



Using Positive Emotions to Enhance Human Flourishing

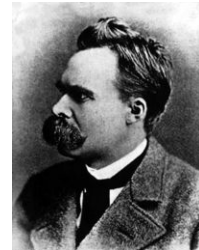
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www.PositiveEmotions.org

*“One’s own self is well hidden
from one’s own self: Of all the
mines of treasure, one’s own is
the last to be dug up”*

-- Friedrich Nietzsche



$$\frac{\textit{Positivity}}{\textit{Negativity}}$$

a.k.a., *Positivity Ratio*

Languish or Flourish

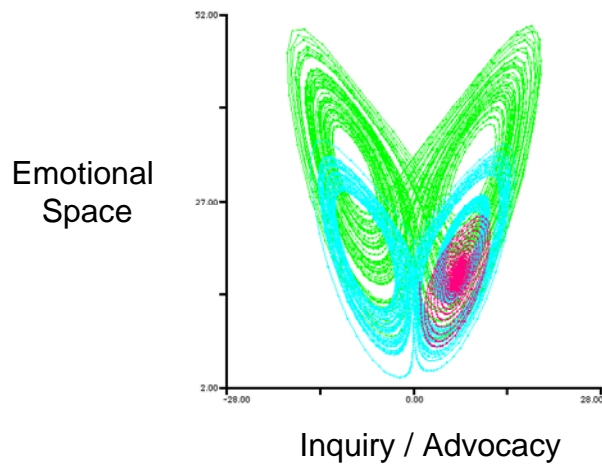


How Much Is Enough?

Positivity Ratio > 3-to-1

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

The Complex Dynamics of Human Flourishing



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

Negativity is Necessary



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

Positivity Opens Us



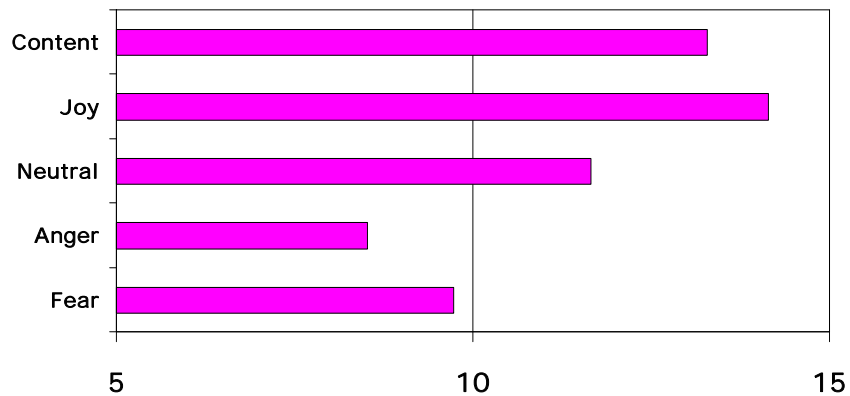
The **BROADEN** Effect

- Positive emotions momentarily expand people's attention and thinking.

Testing the **BROADEN** Effect

- Experimental Groups:
 - Contentment
 - Joy
 - Neutral
 - Anger
 - Fear
- Dependent Measure:
 - Breadth of Thought-Action Repertoires

Evidence for the **BROADEN** Effect



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

“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



The UNDO Effect

- Positive emotions erase the lingering traces of negative emotions.

Testing the UNDO Effect

- Backdrop: Speech Anxiety
- Experimental Groups:
 - Contentment
 - Joy
 - Neutral
 - Sadness
- Dependent Measure:
 - Duration of Cardiovascular Reactivity

Fredrickson et al., (2000). *Motivation and Emotion*, 24, 237-258.

