



# The Lens of Emotions

Barbara L. Fredrickson, Ph.D.

University of North Carolina at Chapel Hill

[www.PositiveEmotions.org](http://www.PositiveEmotions.org)

[www.PositivtyResonance.com](http://www.PositivtyResonance.com)

# Reach Out!



E-mail: [blf@unc.edu](mailto:blf@unc.edu)

Subject Line: MENTORCOACH CLASS

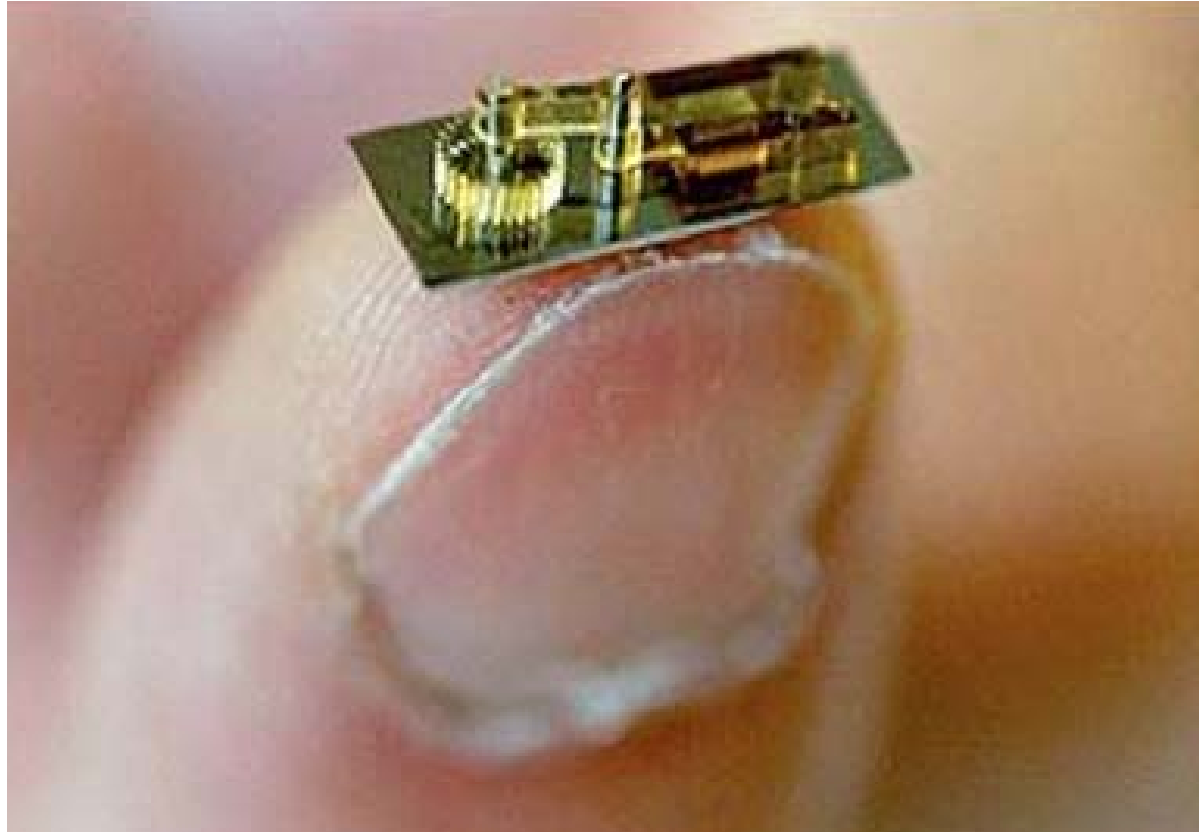
Deadline: Sunday at noon

# Ode to the PEP Lab



Thanks also to the National Institutes of Health (NIMH, NINR, NCI, NCCAM) for past & current funding

