

UNC-CH School of Social Work
Clinical Lecture Series
presents



Treating Clients and Ourselves with Positivity

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www.PositiveEmotions.org

www.PositivtyRatio.com

*“One’s own self is well hidden
from one’s own self: Of all the
mines of treasure, one’s own is
the last to be dug up”*

-- Friedrich Nietzsche



$$\frac{\textit{Positivity}}{\textit{Negativity}}$$

a.k.a., *Positivity Ratio*

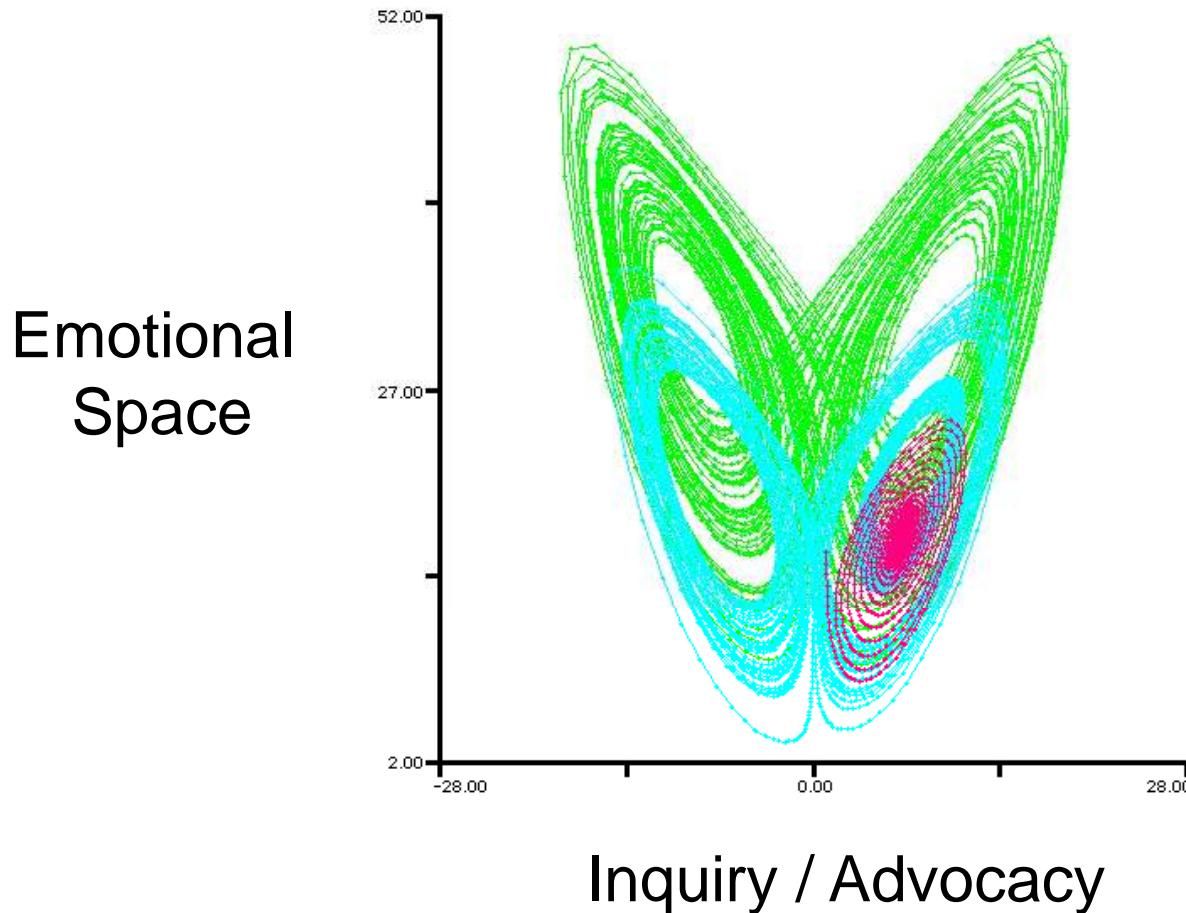
Languish or Flourish



How Much Is Enough?

