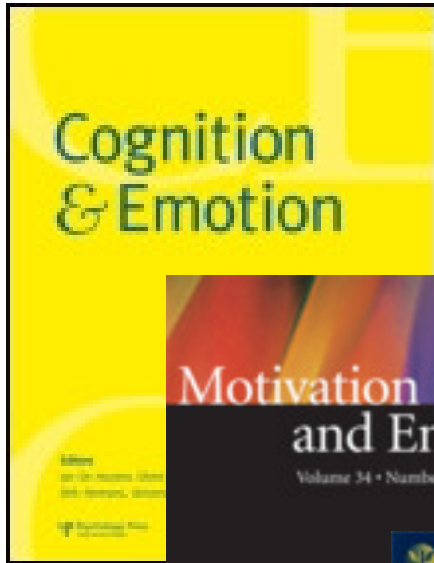
Positivity **Opens** Us



Positivity **Opens** Us



Scientifically Tested



Signatures Reduce the Strong Effect
And the Strong Effect, James Peirce, and Neil Shiffrin

New Data Analysis of the Stroop Matching Task Calls for a
Reevaluation of Theory

Lee Goldfish and Arthur Beale

Our Duration and Paresomorph Guidance of Visual Attention
Shin-ya

Going for the Gold: Models of Agency in Japanese and
American Contexts

Reed R. Markes, Yukio Otsuka, Hideo Onogiwa,
Suzuki N. Inoue, and Shinya Kawano

Culture and the Physical Environment: Holistic Versus Analytic
Perceptual Miscalibrations

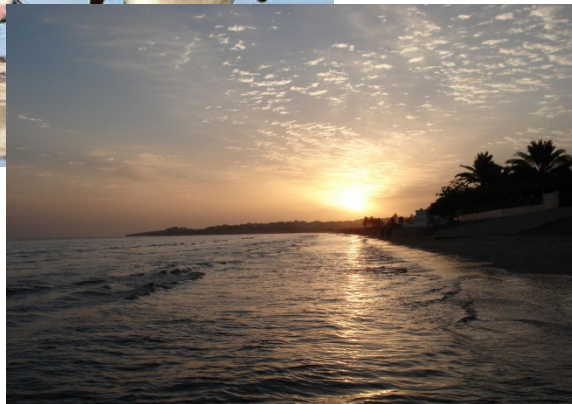
Timothy R. Smith, Richard E. Nisbett, and Shinya Kawano

Expanding the Topography of Social Anxiety: An Experiment
Examining Assessment of Positive Emotions, Positive Events,
and Emotion Suppression