# Tiny Engines of Positive Psychology



**EMOTIONS**



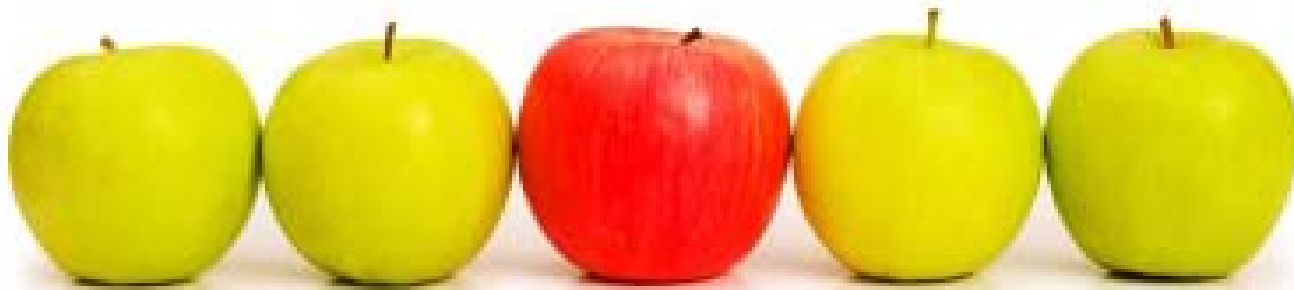
First things first...

# WHAT **IS** AN EMOTION?

# Relive a Frustrating Circumstance



# What Stood Out?

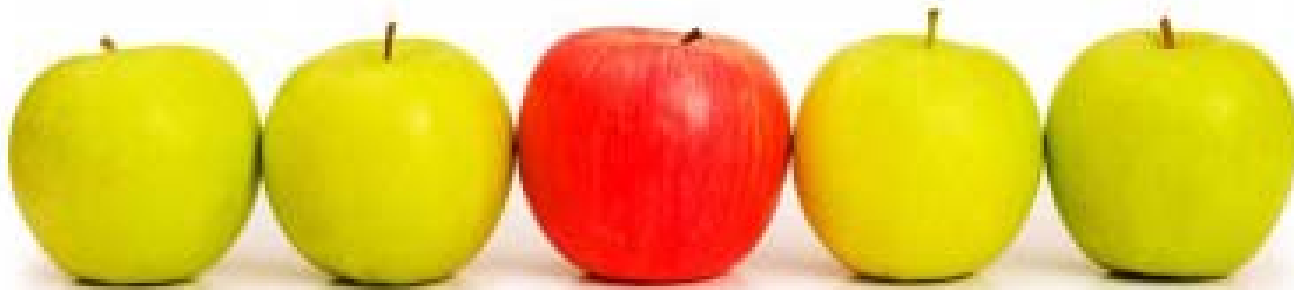


# Relive a Joyful Circumstance

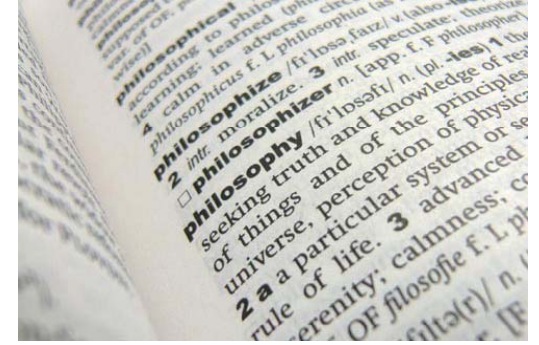




# What Stood Out Here?



# Working Definition of Emotion



- Brief
- Multi-component mind-body system
- Initiated by a meaning assessment
- Distinct from other affective phenomena
- Triggers a self-sustaining spiral

# Positive *vs.* Negative Emotions

- Seldom concern threats
- Fewer ties to pathology
- Less salient
- More diffuse
- More frequent
- More ties to oneness & self-transcendence
- Time Future vs. Time Present
- Upward vs. Downward Spirals
- Species-survival vs. Self-survival

# Two Modes of Being



Self-Survival



Species Survival

# Specific Action Tendencies

- Fear . . . . . escape
- Anger . . . . . attack
- Disgust . . . . . expel
- Guilt . . . . . make amends
- Shame . . . . . disappear
- Sadness . . . . . withdraw

# Specific Action Tendencies

- Contentment . . . . . inaction
- Joy . . . . . free activation
- Affection . . . . . approach
- Relief . . . . . cessation of vigilance

# Assumptions Discarded:

~~Specific Action Tendencies~~

~~Carry Immediate Survival Value~~

# Breadth of Momentary Thought-Action Repertoire

Negative Emotions *Narrow*

Positive Emotions *Broaden*



ANY  
QUESTIONS  
?

