



UNC School of Social Work
Clinical Lecture Series



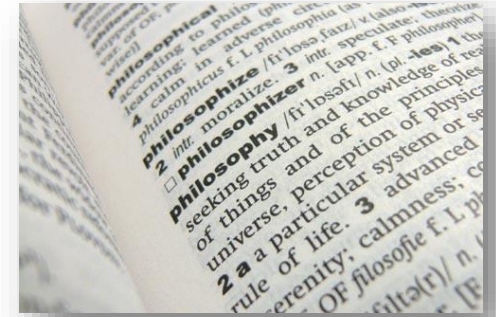
Positive Emotions: Science & Practice

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Mary Brantley, MA, LMFT, Duke Integrative Medicine

Sept 22, 2014

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

Plasticity

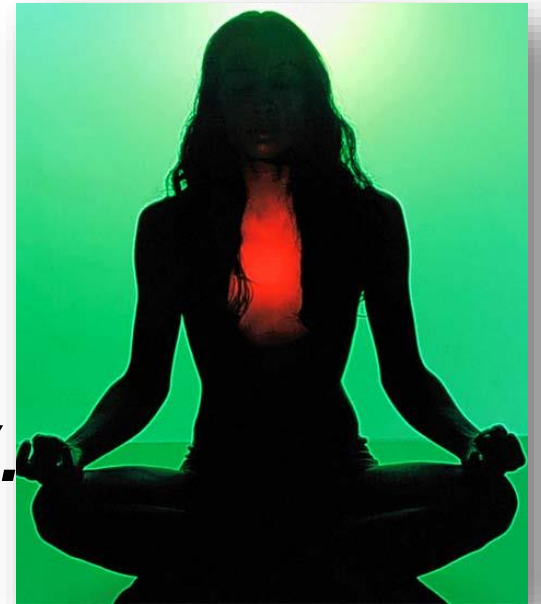


Loving-Kindness Meditation (LKM)



Classic Phrases of LKM

- *May [you] feel safe.*
- *May [you] feel happy.*
- *May [you] feel healthy.*
- *May [you] live with ease.*



Let's Try It

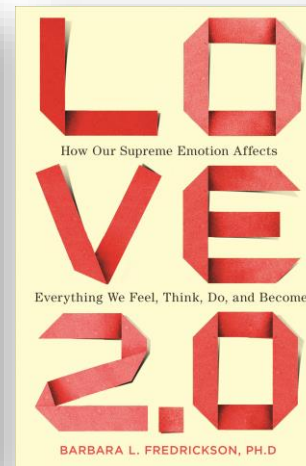
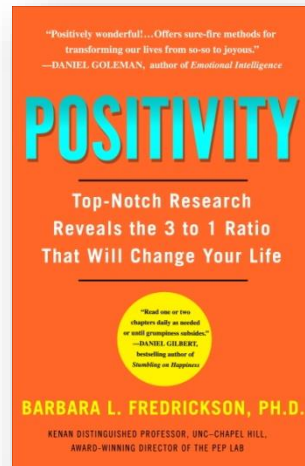


Ode to the PEP Lab



Thanks also to the U.S. National Institutes of Health (NCI, NINR, NCCAM, NIMH, The Common Fund) for past & current funding

The **Broaden-and-Build** Theory of Positive Emotions



www.PositiveEmotions.org
www.PositvityResonance.com

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.

Positivity **Broadens** Awareness



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

Positivity **Broadens** Awareness



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

...and **Builds** Resources

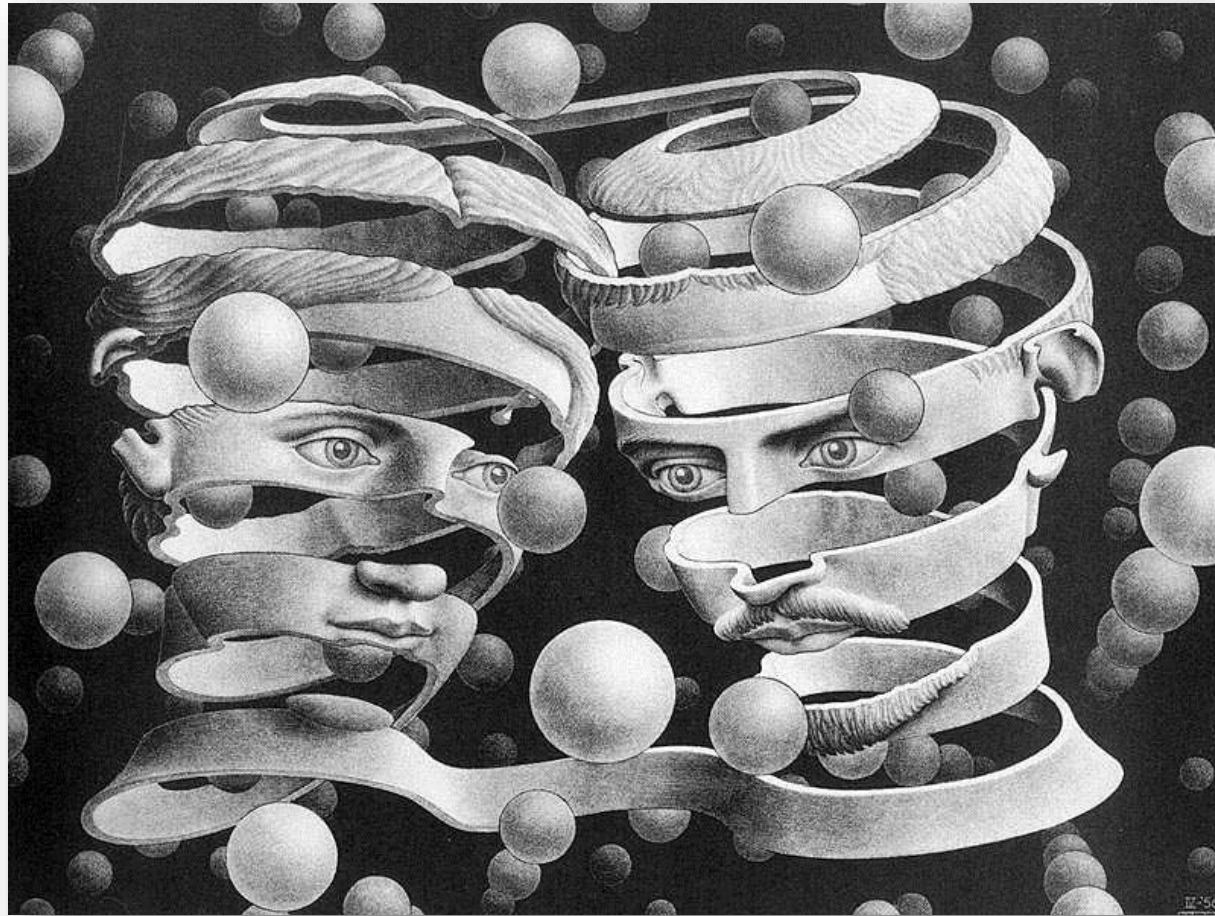


Fredrickson et al. (2008). *Journal of Personality and Social Psychology*, 95, 1045-1062.