Positivity Ratio > 3-to-1

The Complex Dynamics of Human Flourishing



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

Negativity is Necessary



Positivity **Opens** Us



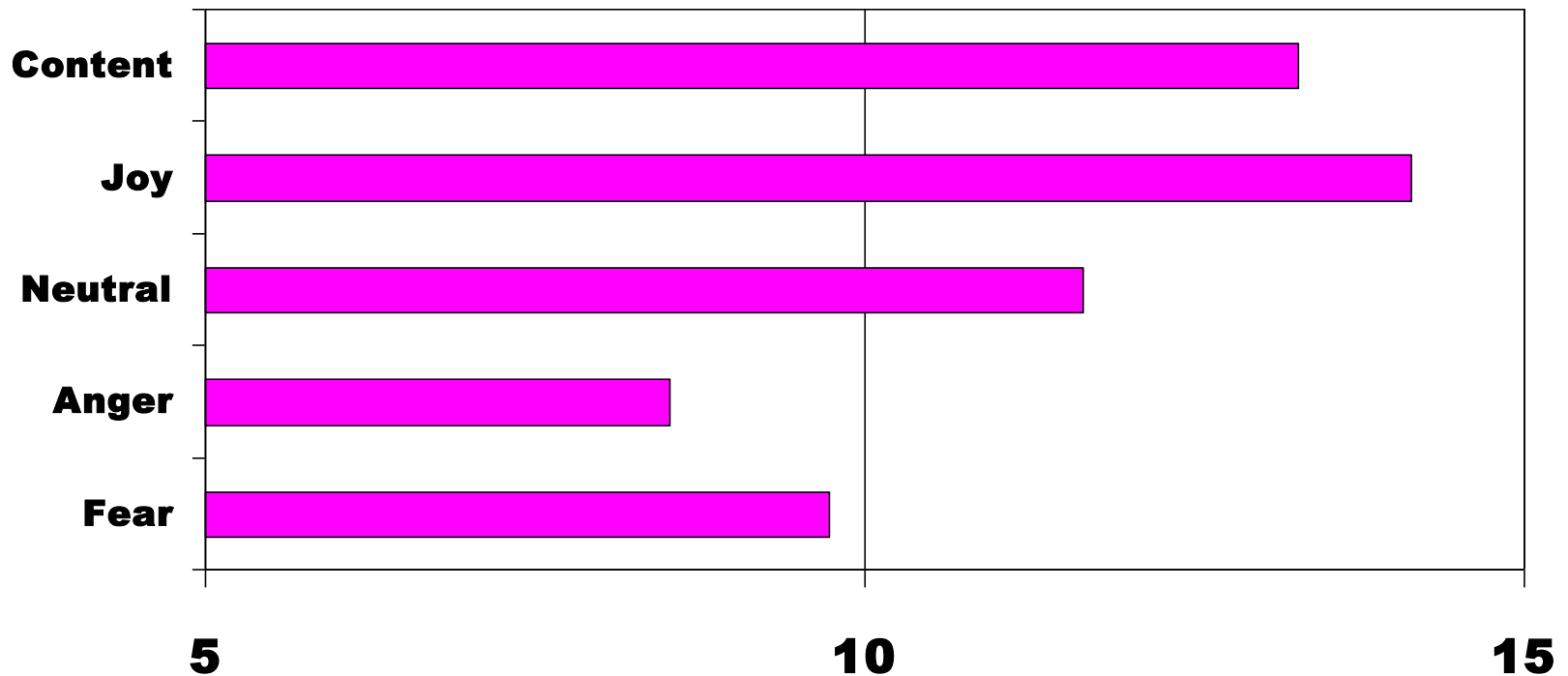
The **BROADEN** Effect

- 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

Evidence for the **BROADEN** Effect



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

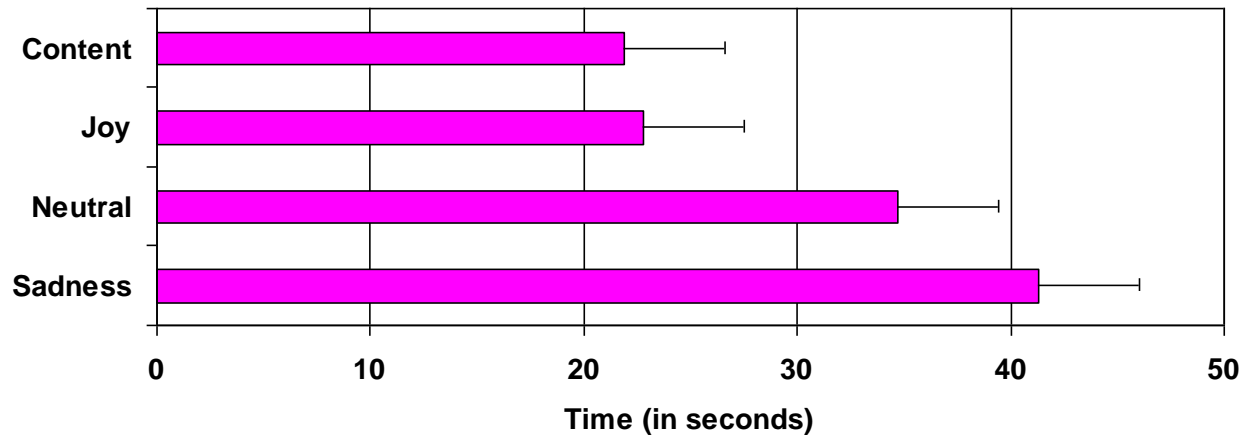
- Backdrop: Speech Anxiety
- Experimental Groups:
 - Contentment
 - Joy
 - Neutral
 - Sadness
- Dependent Measure:
 - Duration of Cardiovascular Reactivity

Testing the UNDO Effect

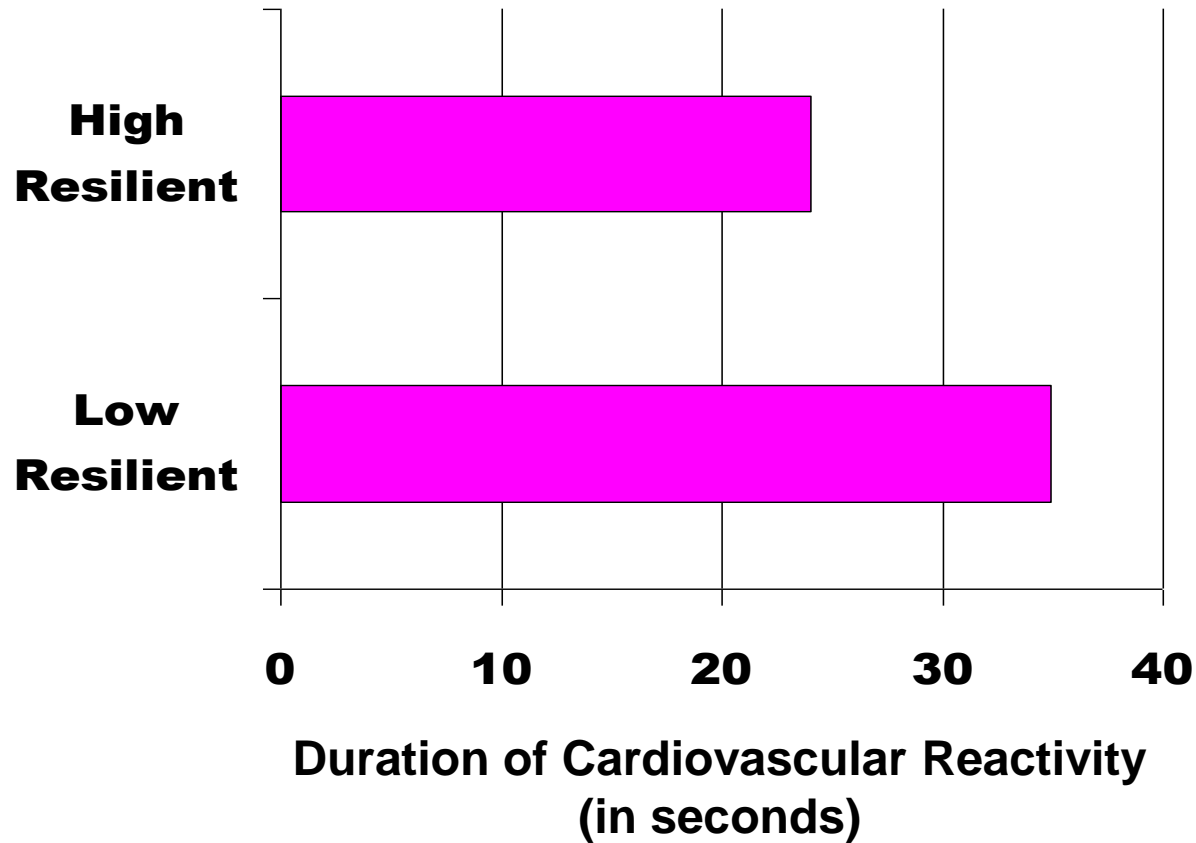
- Heart Rate**
- Systolic Blood Pressure**
- Diastolic Blood Pressure**
- Vasoconstriction**
- Pulse Transit Time to the Finger**
- Pulse Transit Time to the Ear**