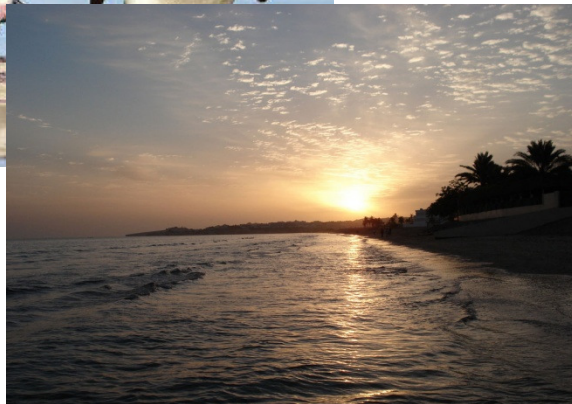
Reid B. Kashner and Michael F. Sagar



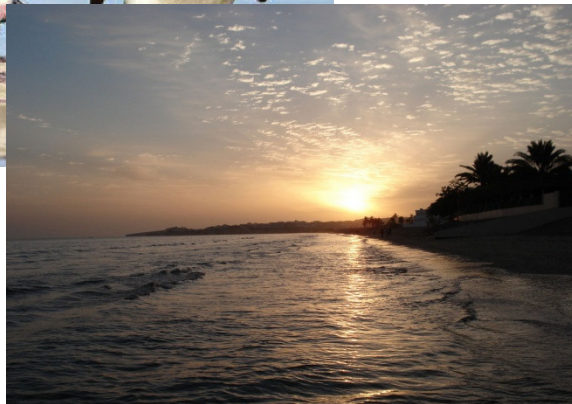
Randomized Controlled Studies 🙌



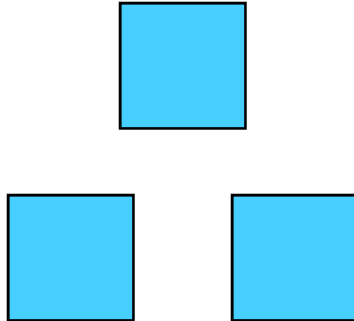
Randomized Controlled Studies



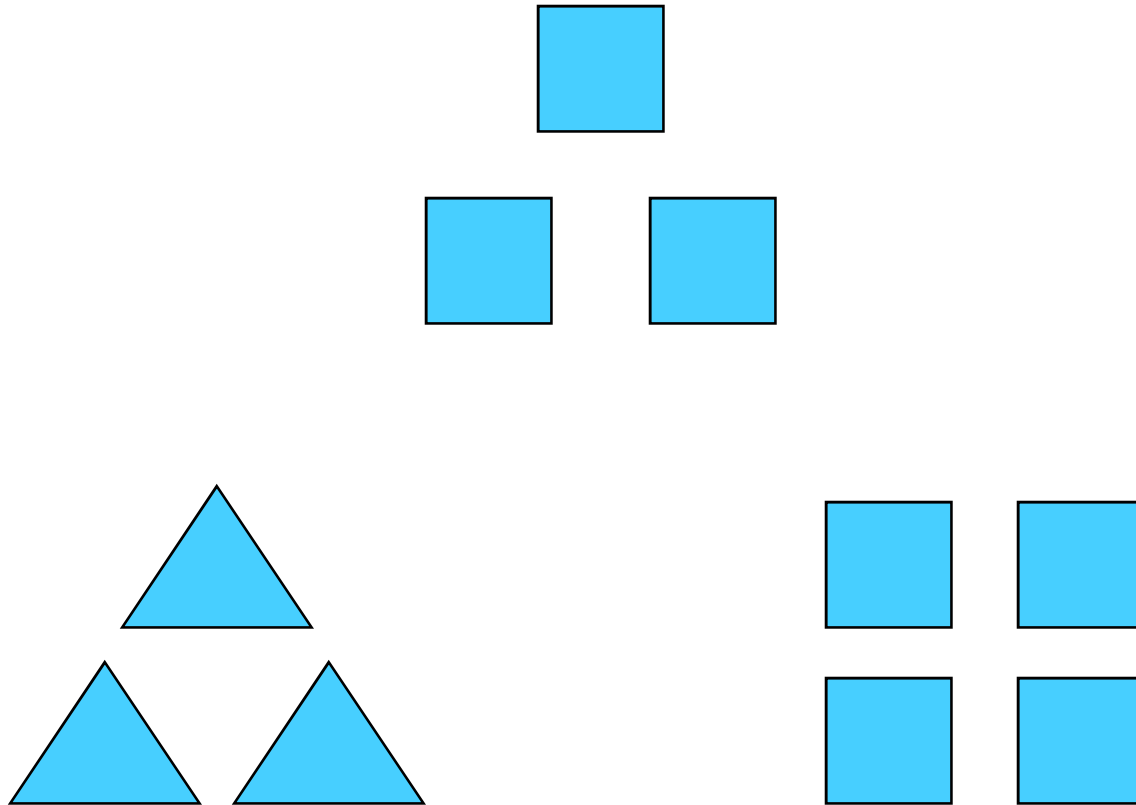
Randomized Controlled Studies



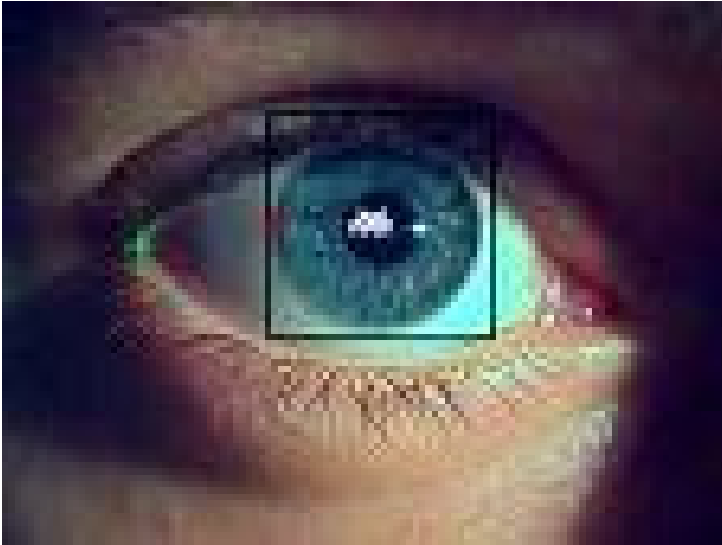
Global vs. Local Visual Processing



Global vs. Local Visual Processing

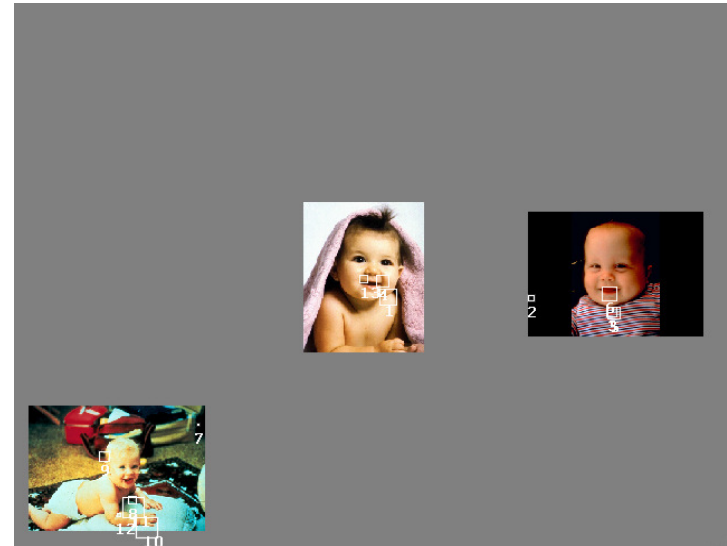
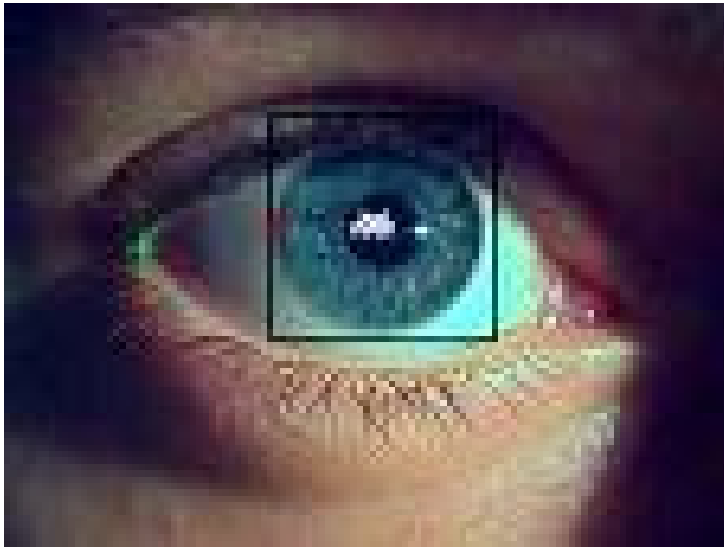


Eye-Tracking



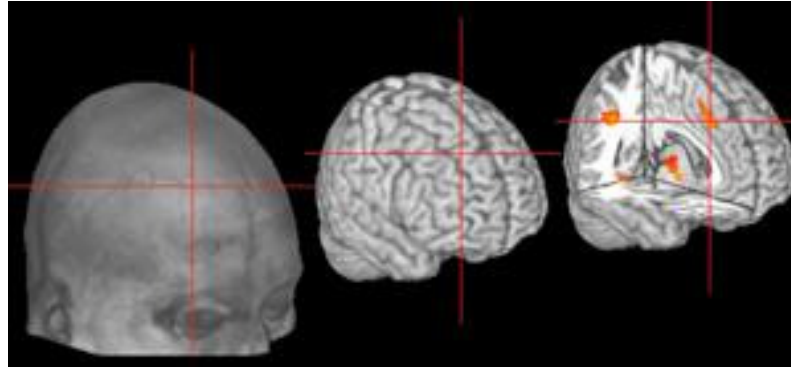
Wadlinger & Isaacowitz (2006). *Motivation and Emotion*, 30, 89-101.

Eye-Tracking



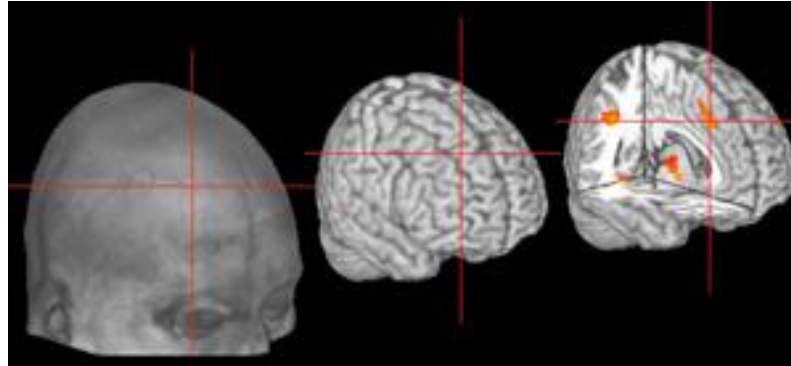
Wadlinger & Isaacowitz (2006). *Motivation and Emotion*, 30, 89-101.