Positive Emotions Unlock Other-Focused Thinking

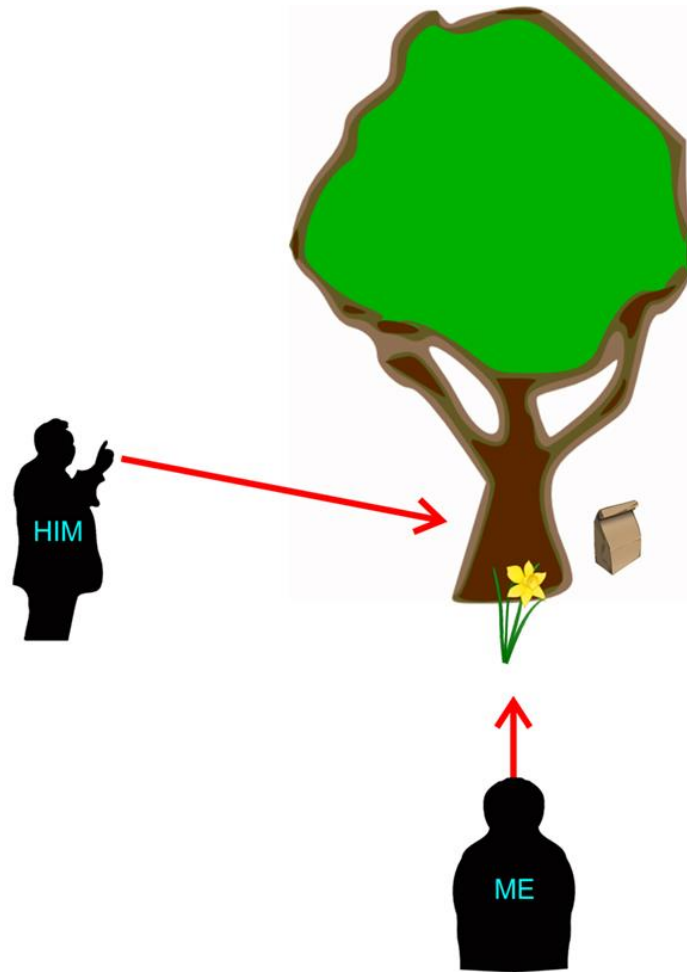


More Inclusion of Other in the Self



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

Better Perspective Taking



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

More Oneness



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

From Positivity to Positivity Resonance



What Love is *Not*...

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

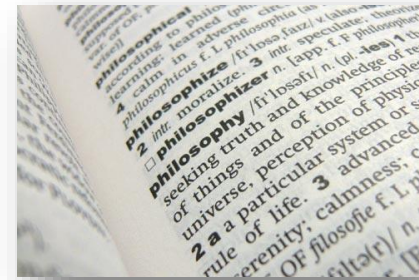
What Love is *Not*...



WHAT IS LOVE?

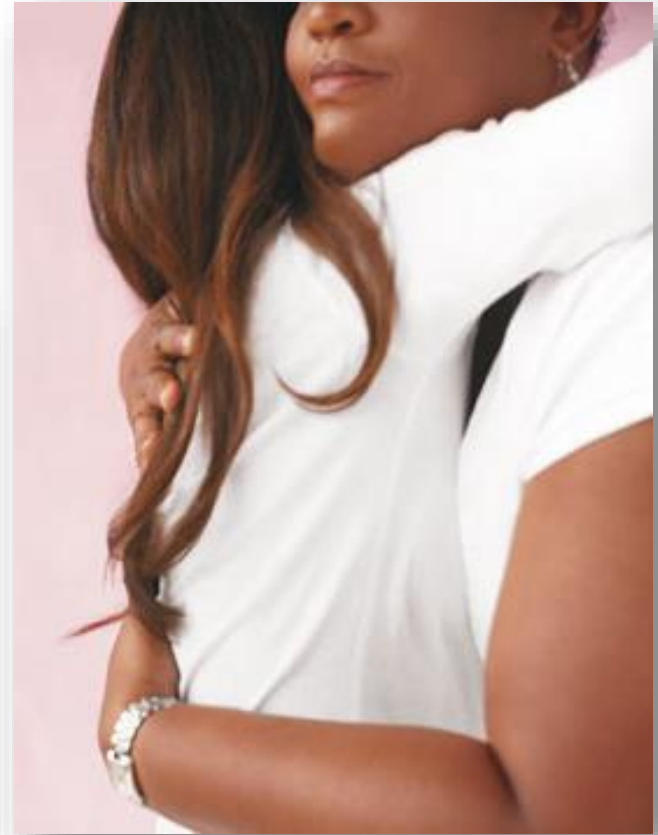
- Two views from **relationship science**:
 - “Investment in the well-being of the other for his or her own sake” (IWB; Hegi & Bergner, 2010).
 - Perceived Responsiveness, or “gets me”, i.e., feel understood, validated, and cared for (Reis, Clark & Holmes, 2004)
- What **emotion science** can add:
 -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

LOVE IS ...



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

LOVE IS ...



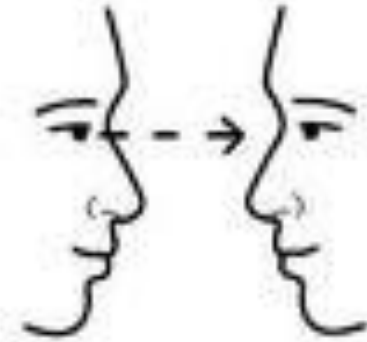
Positivity Resonance

Love's 1st Precondition: Safety



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

Love's 2nd Precondition: Connection



Smiles Draw Attention



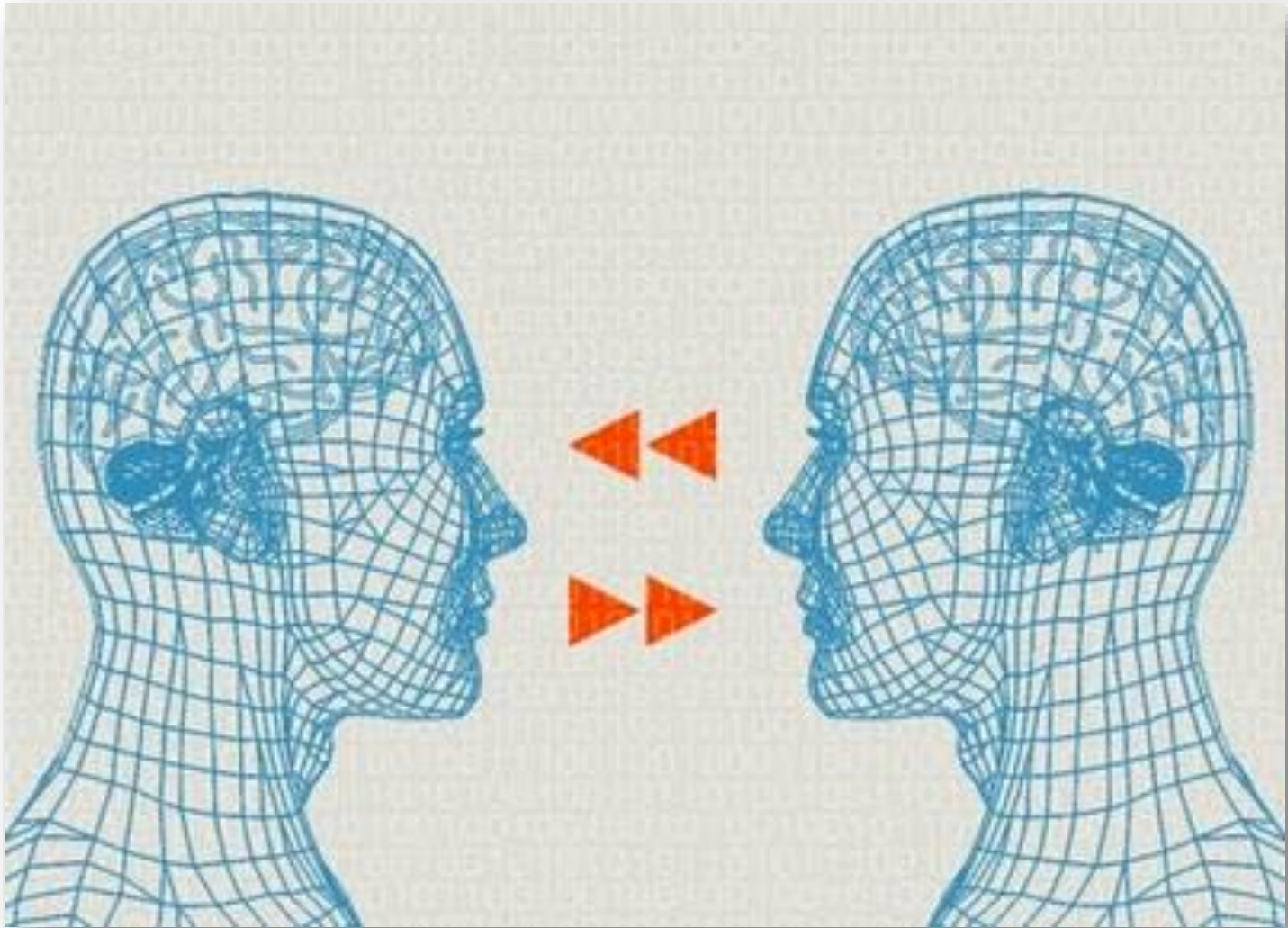
Becker et al. (2011). *Journal of Experimental Psychology: General*, 140, 637-659.