** $p < .001$

Evidence for the UNDO Effect



Positivity Fuels Resilience





Positivity Seeds Human Flourishing

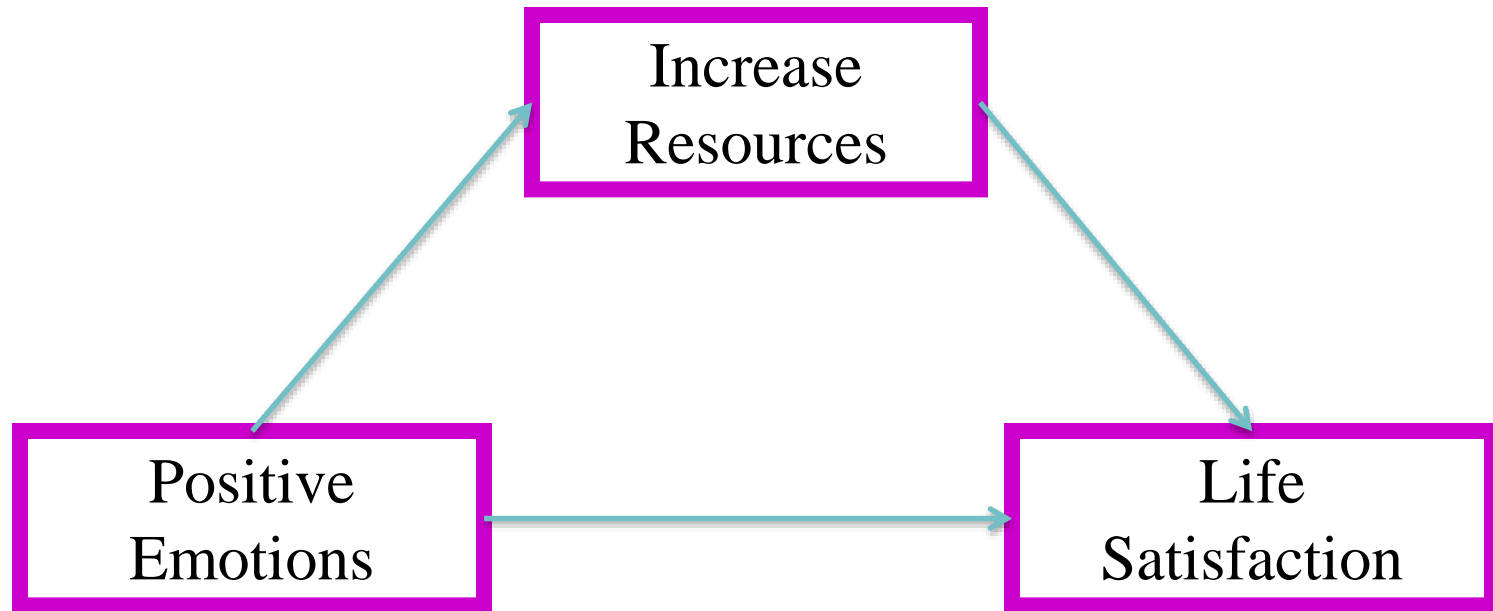
Positivity Transforms Us



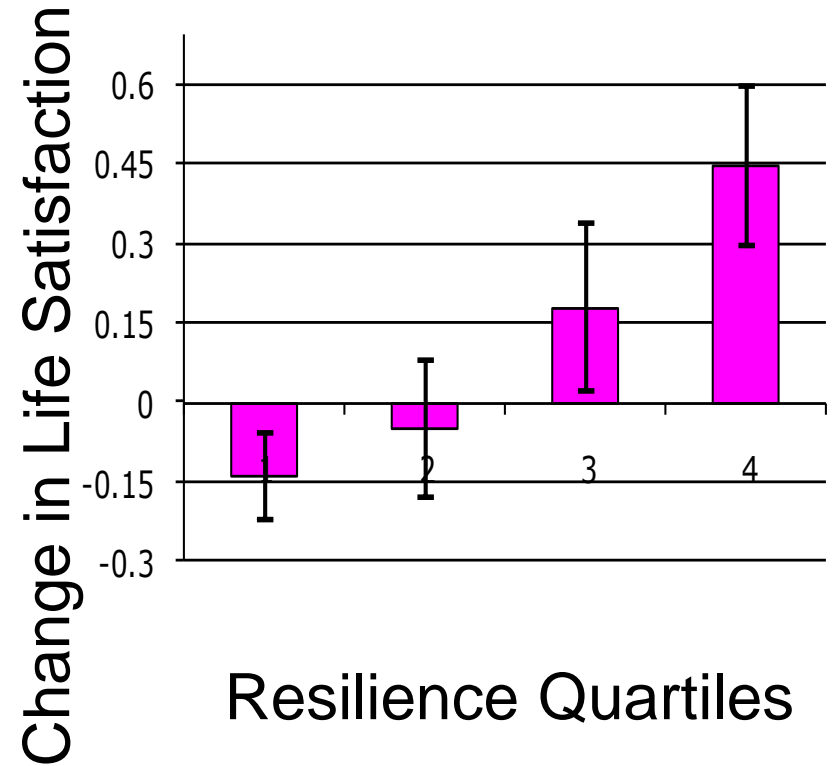
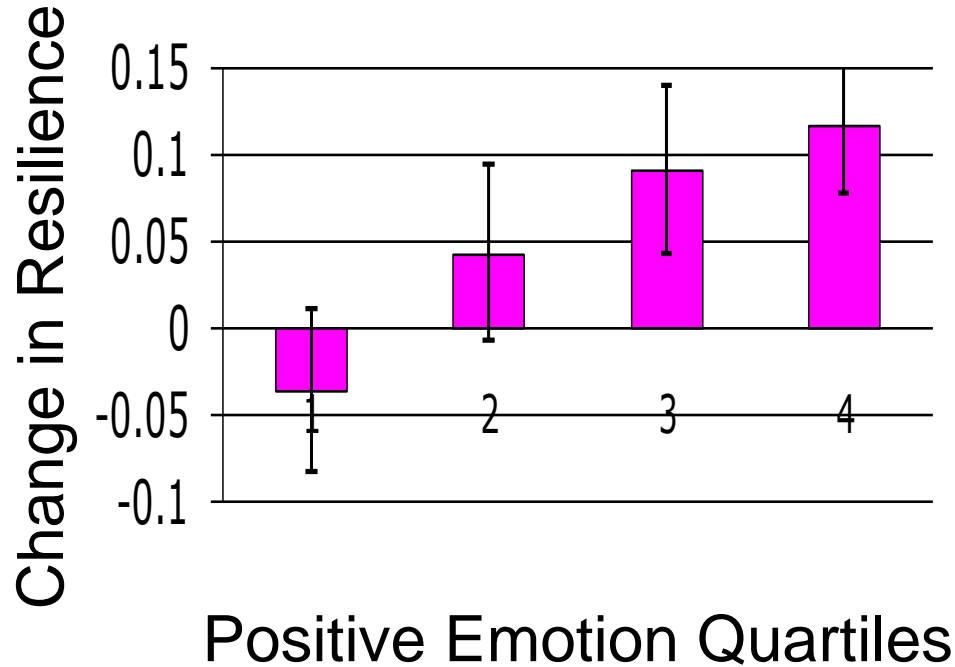
The BUILD Effect

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