Brain Imaging Results



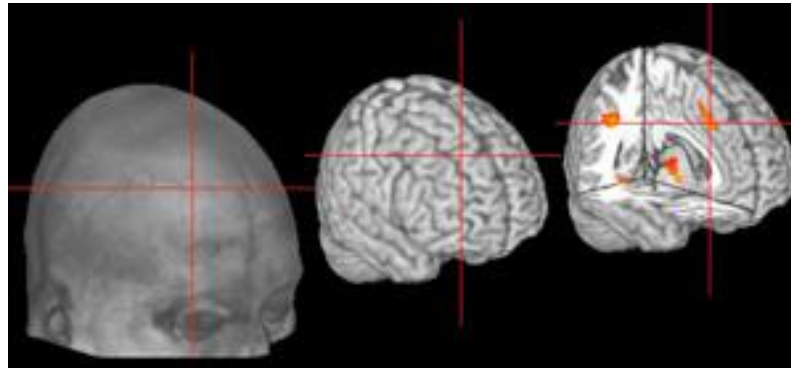
Schmitz, De Rosa & Anderson (2009). *Journal of Neuroscience*, 29, 7199-7207.

Brain Imaging Results



Schmitz, De Rosa & Anderson (2009). *Journal of Neuroscience*, 29, 7199-7207.

Brain Imaging Results



Schmitz, De Rosa & Anderson (2009). *Journal of Neuroscience*, 29, 7199-7207.

Better Memory for Details



Talarico, Berntsen & Rubin (2009). *Cognition and Emotion*, 23, 380-398.

“There is a way of breathing that’s a shame and suffocation. And there’s another way of expiring, a love-breath that lets you open infinitely.”

-- Rumi



More Possibilities



Fredrickson & Branigan (2005). *Cognition and Emotion*, 19, 313-332.

More Creativity



Rowe, Hirsch, & Anderson (2006). *Proceedings of the National Academy of Sciences*, 104, 383-388.

More Resilience



Fredrickson et al., (2003). *Journal of Personality and Social Psychology*, 84, 365-376.

Better Performance



Bryan & Bryan (1991). *Journal of Learning Disabilities*, 24, 490-494.

Staw & Barsade (1993). *Administrative Science Quarterly*, 38, 304-331.

Better Medical Decisions



Isen, Rosenzweig, & Young (1991). *Medical Decision Making*, 11, 221-227.

More Oneness



Johnson & Fredrickson (2005). *Psychological Science*, 16, 875-881.

More Trust



Dunn & Schweitzer (2005). *Journal of Personality and Social Psychology*, 88, 736-748.

Better Negotiations



Kopelman, Rosette, & Thompson (2006). *Organizational Behavior and Human Decision Making*, 99, 81-101.

Not just the old story...



...seeing the BIG picture



Positivity **Transforms** Us



Increasing Our Daily Diet...



Increasing Our Daily Diet...



... of Positive Emotions.

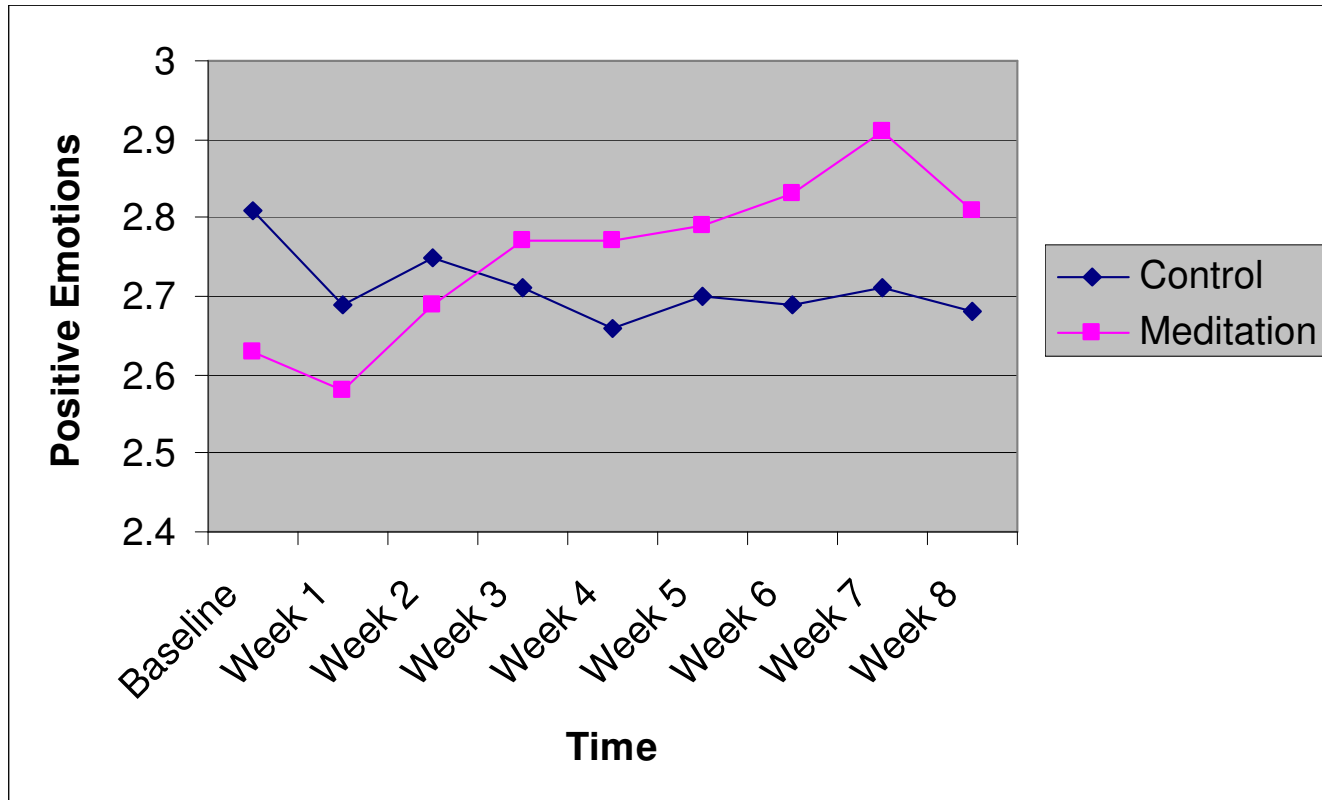
Lifestyle Change



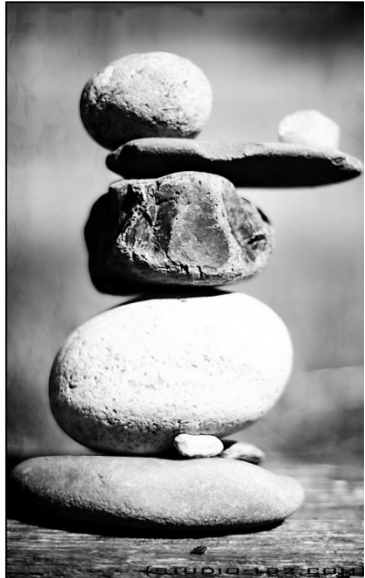
Meditation



Positivity Can Increase...