Eye Contact Causes Mimicry



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

Mimicry Creates Inter-Subjectivity



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

Biobehavioral Synchrony: Acting as One



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

Biobehavioral Synchrony: Acting as One



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

Behavioral Synchrony



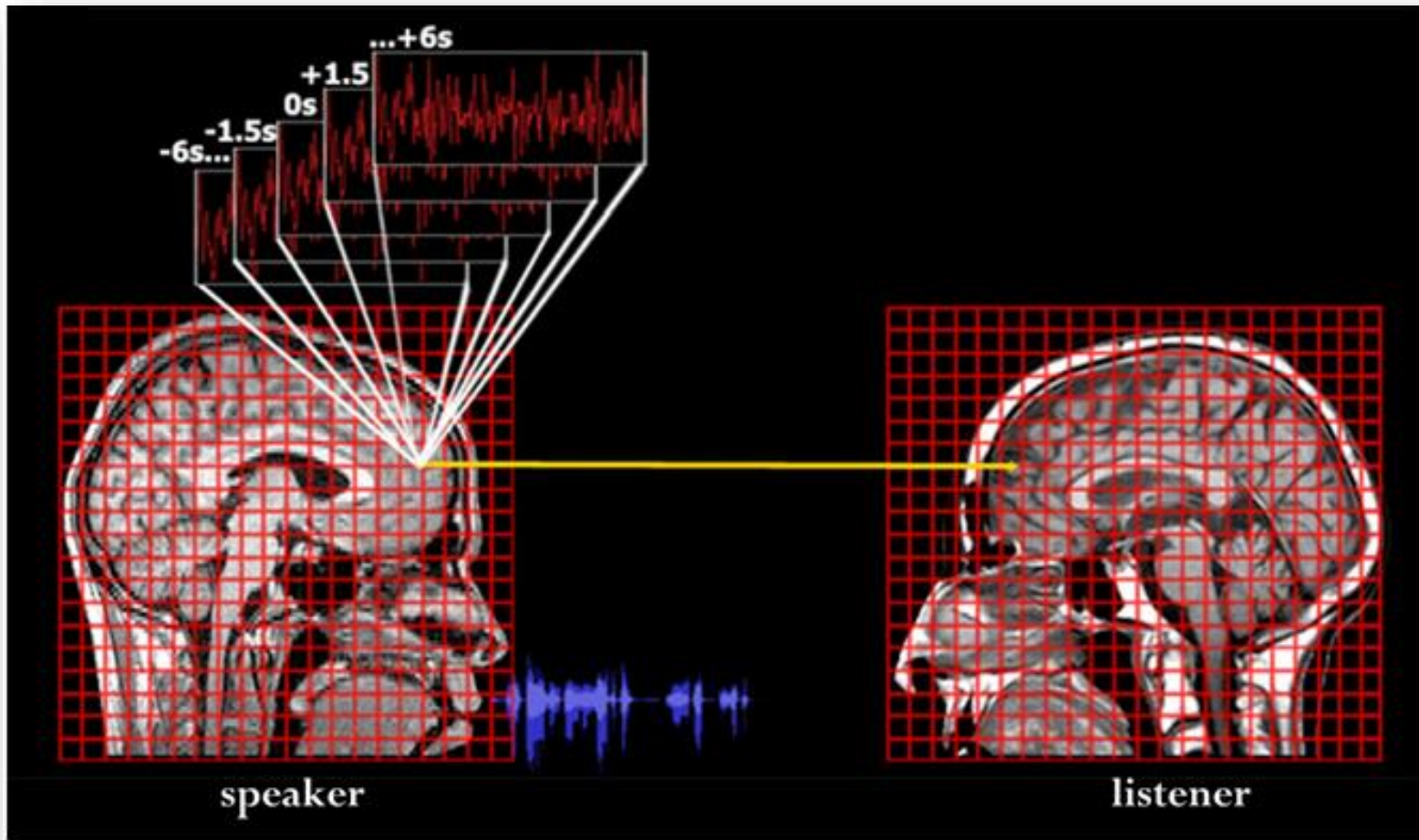
Vacharkulksemsuk & Fredrickson (2012). *JESP*, 48, 399-402.

Oxytocin Synchrony



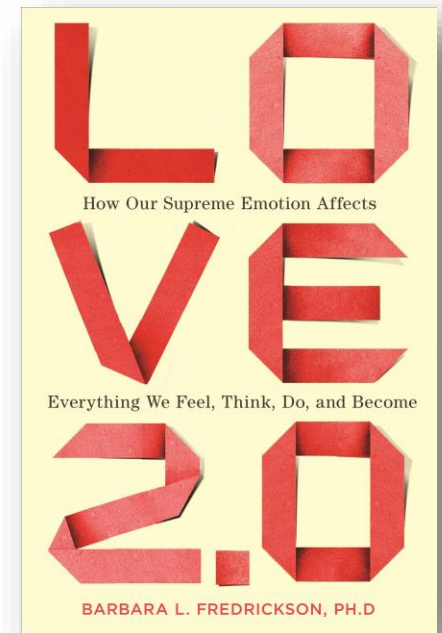
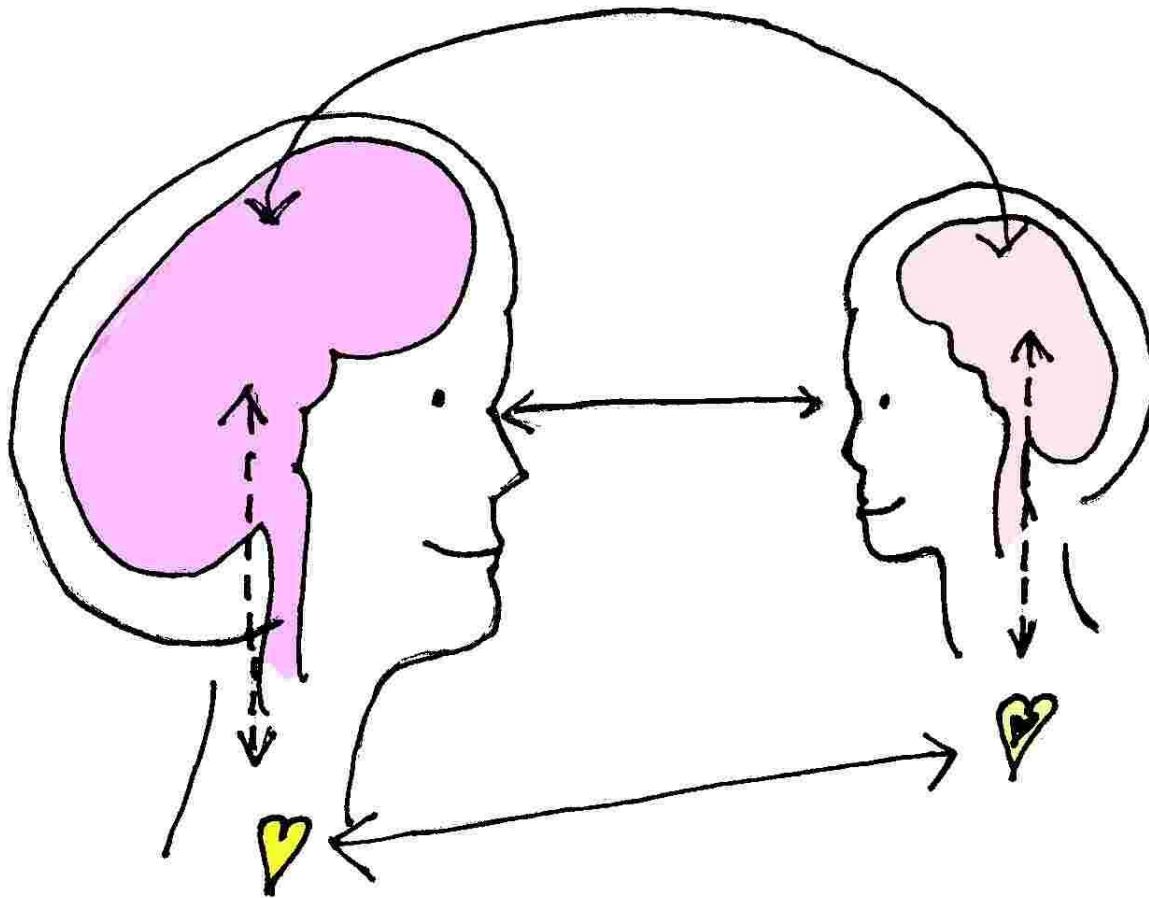
Feldman, Gordon, & Zagoory-Sharon (2010). *Hormones and Behavior*.