Happiness Unpacked



Happiness Unpacked



Testing the **BUILD** Effect



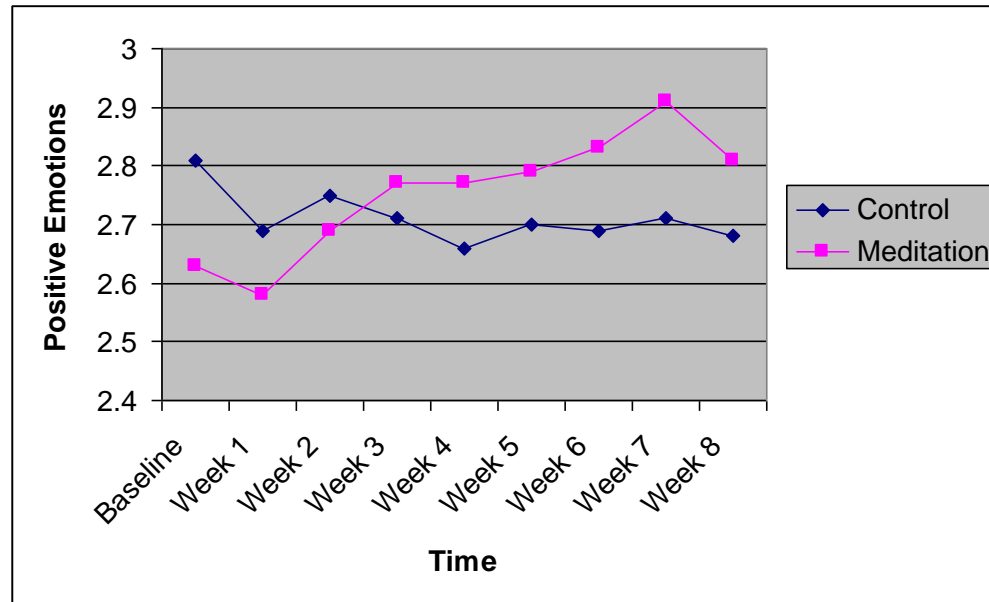
Loving-Kindness Meditation



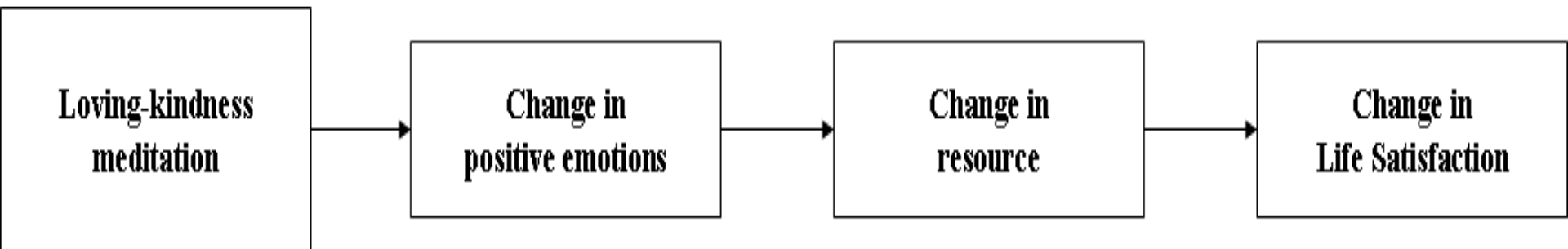
Testing the BUILD Effect

- 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

Did Loving-Kindness Meditation Increase Positive Emotions?