...and Build Resources

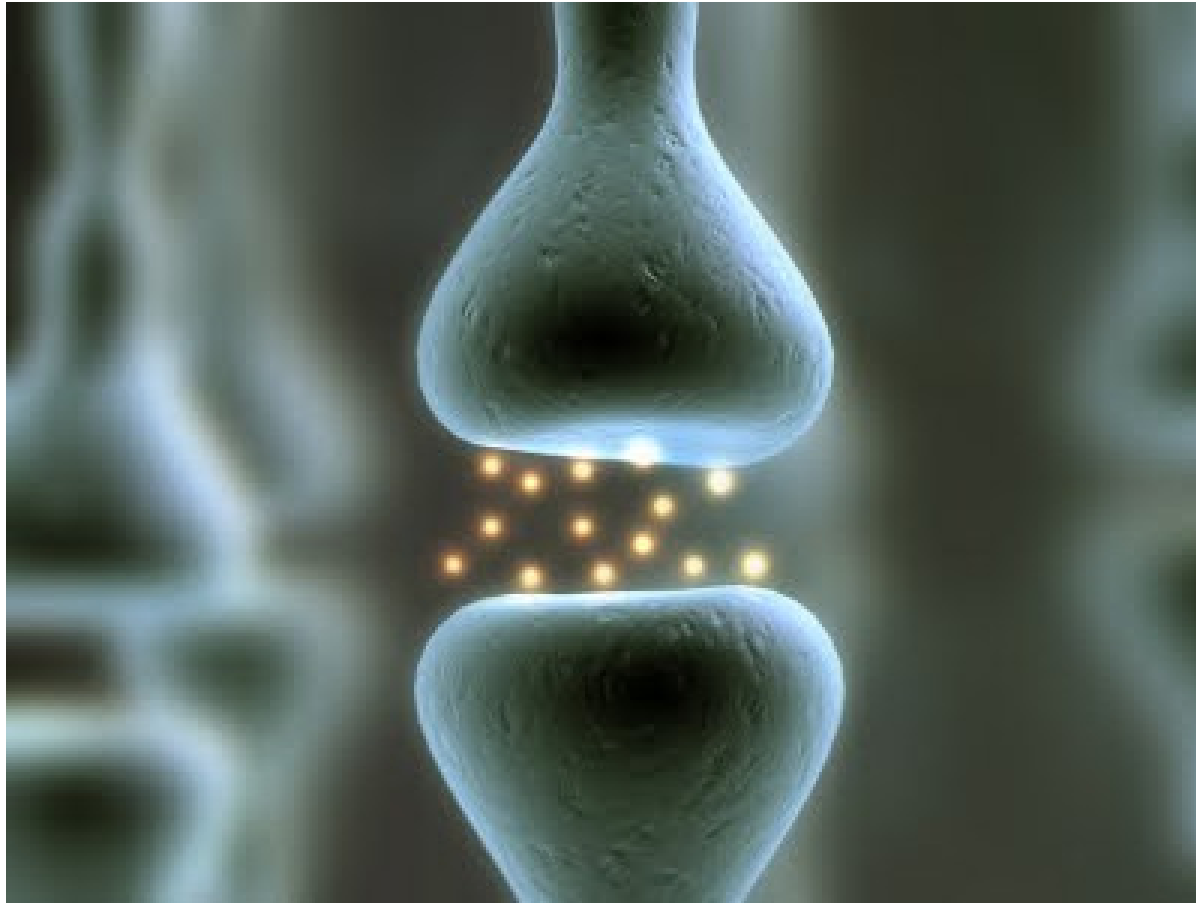


Fredrickson et al. (2008). *Journal of Personality and Social Psychology*, 95, 1045-1062.

Positivity **Transforms** Us

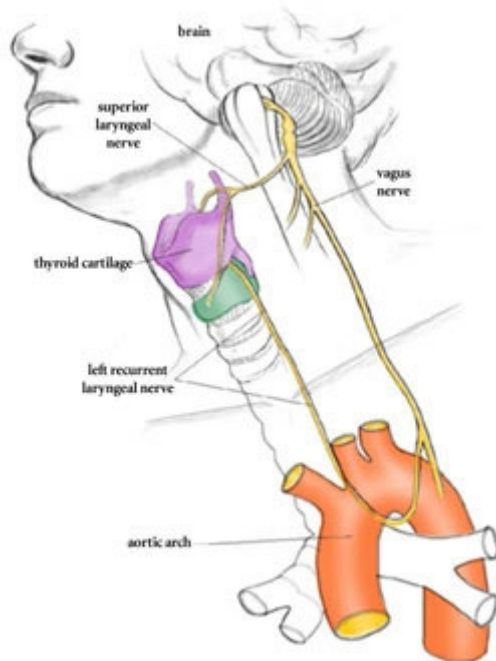


Positivity Transforms Us



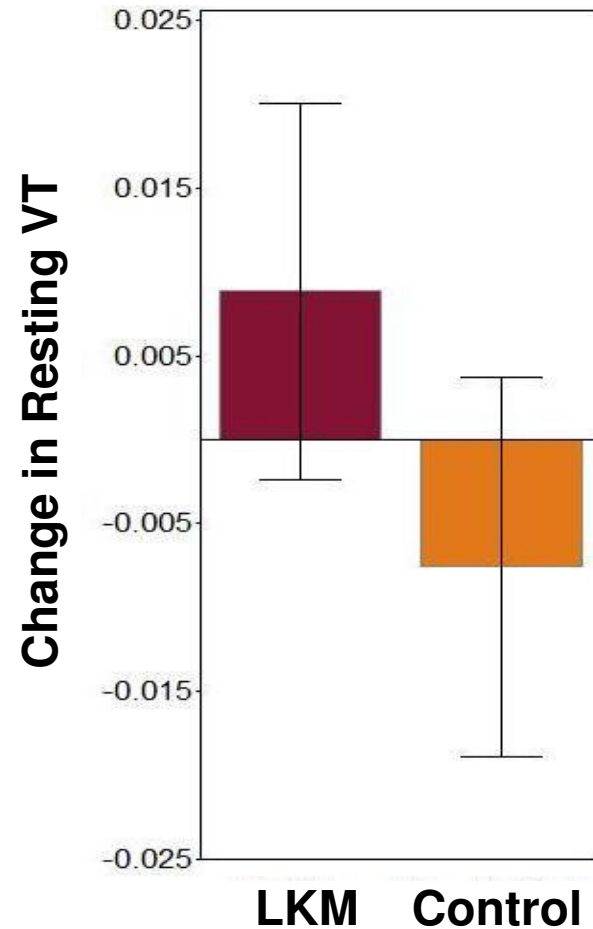
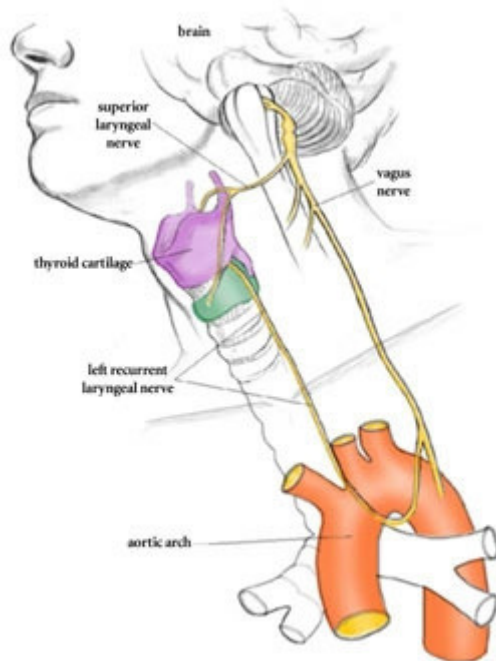
Meditation Increases Vagal Tone (VT)