Neural Synchrony



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

Love is Positivity Resonance



Fredrickson (2013). *Love 2.0*.

Love and Health



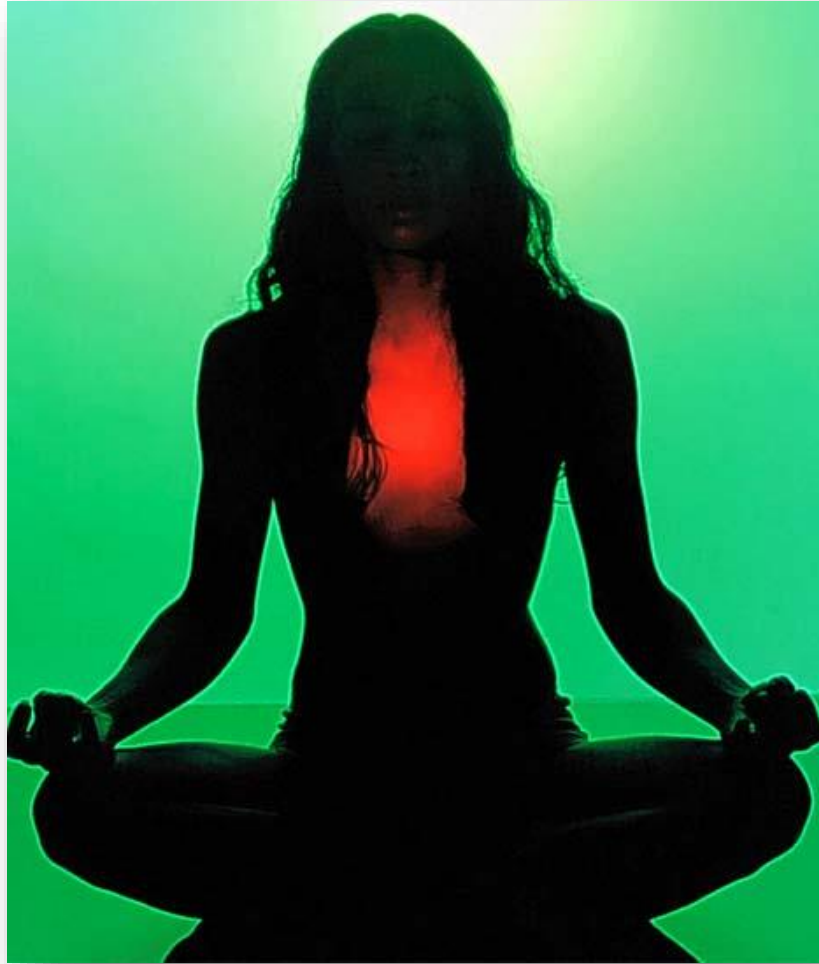
Changing Daily Diets



Lifestyle Change

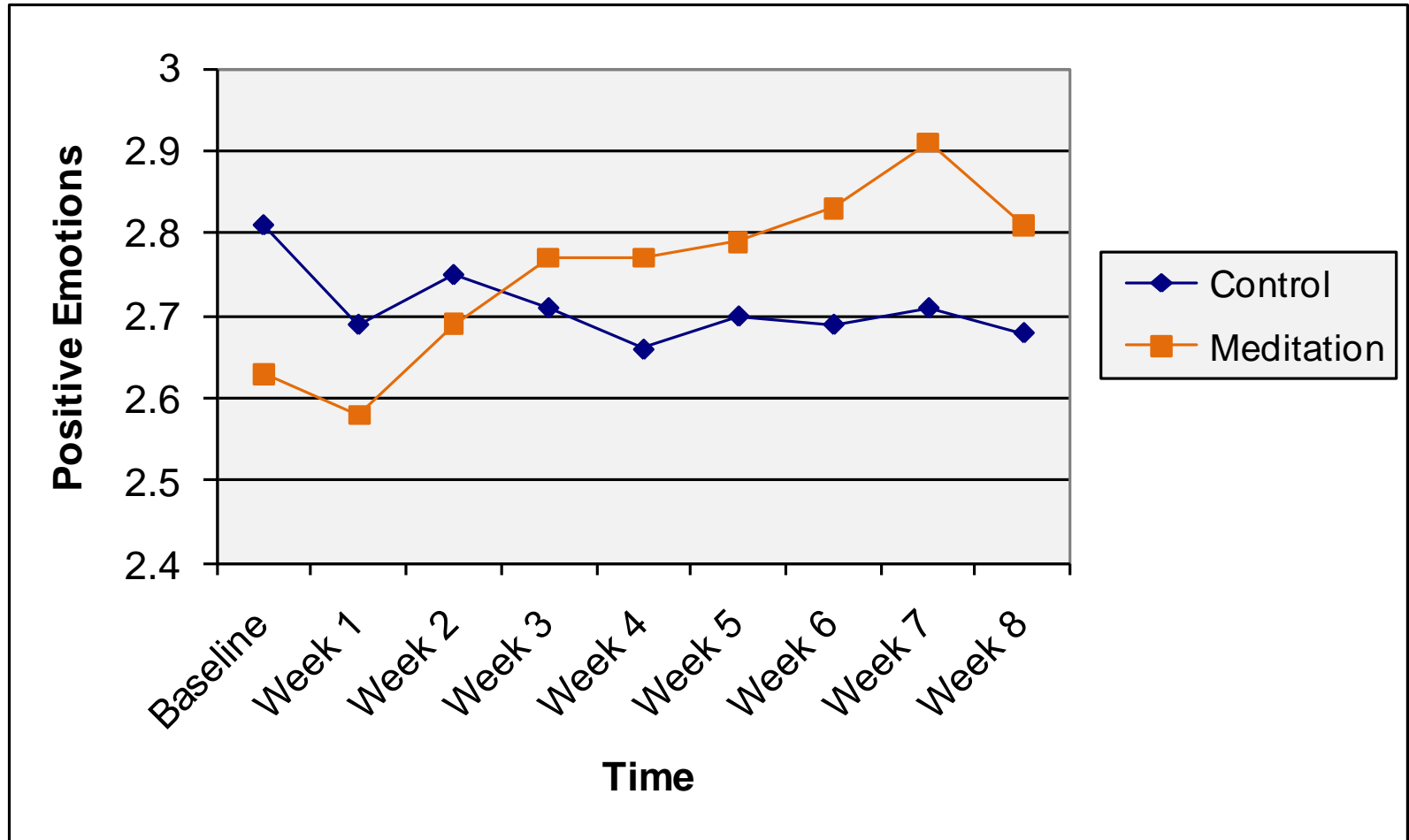


Seeding Positivity Resonance



Loving-Kindness Meditation (LKM)

Increases Positivity...