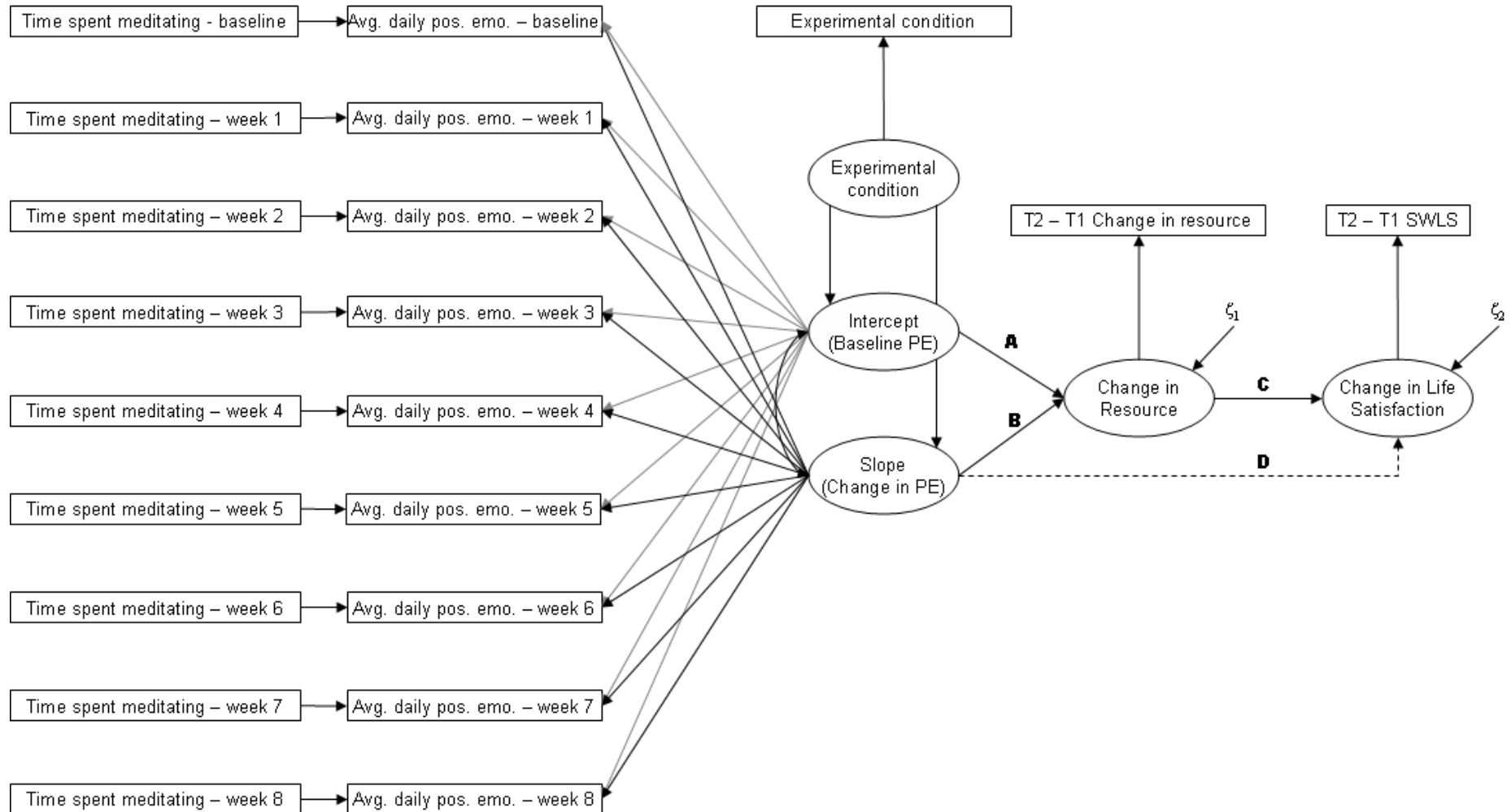


Testing the **BUILD** Effect



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

Testing the BUILD Effect



Evidence for the BUILD Effect

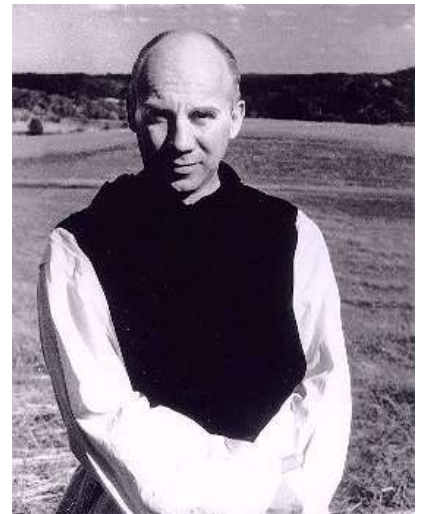
- Positive Emotions Build:
 - Cognitive resources
 - Social resources
 - Psychological resources
 - Physical resources

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



The Broaden-and-Build Theory of Positive Emotions

Fredrickson (1998). *Review of General Psychology*, 2, 300-319.

