



Discovering the best in people.

The Lens of Emotions

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Reach Out!



E-mail: blf@unc.edu
 Subject Line: MENTORCOACH CLASS
 Deadline: Sunday at noon

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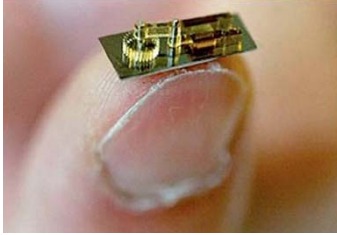
Ode to the PEP Lab

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Tiny Engines of Positive Psychology



EMOTIONS

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First things first...

WHAT IS AN EMOTION?

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Relive a **Frustrating** Circumstance



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What Stood Out?



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Relive a Joyful Circumstance



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What Stood Out Here?



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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

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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

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Two Modes of Being



Self-Survival



Species Survival

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Specific Action Tendencies

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


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Specific Action Tendencies


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

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Assumptions Discarded:



~~Specific Action Tendencies~~



~~Carry Immediate Survival Value~~

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Breadth of Momentary
Thought-Action Repertoire

Negative Emotions *Narrow*
Positive Emotions *Broaden*

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ANY
QUESTIONS
?

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Ten *Positive* Emotions

|||| ||||

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JOY



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

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GRATITUDE



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

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SERENITY



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

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INTEREST



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

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HOPE



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

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PRIDE



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

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AMUSEMENT



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

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INSPIRATION



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

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AWE



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

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LOVE



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

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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*

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Positive Emotions *Build* Durable Personal Resources

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

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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.

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Homework for Week 2

- Read:
 - *Positivity*, Chapters 1-3
 - *Love 2.0*, Chapters 1-2
- View:
 - <http://www.youtube.com/watch?v=U3shRNshHeYk>
- 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.

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