The Vagus Nerve



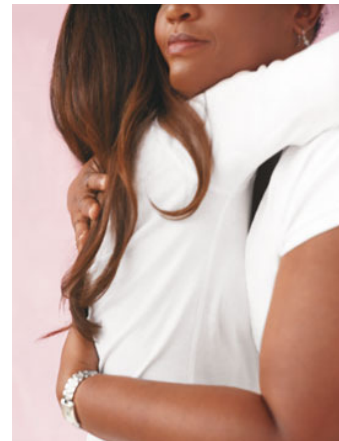
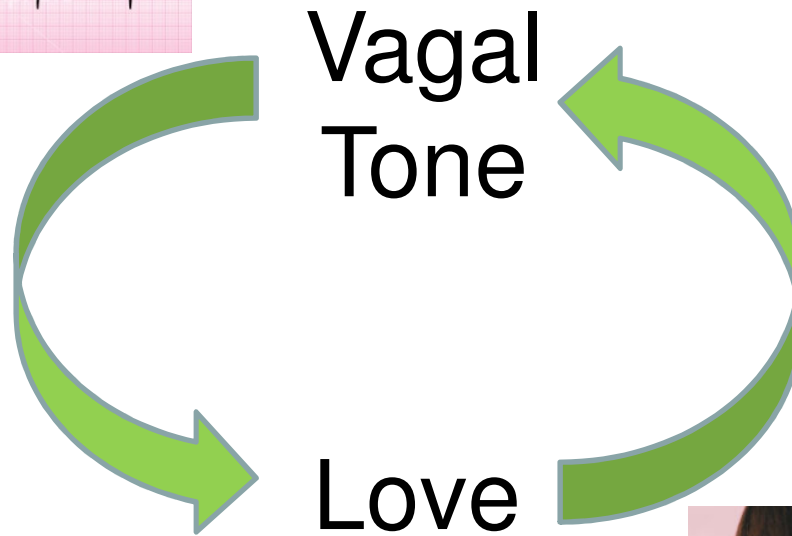
Meditation Increases Vagal Tone (VT)

The Vagus Nerve



Kok & Fredrickson (in progress)