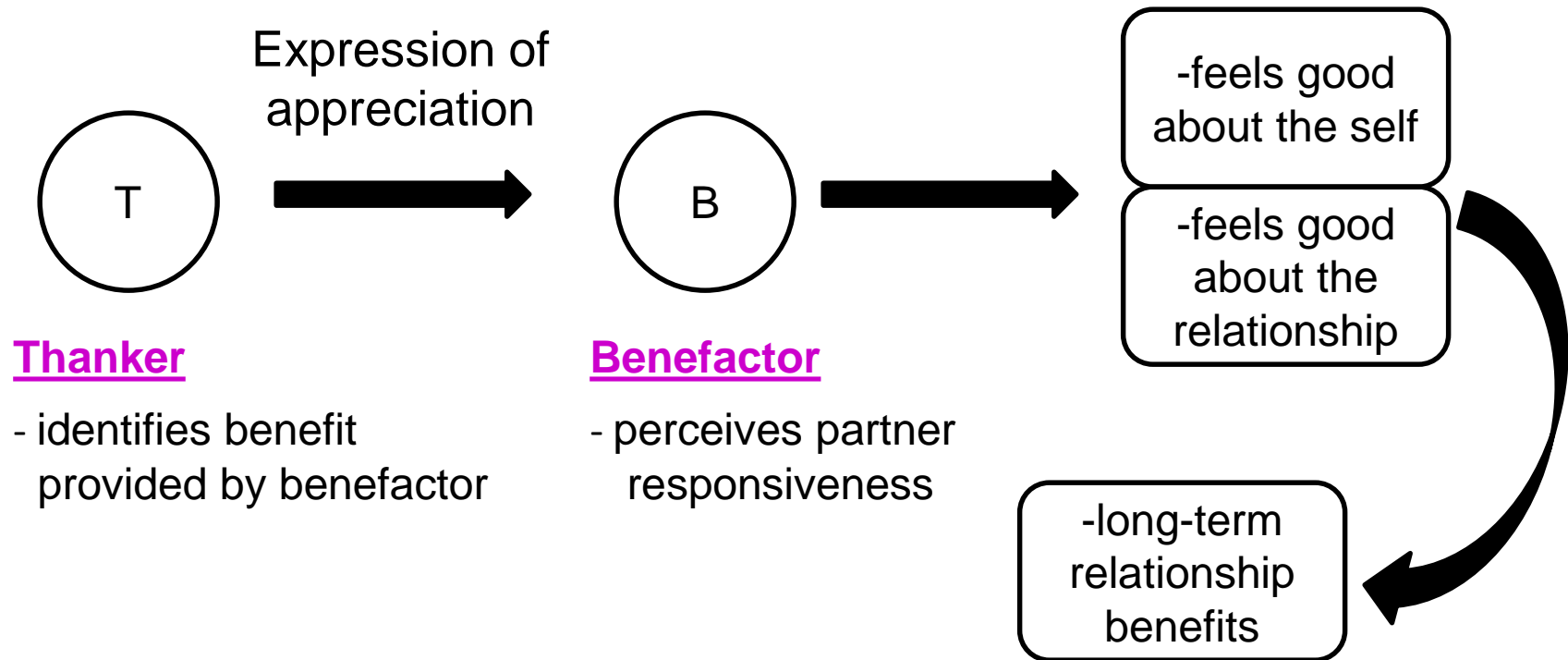
Fredrickson (2001). *American Psychologist*, 56, 218-226.

Fredrickson (2003). *American Scientist*, 91, 330-335.

Positivity Transforms Relationships



Positivity Transforms Relationships

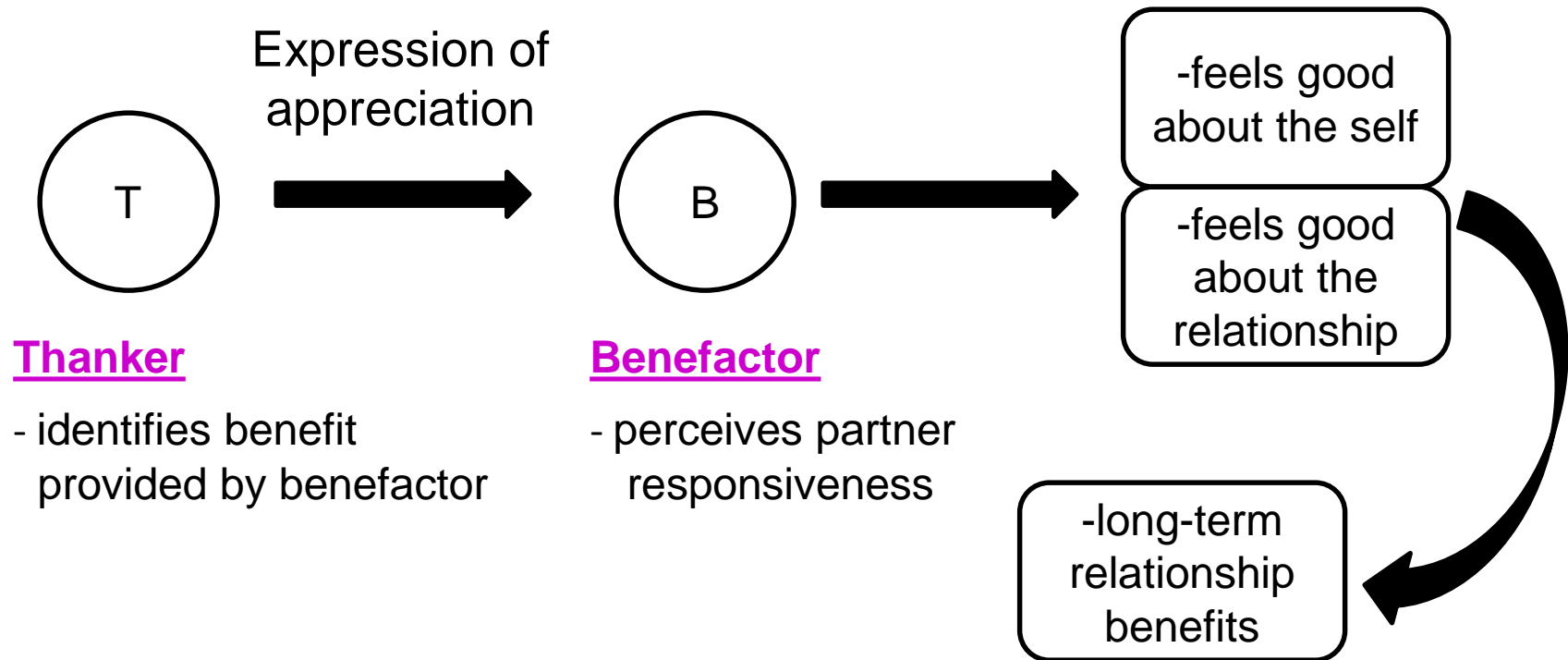


High- vs. Low-Quality Expressions of Appreciation



Algoe, Fredrickson, Gable & Strachman (2009) Under review.

