


UNC-CH School of Social Work
Clinical Lecture Series
presents



**Treating Clients and Ourselves
with Positivity**

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www.PositiveEmotions.org
www.PositivityRatio.com

Positivity
Negativity
a.k.a., *Positivity Ratio*

How Much is Enough?
Positivity Ratio > 3-to-1


Languish or Flourish?

Negativity is Necessary



Fredrickson & Losada (2005). *American Psychologist*, 60, 678-686.

Positivity Opens Us



The BROADEN Effect

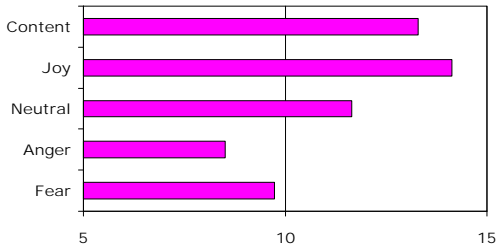
Positive emotions momentarily expand
people's attention and thinking.

Testing the BROADEN Effect

- Experimental Groups:
 - Contentment
 - Joy
 - Neutral
 - Anger
 - Fear
- Dependent Measure:
 - Breadth of Thought-Action Repertoires

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

Evidence for the BROADEN Effect



Emotion	Breadth of Thought-Action Repertoires
Contentment	~13
Joy	~14
Neutral	~12
Anger	~8
Fear	~10

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

“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



The UNDO Effect

- Positive emotions erase the lingering traces of negative emotions.

Testing the UNDO Effect

- Backdrop: Speech Anxiety
- Experimental Groups:
 - Contentment
 - Joy
 - Neutral
 - Sadness
- Dependent Measure:
 - Duration of Cardiovascular Reactivity

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

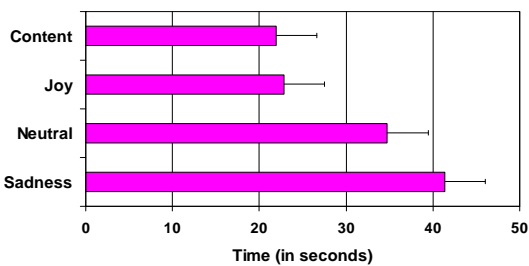
Testing the UNDO Effect

- Heart Rate**
- Systolic Blood Pressure**
- Diastolic Blood Pressure**
- Vasoconstriction**
- Pulse Transit Time to the Finger**
- Pulse Transit Time to the Ear**

** p < .001

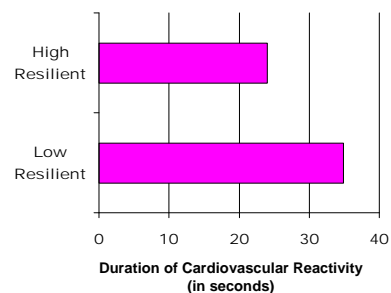
Fredrickson et al., (2000). *Motivation and Emotion*, 24, 237-258.

Evidence for the UNDO Effect



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

Positivity Fuels Resilience



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

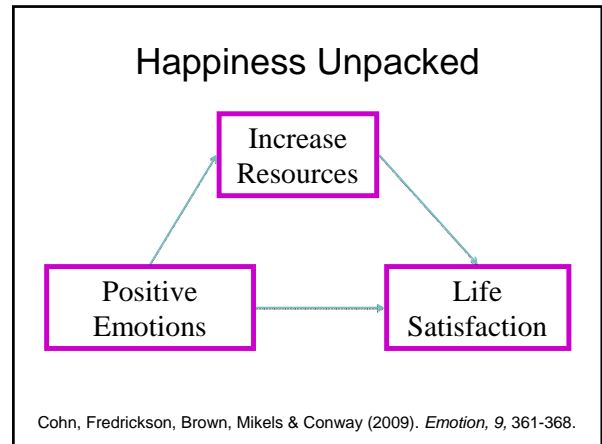
Positivity Seeds Human Flourishing



Positivity Transforms Us

The BUILD Effect

- Over time, positive emotions prompt growth in personal and social resources that increases well-being.