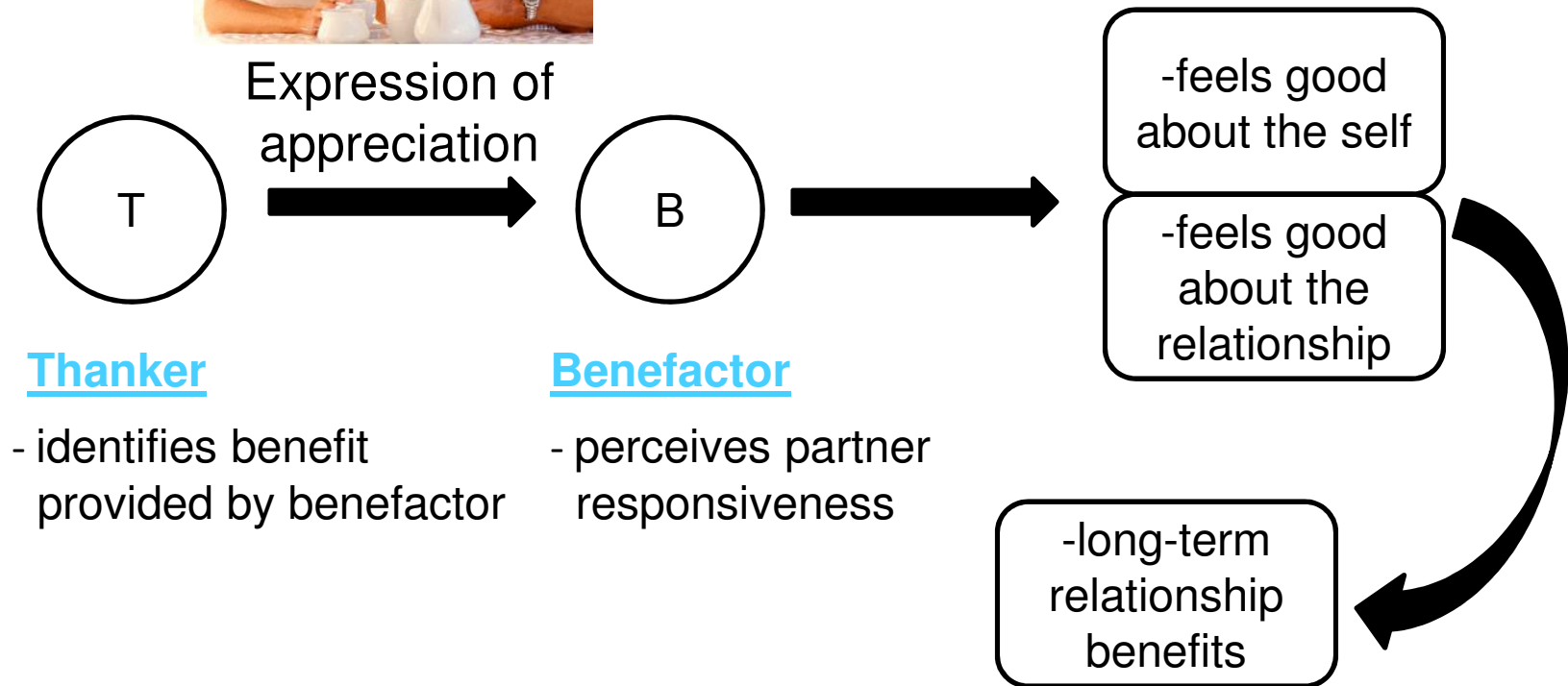
Upward Spirals of the Heart



Positivity Transforms Relationships



Positivity Transforms Relationships

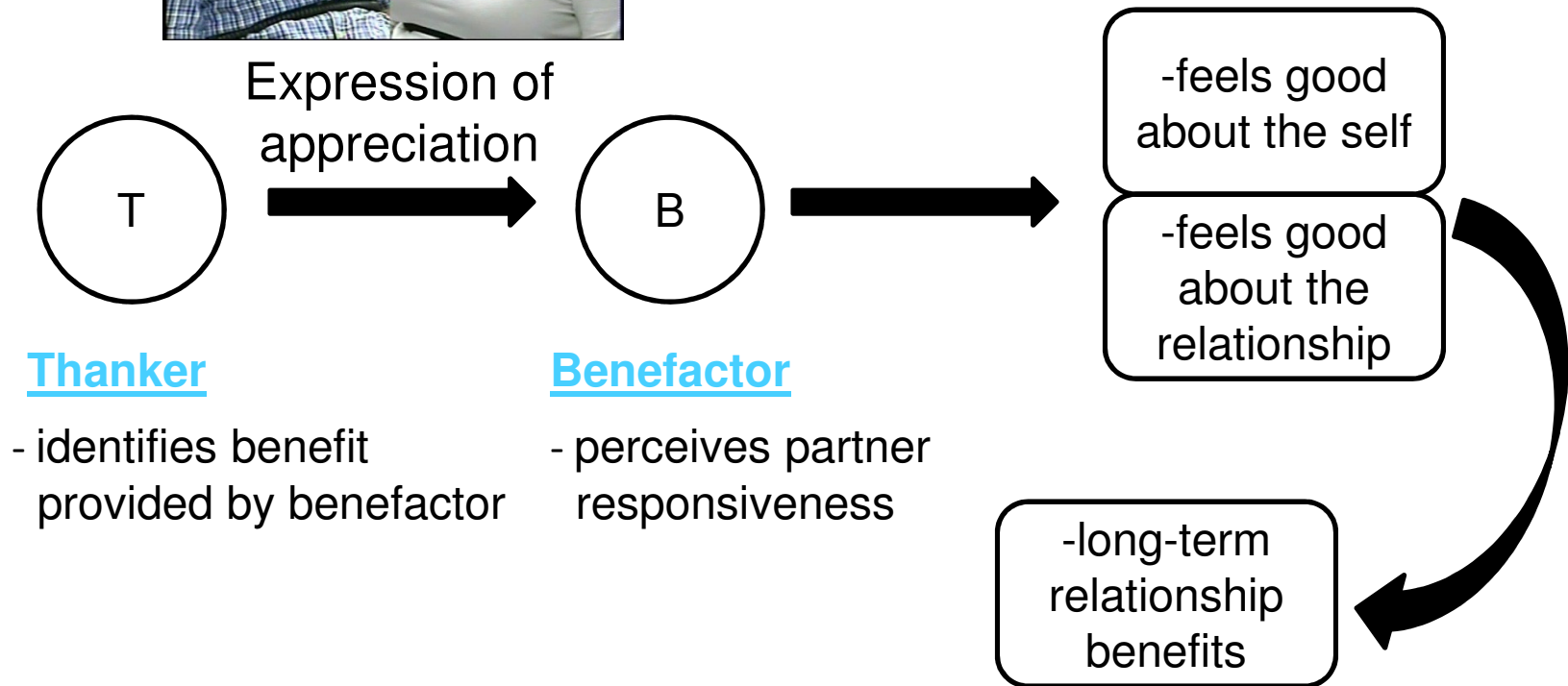


High- vs. Low-Quality Expressions of Appreciation



Algoe, Fredrickson, Gable & Strachman (2010) Under review.

Positivity Transforms Relationships



Languish or Flourish?

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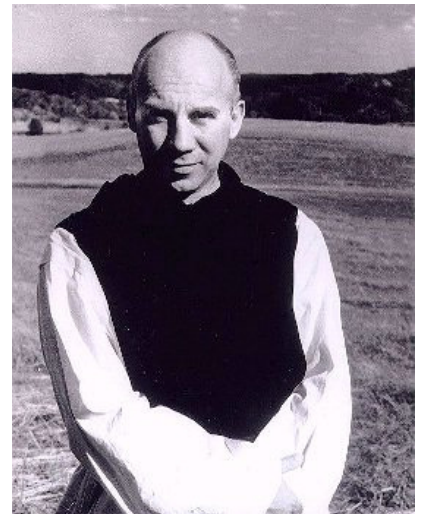


Positivity Lights Our Path...



*“Things that are good are good,
and if one is responding to that
goodness one is in contact with a
truth from which one is getting
something.”*

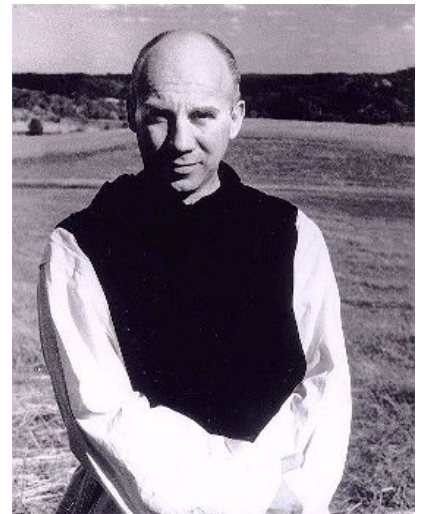
-- Thomas Merton

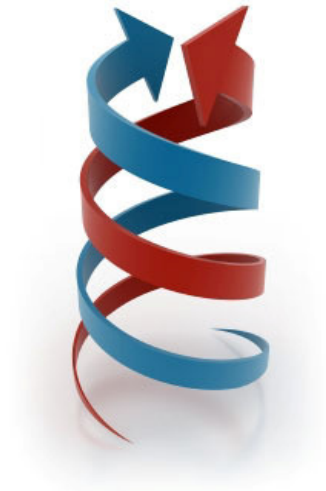


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-- Thomas Merton





The **Broaden-and-Build** Theory of Positive Emotions

Fredrickson (1998). *Review of General Psychology*, 2, 300-319.

Fredrickson (2001). *American Psychologist*, 56, 218-226.

Fredrickson (2003). *American Scientist*, 91, 330-335.

From Description to Prescription



How Much Is Enough?



Fredrickson & Losada (2005). *American Psychologist*, 60, 678-686.

How Much Is Enough?



Positivity Ratio > 3-to-1

Fredrickson & Losada (2005). *American Psychologist*, 60, 678-686.

