



The Mindsets of Positivity & Positivity Resonance

Barbara L. Fredrickson, Ph.D.
University of North Carolina at Chapel Hill
www.PositiveEmotions.org
www.PositivityResonance.com

Think about the back of your hand...



© 2013, Barbara L. Fredrickson. All rights reserved.

2

Now, list all the things you'd like to do right now....



© 2013, Barbara L. Fredrickson. All rights reserved.

3

Think of a time when you just wanted to sit and smile....



© 2013, Barbara L. Fredrickson. All rights reserved.

4

Given this feeling, list all the things you'd like to do right now....



© 2013, Barbara L. Fredrickson. All rights reserved.

5

Compare the two lists....



Neutral



Positive

© 2013, Barbara L. Fredrickson. All rights reserved.

6

Positive Emotions Broaden Awareness

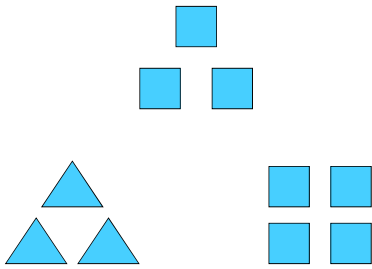


Fredrickson & Branigan (2005). *Cognition & Emotion*, 19, 313-332.

© 2013, Barbara L. Fredrickson. All rights reserved.

7

Global vs. Local Visual Processing

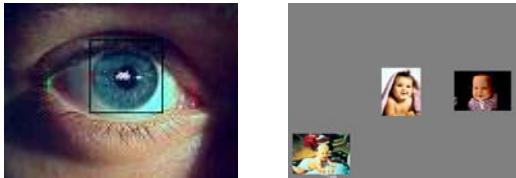


Fredrickson & Branigan (2005). *Cognition and Emotion*, 19, 313-332.

© 2013, Barbara L. Fredrickson. All rights reserved.

8

Eye-Tracking

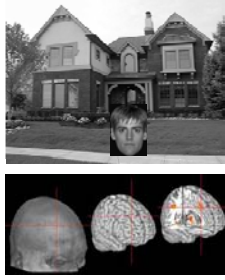


Wadlinger & Isaacowitz (2006). *Motivation and Emotion*, 30, 89-101.

© 2013, Barbara L. Fredrickson. All rights reserved.

9

Brain Imaging Evidence

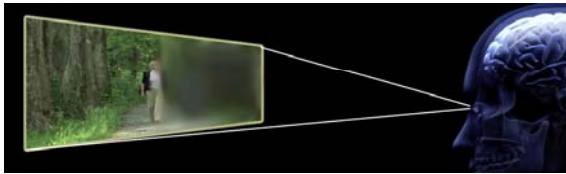


Schmitz, De Rosa & Anderson (2009). *Journal of Neuroscience*, 29, 7199-7207.

© 2013, Barbara L. Fredrickson. All rights reserved.

10

Visual Neglect



Soto et al. (2009). *PNAS*, 106, 6011-6016.

© 2013, Barbara L. Fredrickson. All rights reserved.

11

Better Memory for Details



Talarico, Berntsen & Rubin (2009). *Cognition and Emotion*, 23, 380-398.

© 2013, Barbara L. Fredrickson. All rights reserved.

12



*“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

© 2013. Barbara L. Fredrickson. All rights reserved.

13

More Possibilities



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

© 2013. Barbara L. Fredrickson. All rights reserved.

14

More Creativity



Rowe, Hirsch, & Anderson (2006). *Proceedings of the National Academy of Sciences*, 104, 383-388.

© 2013. Barbara L. Fredrickson. All rights reserved.

15

Better Medical Decisions



Isen, Rosenzweig, & Young (1991). *Medical Decision Making*, 11, 221-227.

© 2013, Barbara L. Fredrickson. All rights reserved.

16

Positive Emotions Unlock Other-Focus



© 2013, Barbara L. Fredrickson. All rights reserved.

17

More Inclusion of Other in the Self

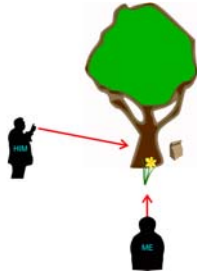


Waugh & Fredrickson (2006). *Journal of Positive Psychology*, 1, 93-106.

© 2013, Barbara L. Fredrickson. All rights reserved.

18

Better Perspective Taking



Waugh & Fredrickson (2006). *Journal of Positive Psychology*, 1, 93-106.

© 2013, Barbara L. Fredrickson. All rights reserved.

19

More Oneness



Johnson & Fredrickson (2005). *Psychological Science*, 16, 875-881.

© 2013, Barbara L. Fredrickson. All rights reserved.

20

More Trust



Dunn & Schweitzer (2005). *Journal of Personality and Social Psychology*, 88, 736-748.

© 2013, Barbara L. Fredrickson. All rights reserved.