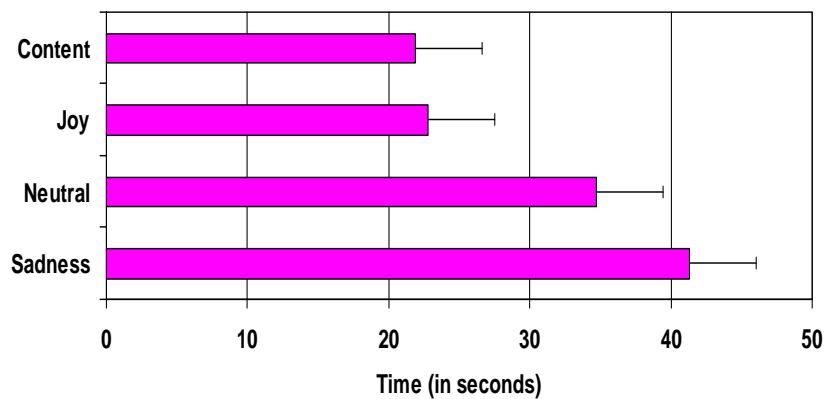
Testing the UNDO Effect

- Heart Rate**
- Systolic Blood Pressure**
- Diastolic Blood Pressure**
- Vasoconstriction**
- Pulse Transit Time to the Finger**
- Pulse Transit Time to the Ear**

** $p < .001$

Fredrickson et al., (2000). *Motivation and Emotion*, 24, 237-258.

Evidence for the UNDO Effect



Fredrickson et al., (2000). *Motivation and Emotion*, 24, 237-258.



Positivity Seeds Human Flourishing

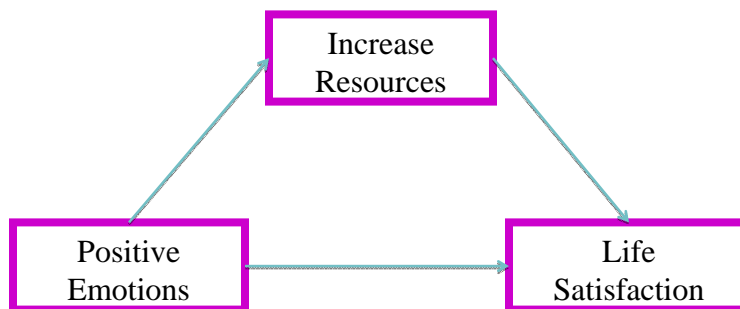
Positivity Transforms Us



The BUILD Effect

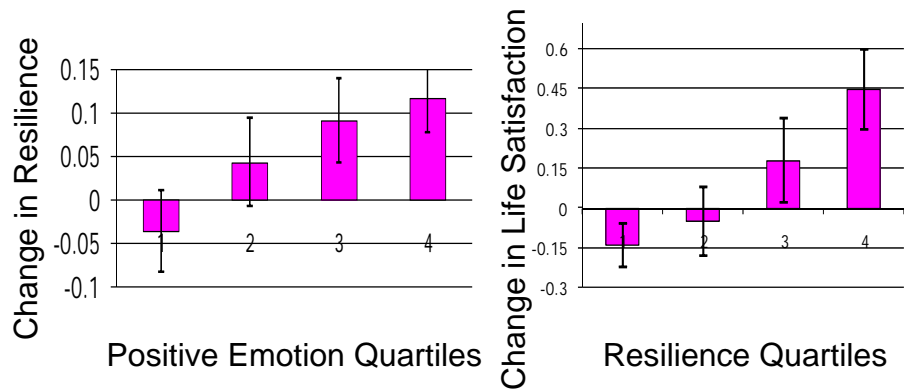
- Over time, positive emotions prompt growth in personal and social resources that increases well-being.

Happiness Unpacked



Cohn, Fredrickson, Brown, Mikels & Conway (in press). *Emotion*.

Happiness Unpacked



Cohn, Fredrickson, Brown, Mikels & Conway (in press). *Emotion*.