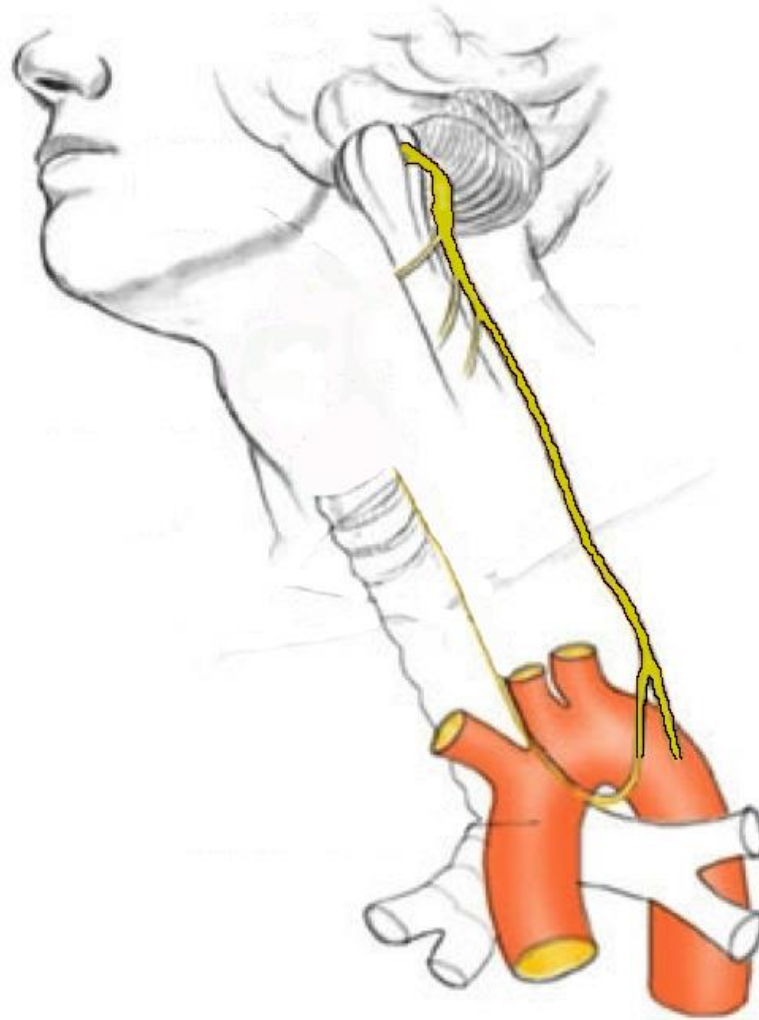
Fredrickson et al. (2008). *Journal of Personality and Social Psychology*, 95, 1045-1062.

...Builds Resources

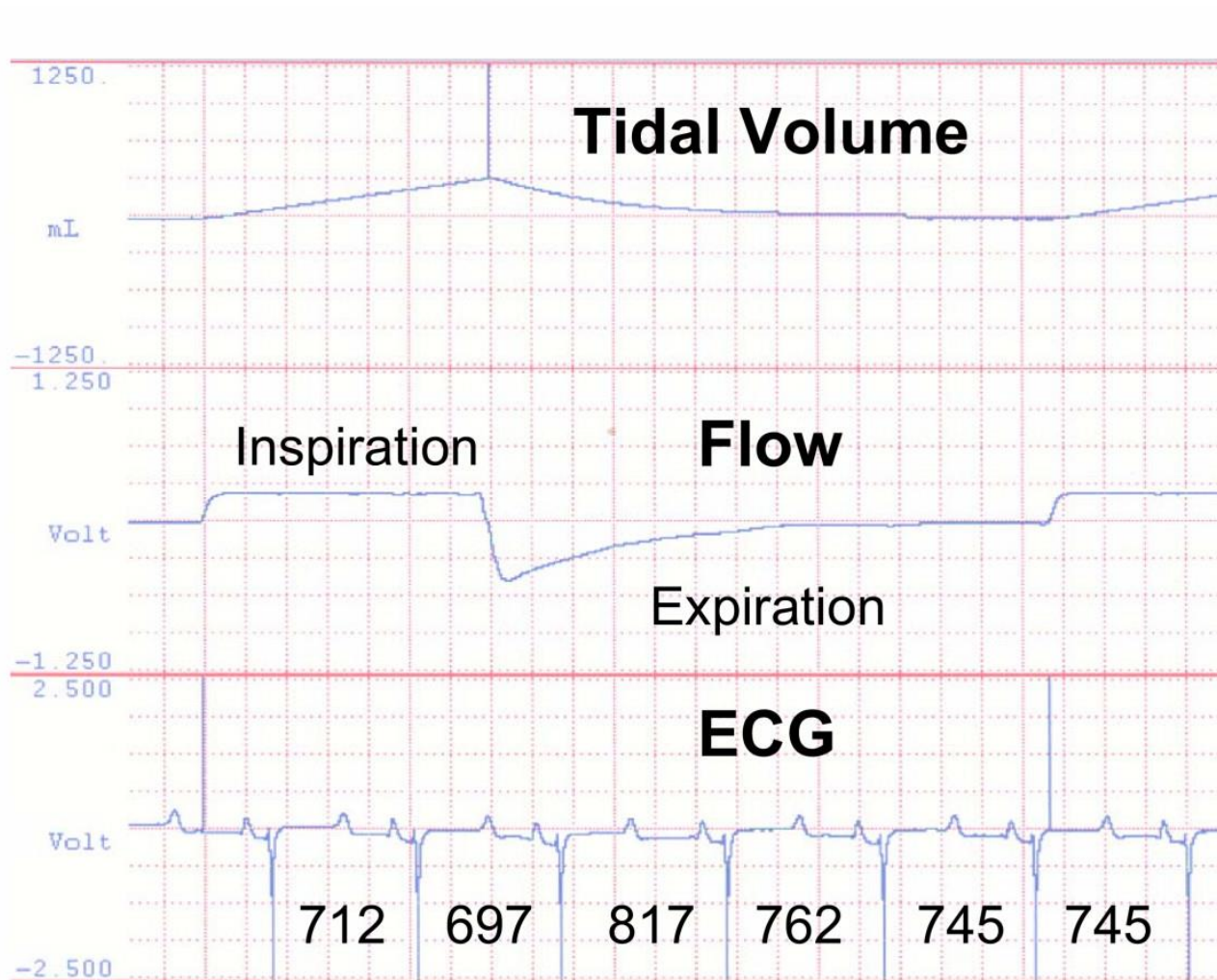


Fredrickson et al. (2008). *JPSP*, 95, 1045-1062.