Positivity Transforms Relationships



Clinical Applications of the Broaden-and-Build Theory

Using Loving-Kindness Meditation
to Treat the Negative Symptoms
of Schizophrenia

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

Negative Symptoms

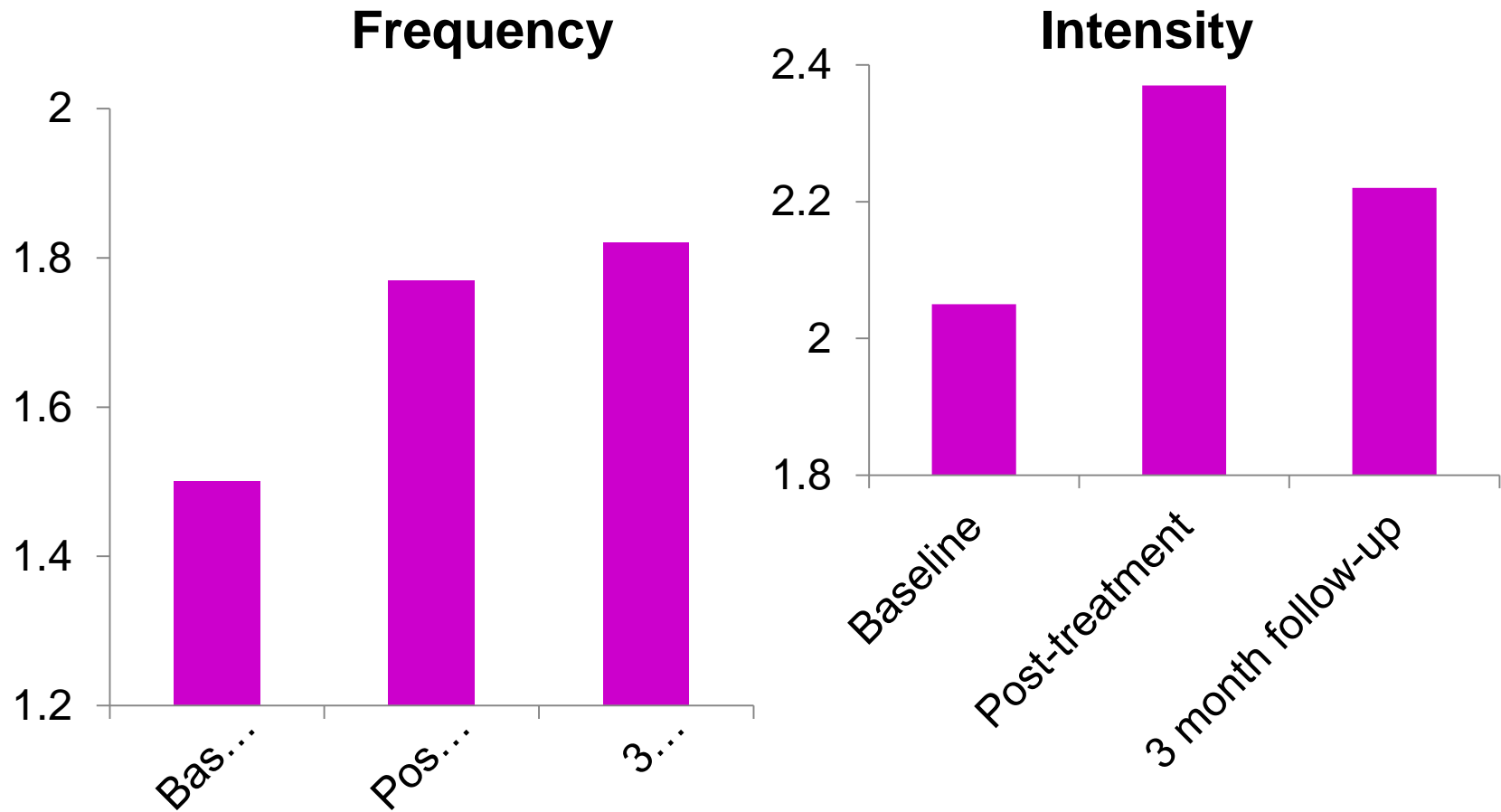
- Alogia
- Asociality
- Avolition
- Blunted Affect
- Anhedonia
 - Especially Anticipatory Pleasure

Pilot Study

(D. Johnson's Dissertation)

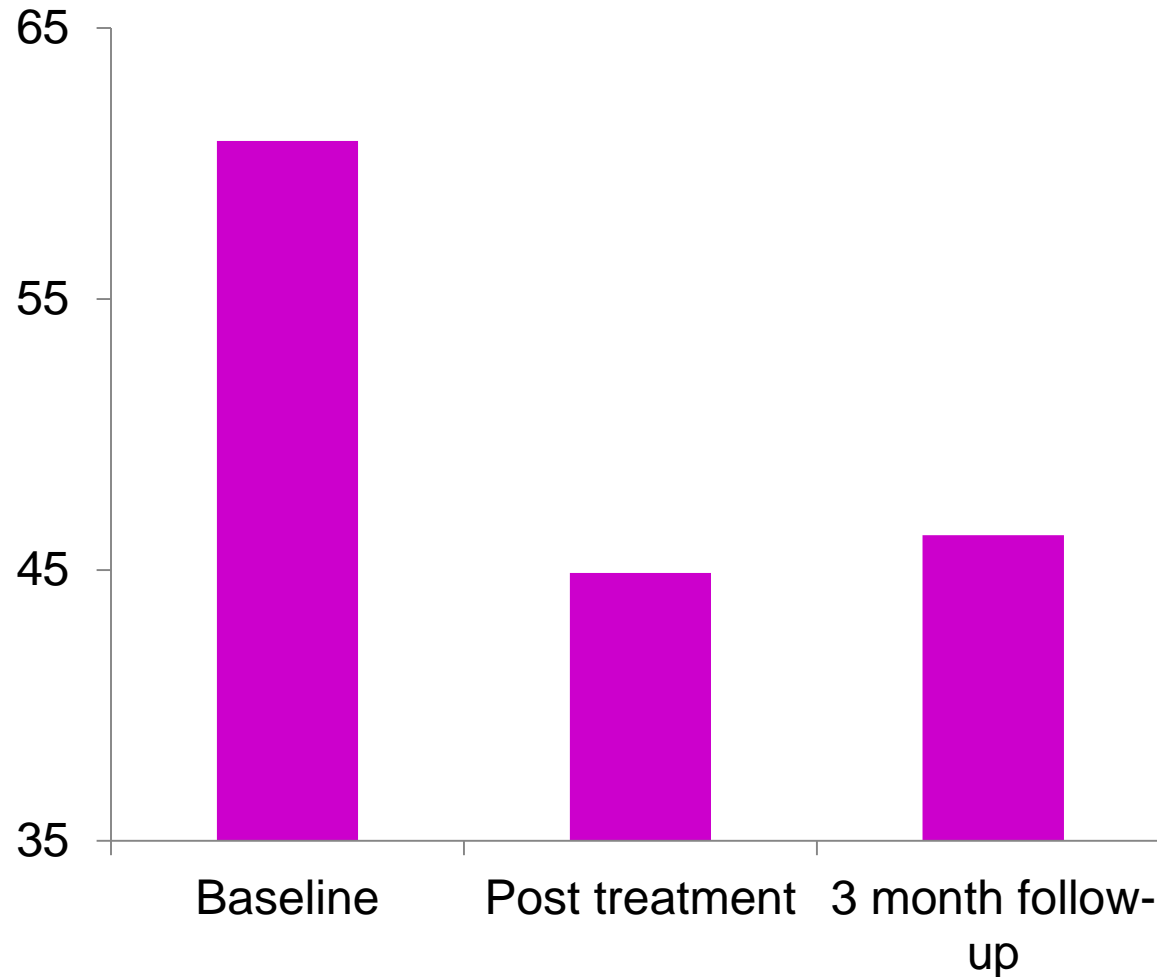
- Pre-post uncontrolled pilot study
- N = 18 (2 successive groups of 9)
- Mean age 29
- Mostly single, white, male
- Mean time since onset of illness, 5 years
- Baseline Assessments
- 6-week LKM workshop
- Reassessed @ Post-treatment & 3 months