Tipping Point



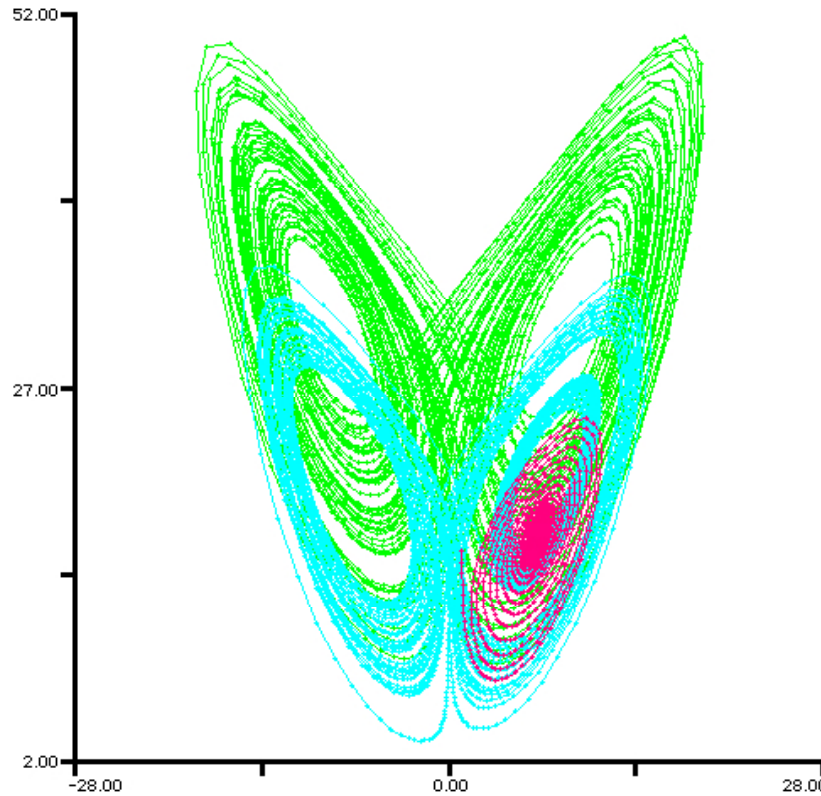
Tipping Point





Losada's Mathematics

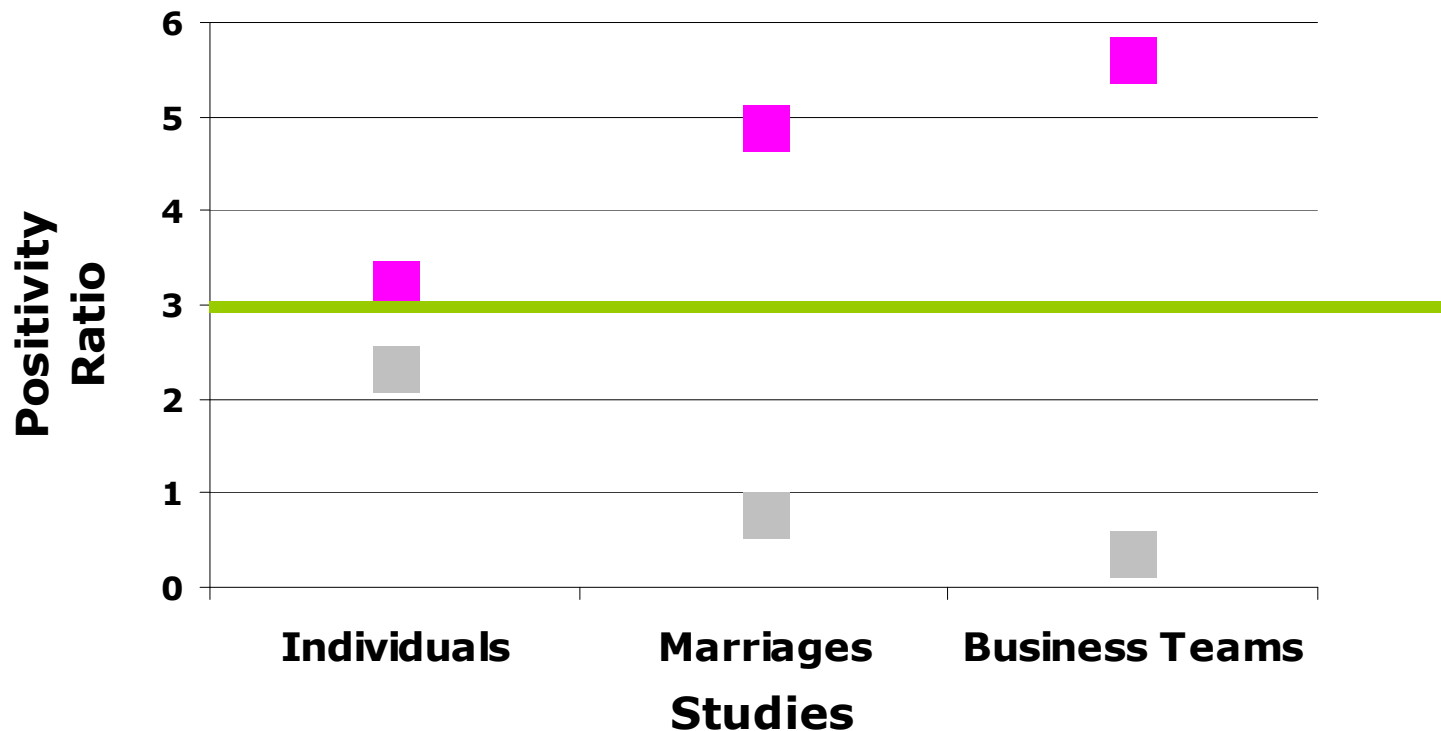
Emotional
Space



Inquiry / Advocacy

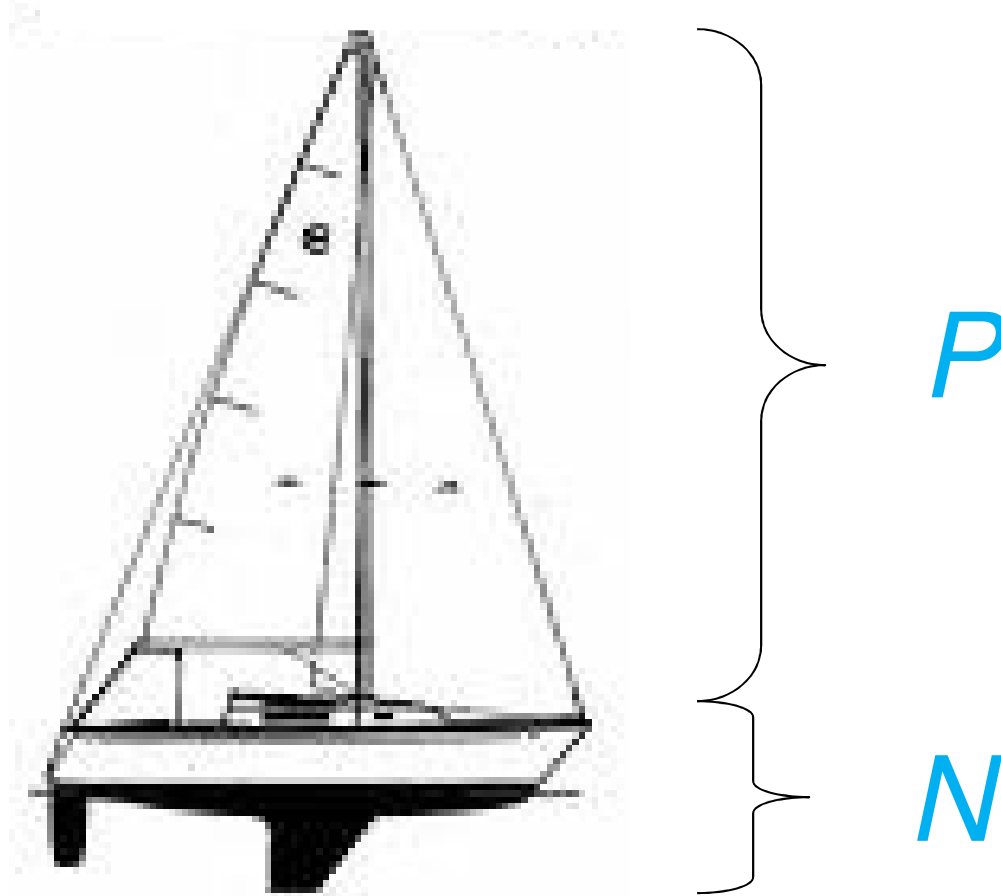
Fredrickson & Losada (2005). *American Psychologist*, 60, 678-686.

Testing the 3-to-1 Tipping Point



Fredrickson & Losada (2005). *American Psychologist*, 60, 678-686.

Negativity is Necessary



Fredrickson & Losada (2005). *American Psychologist*, 60, 678-686.

How to...?