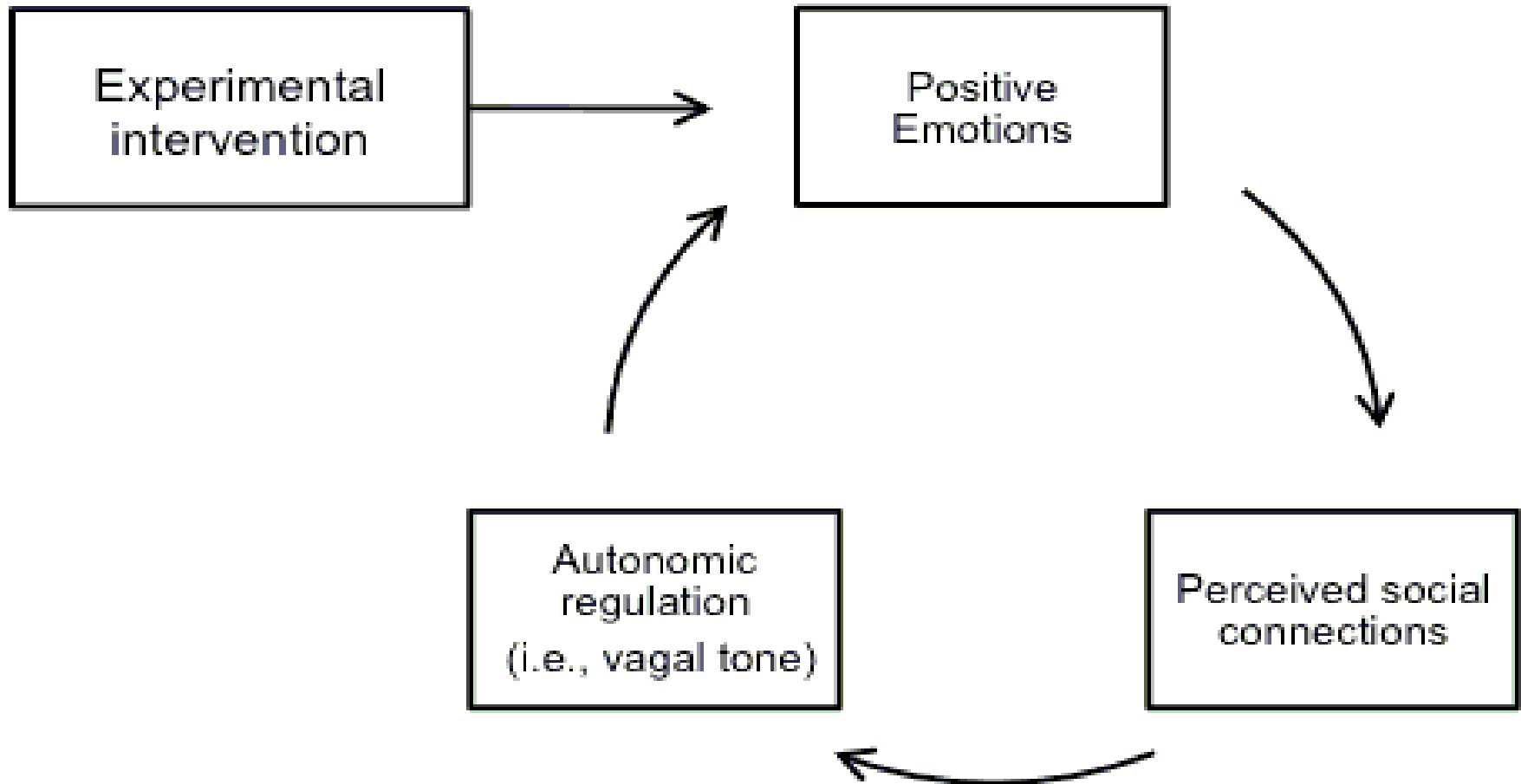
The Vagus Nerve



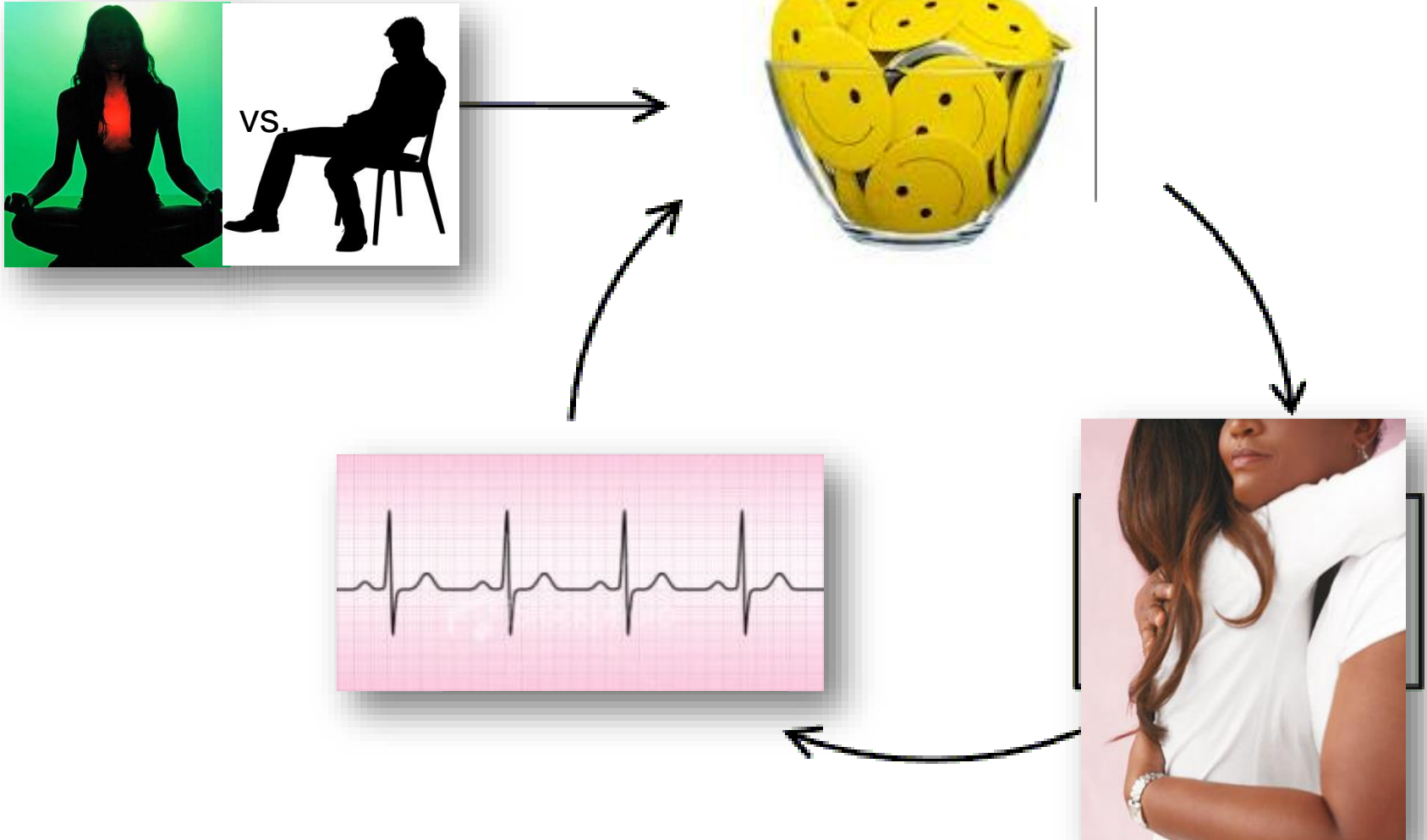
Cardiac Vagal Tone



Cardiovascular Effects



Cardiovascular Effects



Kok, et al. & Fredrickson (2013). *Psychological Science*, 24, 1123-1132.