Increased Positive Emotions



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

Decreased Negative Symptoms



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

Don't "Be Positive"



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

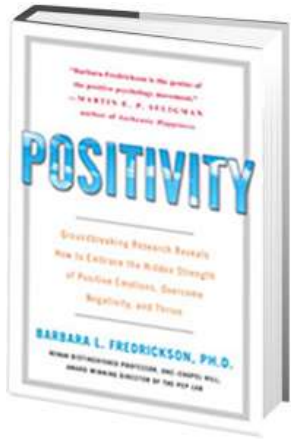
-- Sufi proverb



Create the **Mindset** of Positivity

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

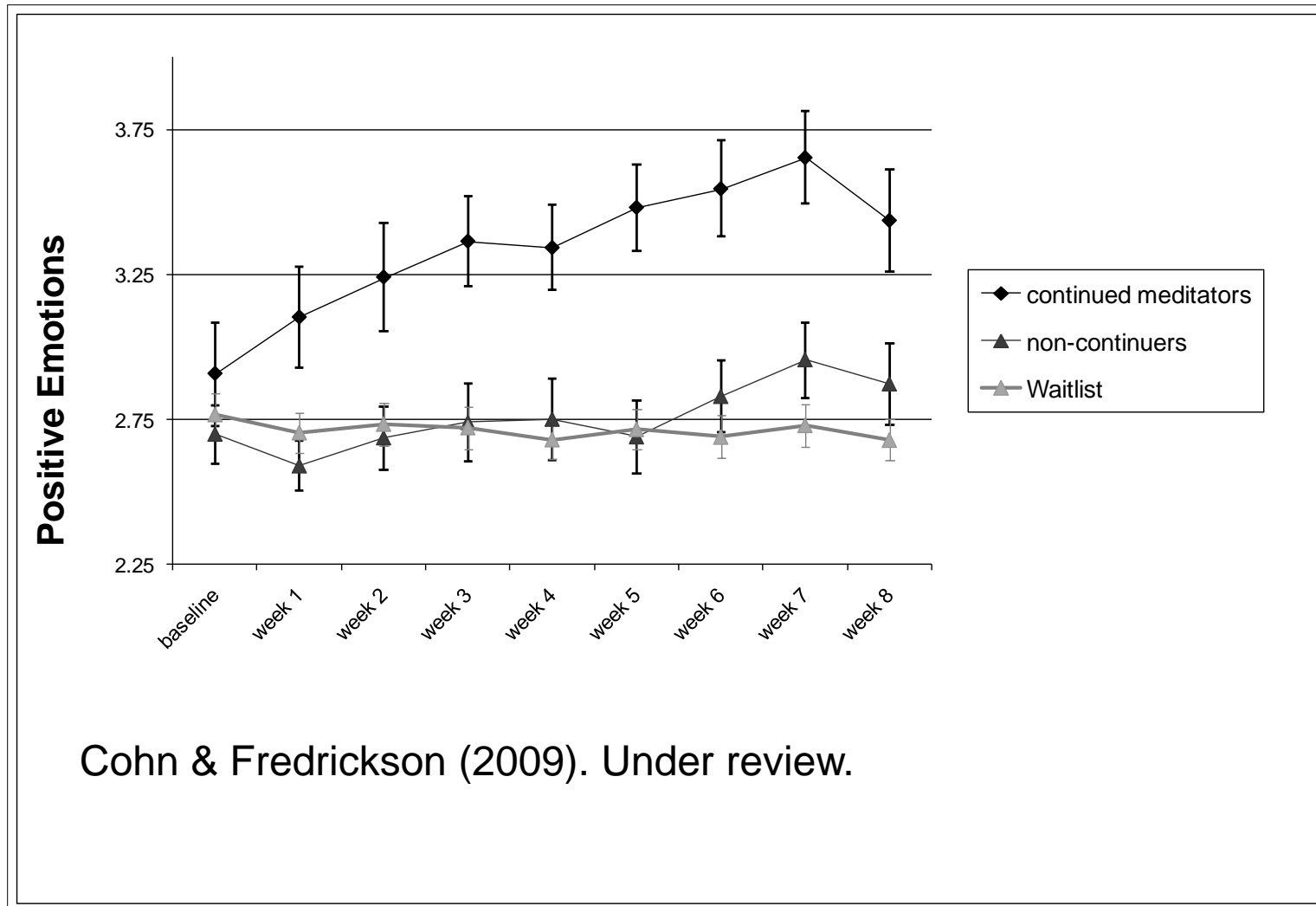




Free On-Line Tools @ PositivityRatio.com

Build Emotional Awareness
Track Effects of Life Changes

Early Positive Emotion Reactivity Forecasts Sustained Lifestyle Change





“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’”



www.PositivityRatio.com

POSITIVITY

GROUNDBREAKING RESEARCH REVEALS HOW TO
EMBRACE THE HIDDEN STRENGTH OF POSITIVE EMOTIONS,
OVERCOME NEGATIVITY, AND THRIVE