“Be Positive”



Don't "Be Positive"



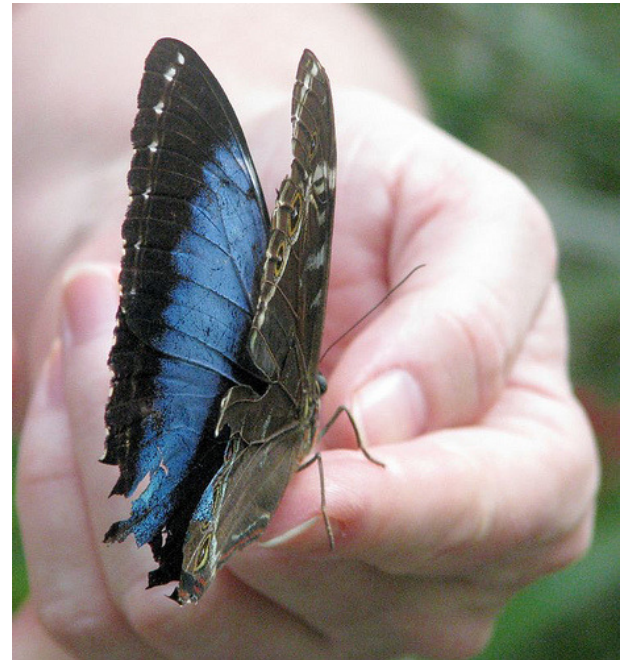
“There wouldn’t be such a thing as counterfeit gold if there were no real gold somewhere.”



-- Sufi proverb

Create the **Mindset** of Positivity

- Be Open
- Be Appreciative
- Be Curious
- Be Kind
- Be Real



POSITIVITY

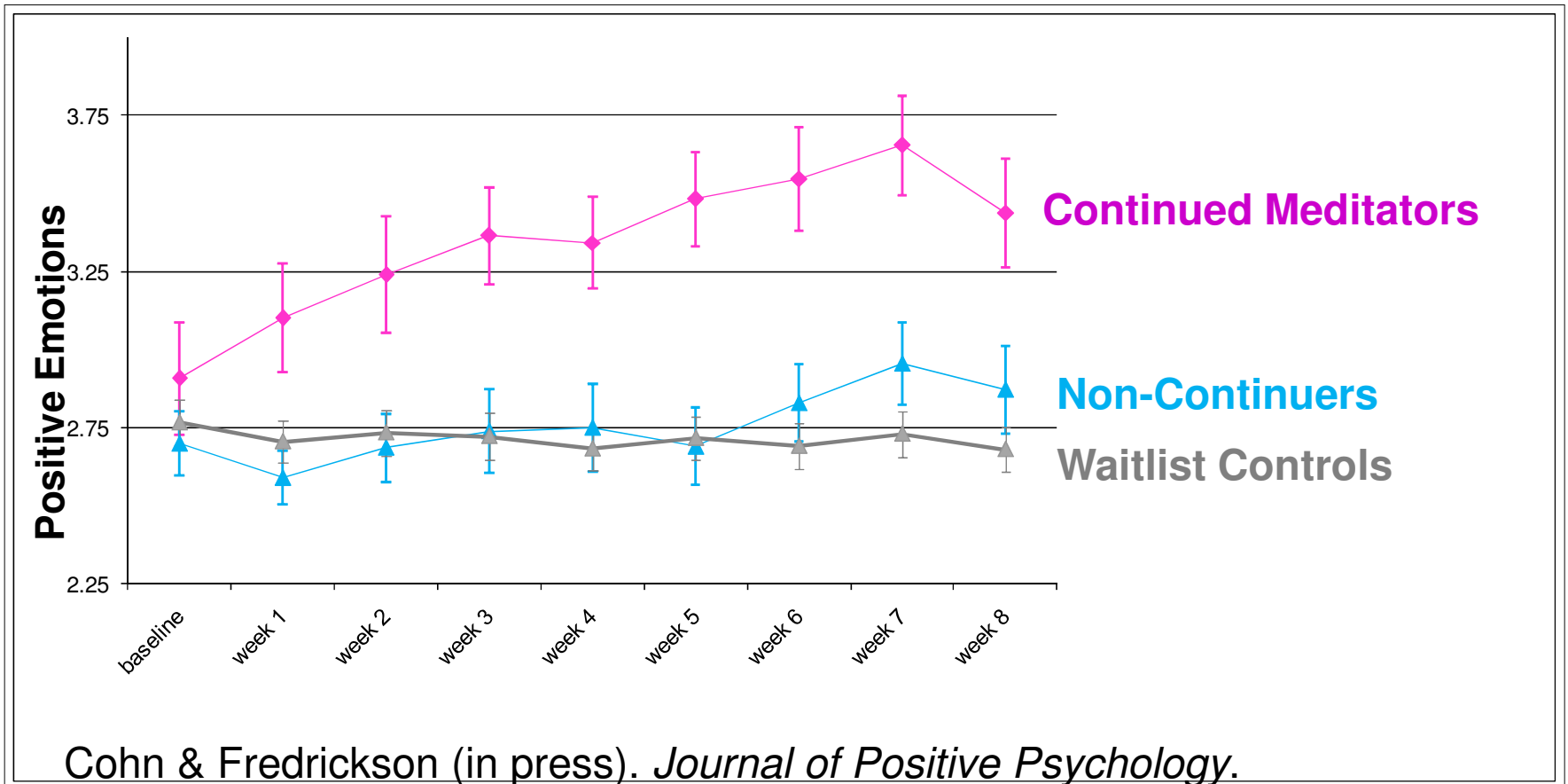
www.PositivityRatio.com

What's *your* ratio?

80% of Americans fall short of the ideal 3-to-1 ratio.

Click here to take Dr. Fredrickson's 2-minute on-line quiz and see how you score.

Early Positive Emotions Forecast Sustained Behavior Change





“One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, ‘My son, the battle is between two wolves inside us all. One is Negativity. It’s anger, sadness, stress, contempt, disgust, fear, embarrassment, guilt, shame and hate. The other is Positivity. It’s joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and above all, love.’

The grandson thought about it for a minute and then asked his grandfather: ‘Which wolf wins?’

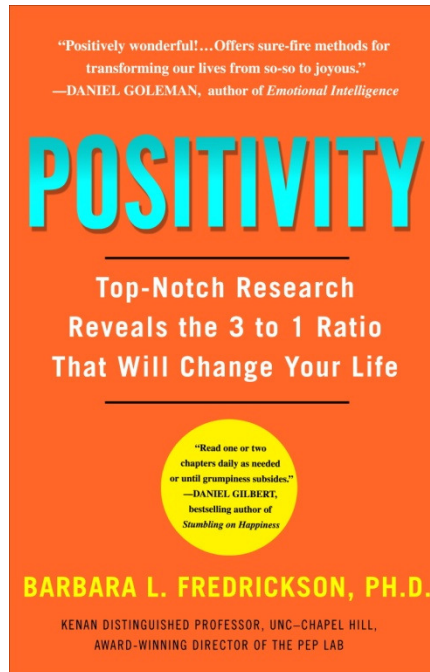


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The grandson thought about it for a minute and then asked his grandfather: ‘Which wolf wins?’

The old Cherokee simply replied, ‘The one you feed’”

POSITIVITY



www.PositivityRatio.com