Cellular Effects

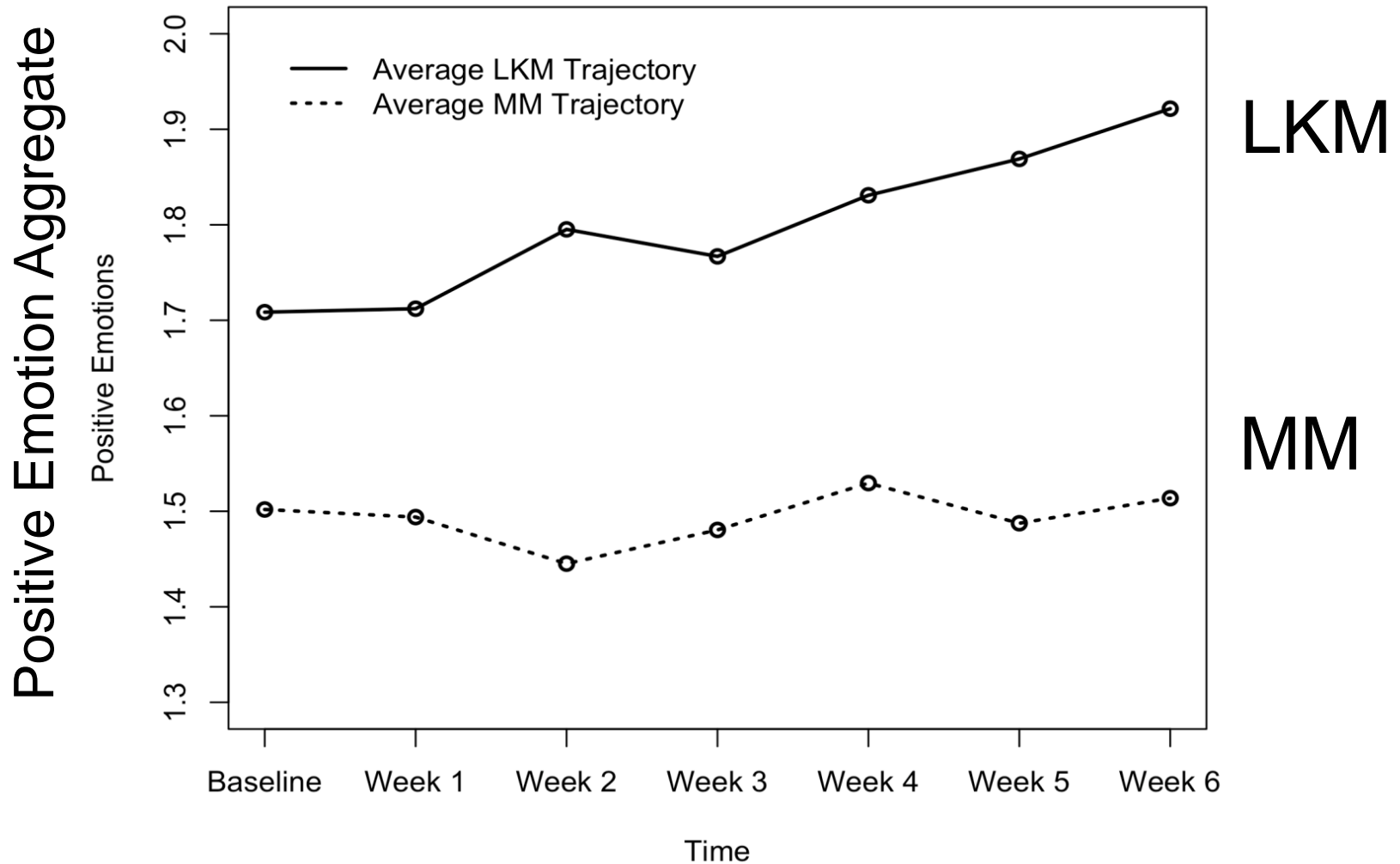


Loving-Kindness Meditation (LKM)

Randomized Controlled Trial: Effects of LKM



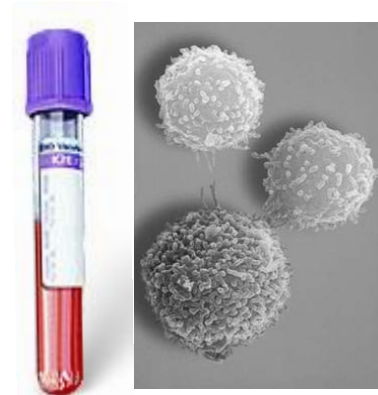
Loving Kindness Meditation Increases Daily Positive Emotions



Functional Genomics Approach



Steve Cole, Director
UCLA Social Genomics
Core Laboratory



Our *a priori* “Region of Interest”:

Conserved Transcriptional Response to Adversity (CTRA):

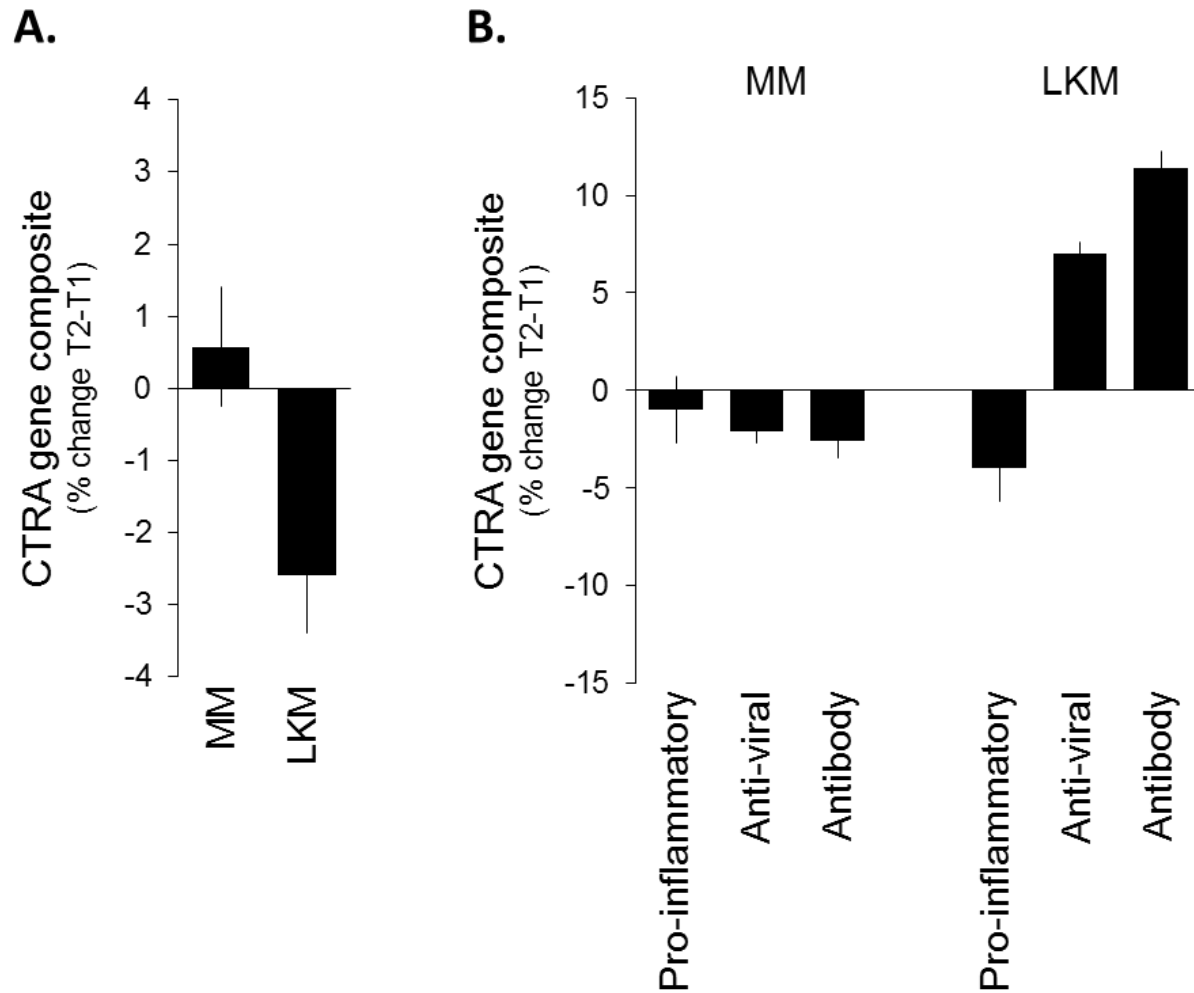
Evidence-based 53-gene composite that reflects:

- increased expression of proinflammatory genes
- decreased expression of antiviral genes
- decreased expression of antibody synthesis genes