Testing the BUILD Effect

- CONTEXT: Workplace Wellness Program
- RANDOM ASSIGNMENT: 7-week Loving-Kindness Meditation Workshop vs. Waitlist Control
- DAILY: Reports of Positive & Negative Emotions
- PRE- & POST-TESTS: Cognitive, Social, Psychological & Physical Resources

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


Evidence for the BUILD Effect

- Positive Emotions Build:
 - Cognitive resources
 - Social resources
 - Psychological resources
 - Physical resources

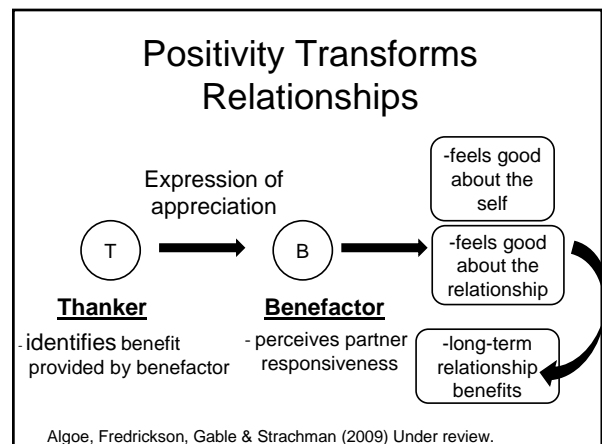
Fredrickson et al. (2008). *Journal of Personality and Social Psychology*, 95, 1045-1062.

Positivity Transforms Us

*“Things that are good are good,
and if one is responding to that
goodness one is in contact with a
truth from which one is getting
something.”*



-- Thomas Merton



Clinical applications of Broaden-and-Build Theory

Using loving-kindness meditation to treat the negative symptoms of schizophrenia

- Alogia
- Asociality
- Avolition
- Blunted Affect
- Anhedonia
 - Especially Anticipatory Pleasure

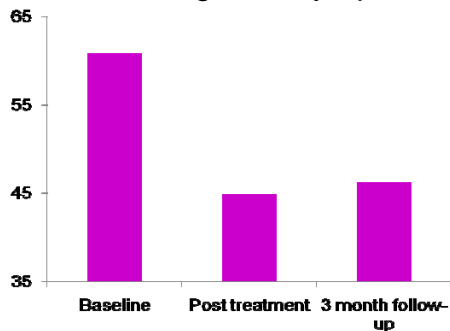
Johnson, Penn, Fredrickson, Kring, Meyer, & Brantley (2009). *Journal of Clinical Psychology – In Session*, 65, 499-509.

Pilot Study

(D. Johnson's Dissertation)

- Pre-post uncontrolled pilot study
- N = 18 (2 successive groups of 9)
- Mean age 29
- Mostly single, white, male
- Mean time since onset of illness, 5 years
- Baseline Assessments
- 6-week LKM workshop
- Reassessed @ Post-treatment & 3 months

Decreased Negative Symptoms



Johnson, Penn, Fredrickson, Kring, Meyer, & Brantley (2009). *Journal of Clinical Psychology – In Session*, 65, 499-509.

“There wouldn’t be such a thing as counterfeit gold if there were no real gold somewhere.”



-- Sufi proverb

Create the Mindset of Positivity

- Be Open
- Be Appreciative
- Be Curious
- Be Kind
- Be Real



“One evening an old Cherokee told his grandson about a **battle** that goes on **inside people**. He said, ‘My son, the battle is between two wolves inside us all. **One is Negativity**. It’s anger, sadness, stress, contempt, disgust, fear, embarrassment, guilt, shame and hate. **The other is Positivity**. It’s joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and above all, love.’ The grandson thought about it for a minute and then asked his grandfather: ‘Which wolf wins?’ The old Cherokee simply replied, ‘The one you feed.’”