



Discovering the best in people.



Positivity Resonance

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Relive a Warm Connection



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What made it happen?



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From Positivity to Positivity Resonance



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What Love is *Not*...

- ✓ Sexual Desire
- ✓ A Special Bond
- ✓ Commitment
- ✓ Exclusive
- ✓ Lasting
- ✓ Unconditional




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WHAT IS LOVE?

- Two views from **relationship science**:
 - “Investment in the well-being of the other for his or her own sake” (IWB; Hegi & Bergner, 2010).
 - Perceived Responsiveness, or “gets me”, i.e., feel understood, validated, and cared for (Reis, Clark & Holmes, 2004)
- What **emotion science** can add:
 - Biobehavioral components
 - A momentary lens
 - A broaden-and-build theoretical backdrop

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LOVE IS 

- an interpersonally situated experience marked by **momentary** increases in:
 - shared positive emotions;
 - bibehavioral synchrony;
 - mutual care;
- which, over time, **builds**:
 - embodied rapport (e.g., we really “clicked”);
 - social bonds;
 - commitment.

Fredrickson (2013). *Love 2.0*.
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LOVE IS ...micro-moments of positivity resonance



a.k.a., “day-to-day micro-utopias”
— Nicholas Bourriaud (1998)

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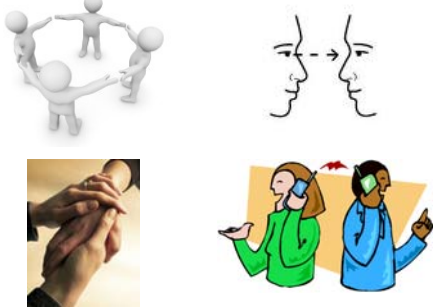
Love's 1st Precondition: Safety



Image from **Living Links Center**, Emory University; **Frans de Waal**, Director


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Love's 2nd Precondition: Connection



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Smiles Draw Attention



Becker et al. (2011). *Journal of Experimental Psychology: General*, 140, 637-659.

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Eye Contact Causes Mimicry

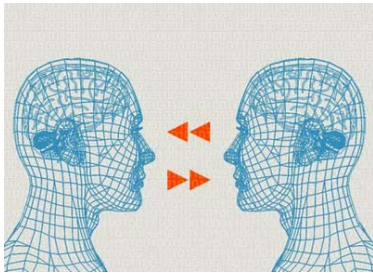


Schrammel et al. (2009). *Psychophysiology*, 46, 922-931.

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Mimicry Creates Inter-Subjectivity



Niedenthal et al., (2010), *Behavioral and Brain Sciences*, 33, 417-480.

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Biobehavioral Synchrony: Acting as One

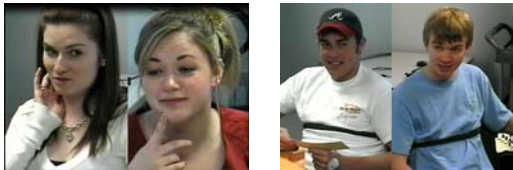


Felix Gonzalez-Torres, "Untitled" (*Perfect Lovers*) 1991.

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Behavioral Synchrony



Vacharkulksemsuk & Fredrickson (2012). *JESP*, 48, 399-402.

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Oxytocin Synchrony

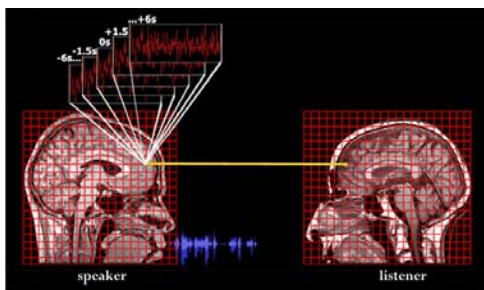


Feldman, Gordon, & Zagoory-Sharon (2010). *Hormones and Behavior*.

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Neural Synchrony



Stephens, Silbert & Hasson, 2010, *PNAS*, 107, 14425-14430.

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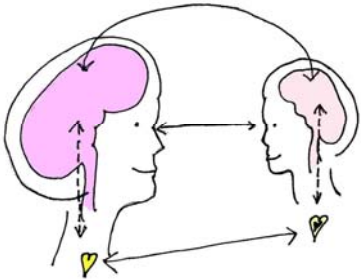
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Love is...Mini Mind-Melds




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Love is Positivity Resonance



Fredrickson (2013).
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What's a Smile For?



- To express positivity (Ekman, 1975);
- To evoke positivity (Bachorowski & Owren, 2003);
- To evoke inter-subjectivity (Niedenthal et al., 2010);
- To broaden collective mindsets and build collective resources (Gervais & Sloan Wilson, 2005);
- **ALL OF THE ABOVE:** To create the life-giving nutrient of positivity resonance (Fredrickson, 2013).

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Your Phone vs. Your Heart



The New York Times

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Social Engagement System:
Use it or Lose it



Best party
EVER

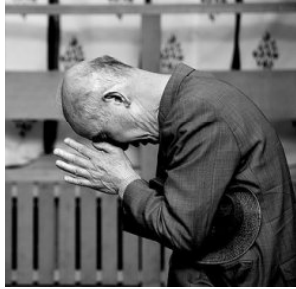
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Is Love the Supreme Emotion?
(i.e., Is Positivity Resonance
more Potent than Positivity?)



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From Gratitude to Love



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High- vs. Low-Quality Expressions of Appreciation



Algoe, Fredrickson & Gable (in press). *Emotion*.

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Love as the nutrient...



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...that builds bonds...



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...weaves the social fabric...



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... and promotes health.



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Love as the Supreme Emotion



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*“Love doesn’t just sit there, like a stone;
it has to be made, like bread;
remade all the time, made new.”*

- Ursula K. Le Guin

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Homework for Week 3

- Read:
 - *Positivity*, Chapters 4-5
- View:
 - Barb on Positivity: http://www.youtube.com/watch?v=Ds_9Df6dK7c
- Experience:
 - Daily Micro-moment Practice: Reflect on Your Social Connections. See *Love 2.0* pages 98-99.
- Go Deeper (optional):
 - Garland et al. (2010). Upward spirals of positive emotion counter downward spirals of negativity. *Clinical Psychology Review*, 30, 849-864.
 - Johnson & Fredrickson (2005). "We all look the same to me:" Positive emotions eliminate the own-race bias in face recognition. *Psychological Science*, 16, 875-881.
 - Fazio, Eiser, & Shook (2004). Attitude formation through exploration: valence asymmetries. *Journal of Personality and Social Psychology*, 87, 293-311.