Testing the BUILD Effect



Loving-Kindness Meditation

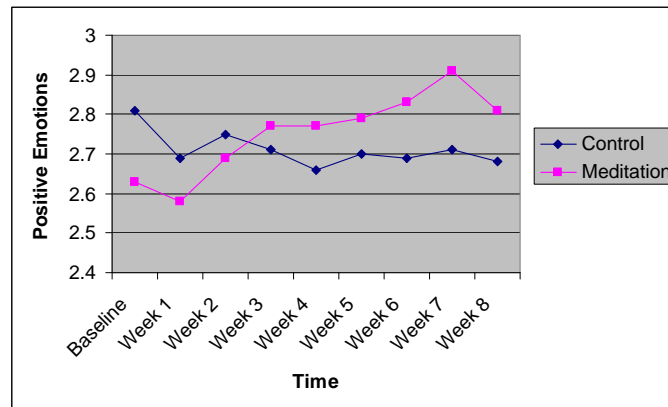


Testing the **BUILD** Effect

- CONTEXT: Workplace Wellness Program
- RANDOM ASSIGNMENT: 7-week Loving-Kindness Meditation Workshop vs. Waitlist Control
- DAILY: Reports of Positive & Negative Emotions
- PRE- & POST-TESTS: Cognitive, Social, Psychological & Physical Resources

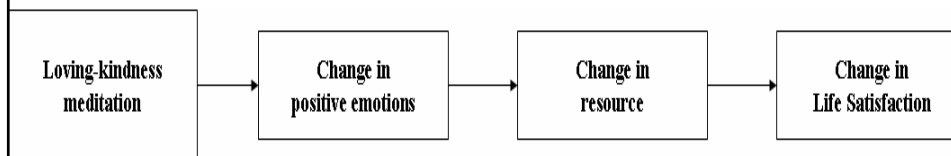
Fredrickson et al. (2008). *Journal of Personality and Social Psychology*, 95, 1045-1062.

Did Loving-Kindness Meditation Increase Positive Emotions?



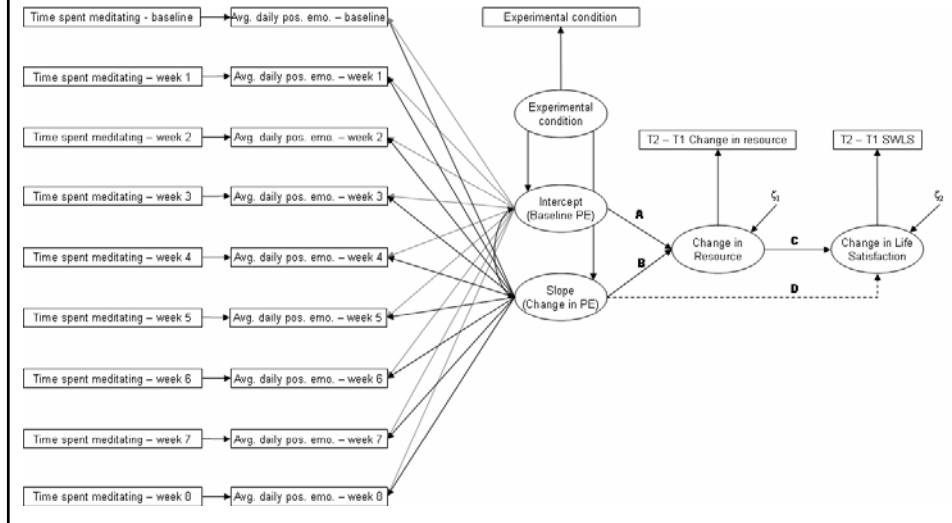
Fredrickson et al. (2008). *Journal of Personality and Social Psychology*, 95, 1045-1062.

Testing the BUILD Effect



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

Testing the BUILD Effect



Evidence for the BUILD Effect

- Positive Emotions Build:
 - Cognitive resources
 - Social resources
 - Psychological resources
 - Physical resources

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

Positivity Transforms Us



*“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



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.

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

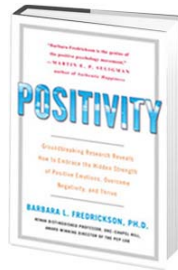




“One evening an old Cherokee told his grandson about a *battle* that goes on *inside people*. He said, ‘My son, the battle is *between two wolves* inside us all. *One is Negativity*. It’s anger, sadness, stress, contempt, disgust, fear, embarrassment, guilt, shame and hate. *The other is Positivity*. 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?*’

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



www.PositivityRatio.com

POSITIVITY

GROUNDBREAKING RESEARCH REVEALS HOW TO
EMBRACE THE HIDDEN STRENGTH OF POSITIVE EMOTIONS,
OVERCOME NEGATIVITY, AND THRIVE