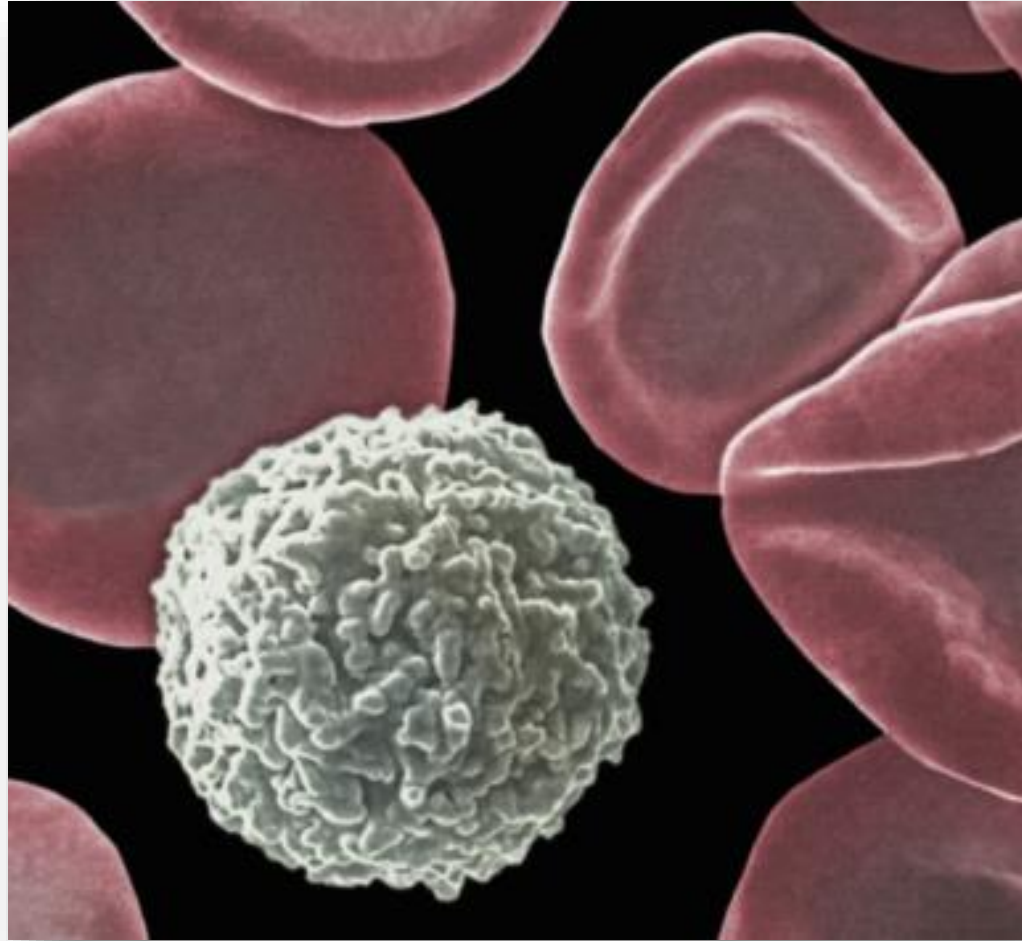
Cole, S. W. (2009). *Current Directions in Psychological Science*, 18, 132-137.

Fredrickson et al. & Cole (2013). *PNAS*, 110, 13684-13689.

LKM reduces adversity-related patterns of gene expression



LKM alters molecular physiology



Fredrickson, et al., & Cole (in preparation).

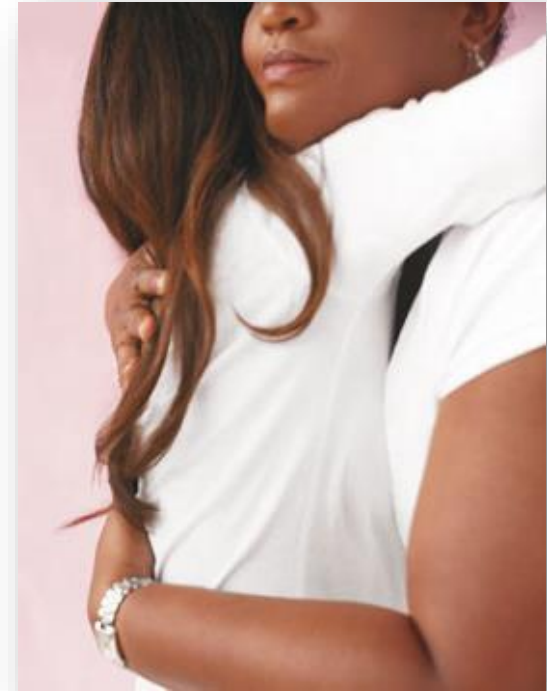
What's a Smile For?



- 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).

LOVE IS

...*micro-moments of
positivity resonance*



a.k.a., “*day-to-day micro-utopias*”

-- Nicholas Bourriaud (1998)



*“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

Loving Kindness Meditation

with

Mary Brantley, MA, LMFT

What Meditation Is

Away of providing

- ♦ Greater calm
- ♦ Improved concentration & increased awareness
- ♦ An enhanced connection to others
- ♦ More effective responses to difficulties and stress
- ♦ Renewed energy and balance

What Meditation Isn't

- ◆ It is not a religion
- ◆ It doesn't require special skills
- ◆ It doesn't demand a huge amount of your time every day
- ◆ It isn't an attempt to stop thinking
- ◆ It doesn't eliminate sadness or rough patches from your life

Core Principles in Meditation Practices

(from Christina Feldman)

- ◆ Attention
- ◆ Awareness
- ◆ Understanding and Compassion

What is Loving-Kindness?

Loving-Kindness
is a basic human response of
friendliness and kindness.
It exists as a seed or a potential that
can be cultivated by anyone.



Loving-kindness means great friendliness to self and others.
It is a well of kindheartedness and wholesome deeds
that are freely shared.

Loving-kindness is classically
taught along with meditations
that develop

Compassion
Sympathetic Joy
Equanimity

Qualities That Support and Enrich Loving-Kindness Practice

- ♦ Generosity
- ♦ Forgiveness
- ♦ Gratitude



Directing phrases to the following five groups.

- ◆ Yourself
- ◆ A loved one, good friend, benefactor, teacher
- ◆ A person you feel neutral about
- ◆ A challenging person
- ◆ All people

Practicing
Loving-Kindness
Using Phrases

Loving-Kindness Phrases

- ♦ May I be happy
- ♦ May I be healthy
- ♦ May I be peaceful
- ♦ May I be safe



The Way We Practice with the Phrases Is:

- ◆ Attending to one phrase at a time
- ◆ Don't rush
- ◆ When your mind wanders, notice and come back to the phrases
- ◆ Keep repeating the phrases



Real Happiness

The Power of Meditation

By Sharon Salzberg
www.sharonsalzberg.com



“The most practical thing we can achieve in any kind of work is insight into what is happening inside of us as we do it. The more familiar we are with our inner terrain, the more surefooted our teaching - and living- becomes.”

-Parker Palmer

Loving-Kindness
for
Caregivers



- ♦ May I offer my care and presence unconditionally, knowing it may be met by gratitude, indifference, anger or anguish.
- ♦ May I find the inner resources to truly be able to give.
- ♦ May I offer love, knowing I cannot control the course of life, suffering or death.

- ◆ May I remain in peace and let go of expectations.
- ◆ I care about your pain and I cannot control it.
- ◆ I wish you happiness and peace and I cannot make your choices for you.
- ◆ May this experience help me open to the true nature of life.



Ways of Developing
Kindness Toward
Yourself

- ◆ Spend time reflecting on the good you have done
- ◆ Think of someone who has helped you, been kind to you
- ◆ Spend some time each day in self-care
- ◆ Repeat one phrase in times of difficulty

- ◆ Practice one act of generosity a day
- ◆ Keep a gratitude journal
- ◆ Go out in nature



Factors that get in the way of practice

- ◆ Don't think you have time
- ◆ Can't remember to meditate
- ◆ Don't believe that it can make a difference
- ◆ Don't think you are doing it right

You do not have to separate
your meditation from your life.

Formal and Informal
Practice



Practical Suggestions to Support Formal Meditation Practice

- ◆ Choosing time of day
- ◆ Choosing your location
- ◆ Deciding how much time
you practice

- ◆ Knowing your motivation
- ◆ Summoning determination
- ◆ Practicing gratitude
- ◆ Remembering to include yourself



How to Develop

Informal

Loving-Kindness Practice

Keep it
simple!



Learn one phrase that is
meaningful to you and
repeat it often for yourself



- ◆ Direct kindness toward yourself or others throughout the day.
- ◆ Send kind thoughts to yourself if you are upset, worried, feeling low, can't sleep.
- ◆ You can direct thoughts of compassion to your clients.

Practical things to support your effort

- ◆ Practice meditation diligently
- ◆ Spend time with like-minded friends, exchange ideas
- ◆ Read inspiring books
- ◆ Join a practice group or class

Ten thousand flowers in spring,
The moon in autumn,
A cool breeze in summer,
Snow in winter—
If your mind is not clouded
By unnecessary things,
This is the best season
of your life.

—*Wu Men*



Thank you