21

Better Negotiations



Kopelman, Rosette, & Thompson (2006). *Organizational Behavior and Human Decision Making*, 99, 81-101.

© 2013, Barbara L. Fredrickson. All rights reserved.

22

Not just the old story...



© 2013, Barbara L. Fredrickson. All rights reserved.

23

...seeing the BIG picture



© 2013, Barbara L. Fredrickson. All rights reserved.

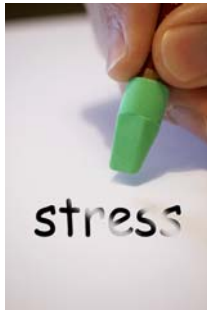
24

ANY
QUESTIONS
?

© 2013, Barbara L. Fredrickson. All rights reserved.

25

More Resilience

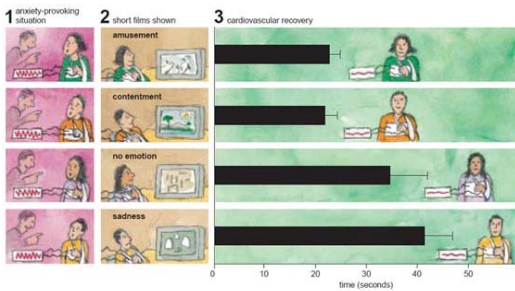


Fredrickson et al., (2000). *Motivation and Emotion*, 24, 237-258.
Fredrickson et al., (2003). *Journal of Personality and Social Psychology*, 84, 365-376.

© 2013, Barbara L. Fredrickson. All rights reserved.

26

Positive Emotions Undo Negativity



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

© 2013, Barbara L. Fredrickson. All rights reserved.

27

Resilient People use Positive Emotions to Bounce Back



Tugade & Fredrickson (2004). *Journal of Personality and Social Psychology*, 86, 320-333.

© 2013, Barbara L. Fredrickson. All rights reserved.

28

Positive Emotions in Crises



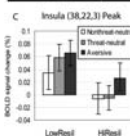
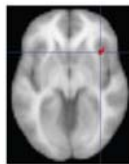
Fredrickson et al., (2003). *Journal of Personality and Social Psychology*, 84, 365-376.

© 2013, Barbara L. Fredrickson. All rights reserved.

29

Mental Habits of Resilient People revealed by fMRI

- Worry and brace less
- Rebound quicker
- More “in tune” w/ current circumstances
- Akin to “mindfulness”

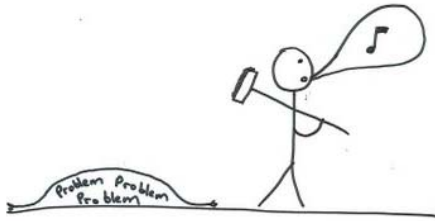


Waugh, Wager, Fredrickson, Noll, & Taylor (2008). *Social Cognitive and Affective Neuroscience*, 3, 322-332.

© 2013, Barbara L. Fredrickson. All rights reserved.

30

Not this...



© 2013, Barbara L. Fredrickson. All rights reserved.

31

...Holding Positivity Alongside Negativity



© 2013, Barbara L. Fredrickson. All rights reserved.

32

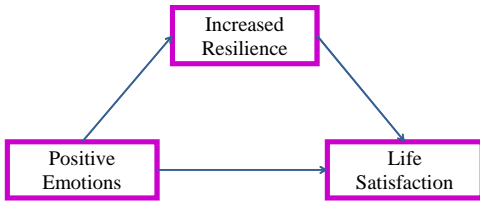
Resilience as **Discernment**



© 2013, Barbara L. Fredrickson. All rights reserved.

33

Happiness Unpacked



Cohn, Fredrickson, Brown, Mikels & Conway (2009). *Emotion*, 9, 361-368.

© 2013, Barbara L. Fredrickson. All rights reserved.

34

Openness Yields Growth



© 2013, Barbara L. Fredrickson. All rights reserved.

35



© 2013, Barbara L. Fredrickson. All rights reserved.

36

Measure your Resilience

1 = does not apply at all
2 = applies slightly
3 = applies somewhat
4 = applies very strongly

- I am generous with my friends.
- I quickly get over and recover from being startled.
- I enjoy dealing with new and unusual situations.
- I usually succeed in making a favorable impression on people.
- I enjoy trying new foods I have never tasted before.
- I am regarded as a very energetic person.
- I like to take different paths to familiar places.
- I am more curious than most people.
- Most of the people I meet are likable.
- I usually think carefully about something before acting.
- I like to do new and different things.
- My daily life is full of things that keep me interested.
- I would be willing to describe myself as a pretty "strong" personality.
- I get over my anger at someone reasonably quickly.

Block & Kremen (1996). *Journal of Personality and Social Psychology*, 70, 349-361.

© 2013, Barbara L. Fredrickson. All rights reserved.

37
