How Positive Emotions Work and Why

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www.PositiveEmotions.org
www.PositivityRatio.com
Positivity Opens Us
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Scientifically Tested
Randomized Controlled Studies
Randomized Controlled Studies
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Global vs. Local Visual Processing

Global vs. Local Visual Processing

Eye-Tracking

Eye-Tracking

Brain Imaging Results

Brain Imaging Results

Brain Imaging Results

Better Memory for Details

“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

More Creativity

More Resilience

Better Performance


Better Medical Decisions

More Oneness

More Trust

Better Negotiations

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

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

Vagal Tone

Love

Kok & Fredrickson (under review)
Positivity Transforms Relationships
Positivity Transforms Relationships

Expression of appreciation

**Thaker**
- identifies benefit provided by benefactor

**Benefactor**
- perceives partner responsiveness

- feels good about the self
- feels good about the relationship
- long-term relationship benefits

High- vs. Low-Quality Expressions of Appreciation

Positivity Transforms Relationships

Expression of appreciation

- **Thanker**
  - identifies benefit provided by benefactor

- **Benefactor**
  - perceives partner responsiveness

- feels good about the self
- feels good about the relationship
- long-term relationship benefits

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

From Description to Prescription
How Much Is Enough?

How Much Is Enough?

Positivity Ratio $> 3$-to-$1$

Tipping Point
Tipping Point
Losada’s Mathematics

Emotional Space

Inquiry / Advocacy

Testing the 3-to-1 Tipping Point

Studies

Positivity Ratio

Negativity is Necessary

“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
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?’
“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’”
POSITIVITY

Top-Notch Research Reveals the 3 to 1 Ratio That Will Change Your Life

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AWARD-WINNING DIRECTOR OF THE PEP LAB

“Positively wonderful... Offers sure-fire methods for transforming our lives from so-so to joyous.”
—DANIEL GOLEMAN, author of Emotional Intelligence

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