# Ten *Positive* Emotions



# JOY



1. **CONTEXT:** safe, familiar, progress
2. **TENDENCY:** play
3. **OUTCOME:** acquire skills

# GRATITUDE



- **CONTEXT:** receive altruistic gift
- **TENDENCY:** creative giving
- **OUTCOME:** social bonds, skills for loving

# SERENITY



- **CONTEXT:** safe, certain, low effort
- **TENDENCY:** savor & integrate
- **OUTCOME:** modify self- & world-views

# INTEREST



- **CONTEXT:** safe, novel, mysterious
- **TENDENCY:** explore
- **OUTCOME:** gain knowledge, meaning

# HOPE



- **CONTEXT:** dire circumstances
- **TENDENCY:** yearn for positive change
- **OUTCOME:** action, inventiveness

# PRIDE



- **CONTEXT:** personal achievement
- **TENDENCY:** dream big
- **OUTCOME:** further achievement

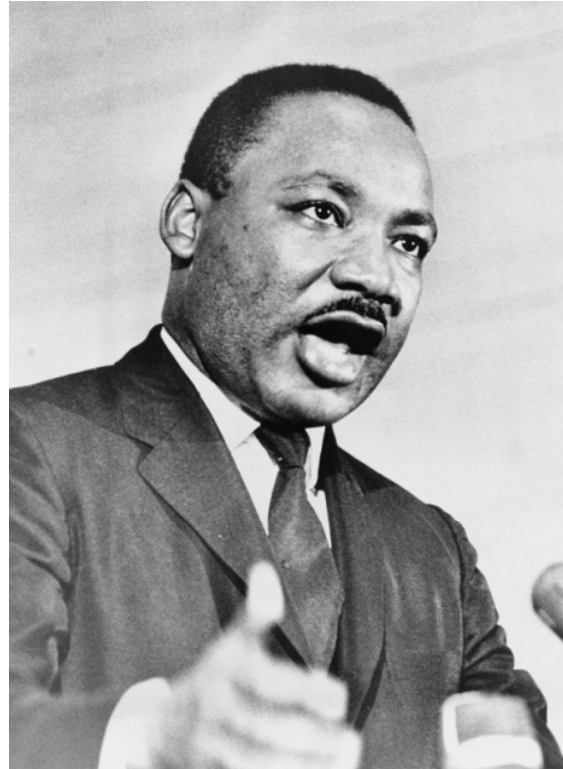


# AMUSEMENT



- **CONTEXT:** nonserious social incongruity
- **TENDENCY:** shared laughter, insight
- **OUTCOME:** build friendship

# INSPIRATION



- **CONTEXT:** witness excellence
- **TENDENCY:** aspire to excellence
- **OUTCOME:** gain skill & morality

# AWE



- **CONTEXT:** greatness on grand scale
- **TENDENCY:** accommodate the new
- **OUTCOME:** self as part of a larger whole

# LOVE



- **CONTEXT:** safe, interpersonal connection
- **TENDENCY:** play, explore, savor, dream, etc.
- **OUTCOME:** trust, social bonds, community

# Positive Emotions Broaden Thought-Action Repertoires

- Joy . . . . . play
- Gratitude . . . . . creative giving
- Serenity. . . . . savor & integrate
- Interest . . . . . explore
- Hope . . . . . yearn for positive change
- Pride . . . . . dream big
- Amusement . . . . . shared laughter, insight
- Inspiration . . . . . aspire to excellence
- Awe . . . . . accommodate the new
- Love . . . . . *all of the above*

# Positive Emotions Build Durable Personal Resources

- Physical resources
- Social resources
- Intellectual resources
- Psychological resources



# 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 (2013). *Advances in Experimental Social Psychology*, 47, 1-53.

ANY  
QUESTIONS  
?



# Homework for Week 2

- Read:
  - *Positivity*, Chapters 1-3
  - *Love 2.0*, Chapters 1-2
- View:
  - <http://www.youtube.com/watch?v=U3shRNsHeYk>
- Experience:
  - Make ONE positivity portfolio. See *Positivity* pages 213-222.
- Go Deeper (optional):
  - Fredrickson (1998). What good are positive emotions? *Review of General Psychology*, 2, 300-319.
  - Fredrickson (2001). The Role of Positive Emotions in Positive Psychology. *American Psychologist*, 56, 218-226.
  - Vacharkulksemsuk & Fredrickson (2012). Strangers in sync. *Journal of Experimental Social Psychology*, 48, 399-402.