

The Broaden and Build Theory of Positive Emotion

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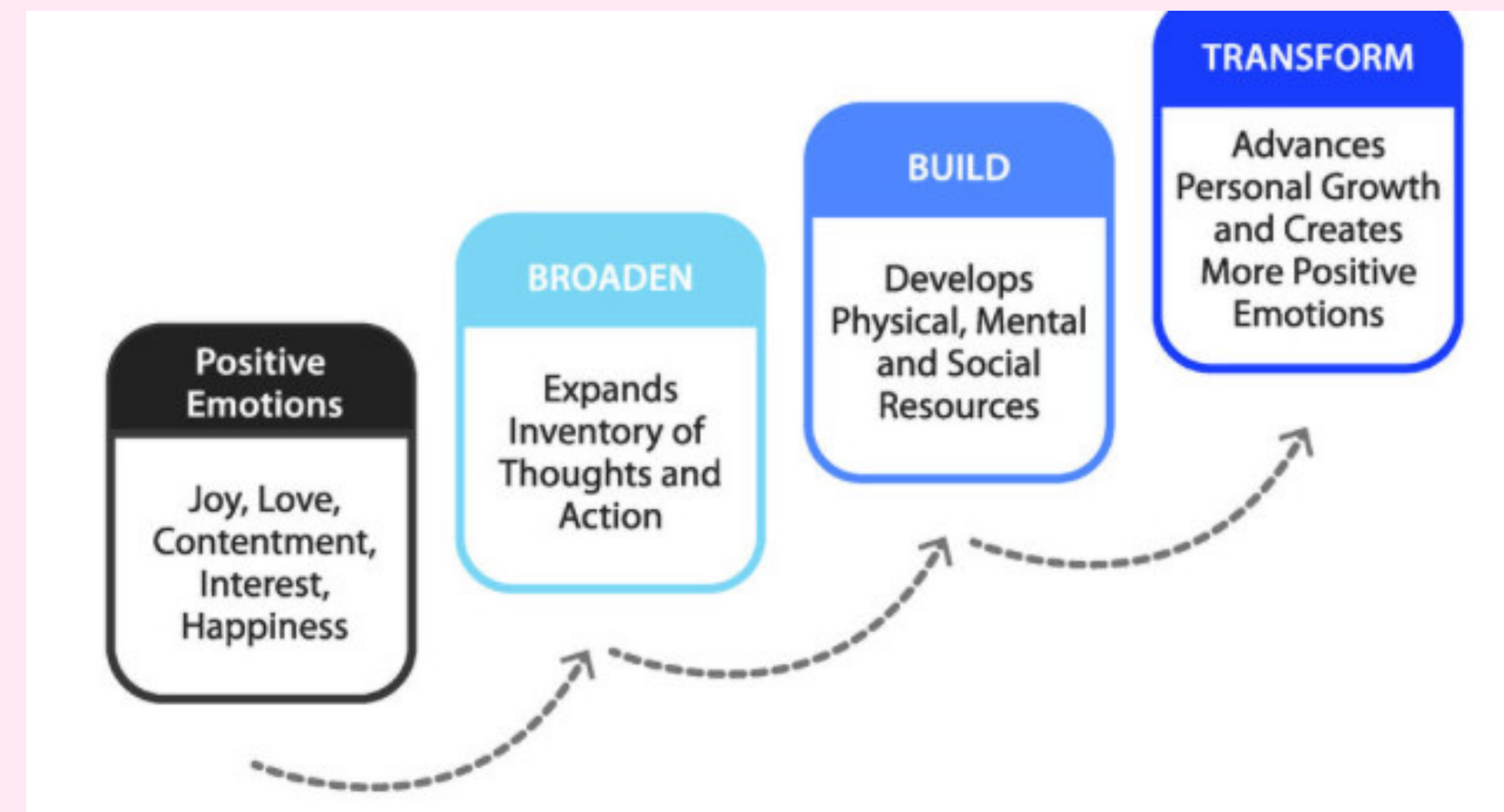
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Abstract

The Broaden and Build Theory of positive emotions is a predictor of human life potential and happiness. This theory proposes that experiencing positive emotions can broaden thoughts and behaviors, which can lead to greater psychological and physical health. We will demonstrate how the Broaden and Build Theory explains how individuals with positive emotions tend to have more success socially, personally, and emotionally. We will discuss the research comparing the skills individuals with positive emotions have to those with less positive emotions, and how experiencing positive emotions can increase personal resources. Our project will explain how positive emotions can lead to an increase in the amount of skills for individuals to obtain. This will then explain how overall life satisfaction and personal development are positively impacted through exposure to positive emotions.

What is The Broaden and Build Theory

This theory states individuals will be happier, have better well-being, and will have an increase in their skills by engaging in positive emotions.



The Four Elements of Positive Emotions

1. There is an increase of thought and intention for one's actions and thoughts.
2. Negative emotions can be negated by having positive emotions.
3. Resiliency increases.
4. An upward spiral of positivity occurs that will lead to an increase in someone's well-being.

Barbra Fredrickson's Theory

- Newer perspective in positive psychology
- Broaden-and-build theory: the experience of positive emotions broadens people's momentary thought-action repertoires, which then build their enduring personal resources
- The capacity to experience positive emotions may be a fundamental human strength that is central to humans flourishing

Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American Psychologist*, 56(3), 218–226. <https://doi.org/10.1037/0003-066X.56.3.218>

Why is this relevant?

- In a review conducted by Santos et al. (2013), it was found depression in individuals can be treated with the use of positive emotions.
- By cultivating more positive emotions in one's life, their individual skills increase for the chance to have more opportunities in their life.
- Experiencing positive emotions improves physical, psychological, and intellectual resources (Fredrickson 2001)
- Positive emotions can lower blood pressure, increase life-span, and reduce the risk of heart disease



Ways to Generate Positive Emotions

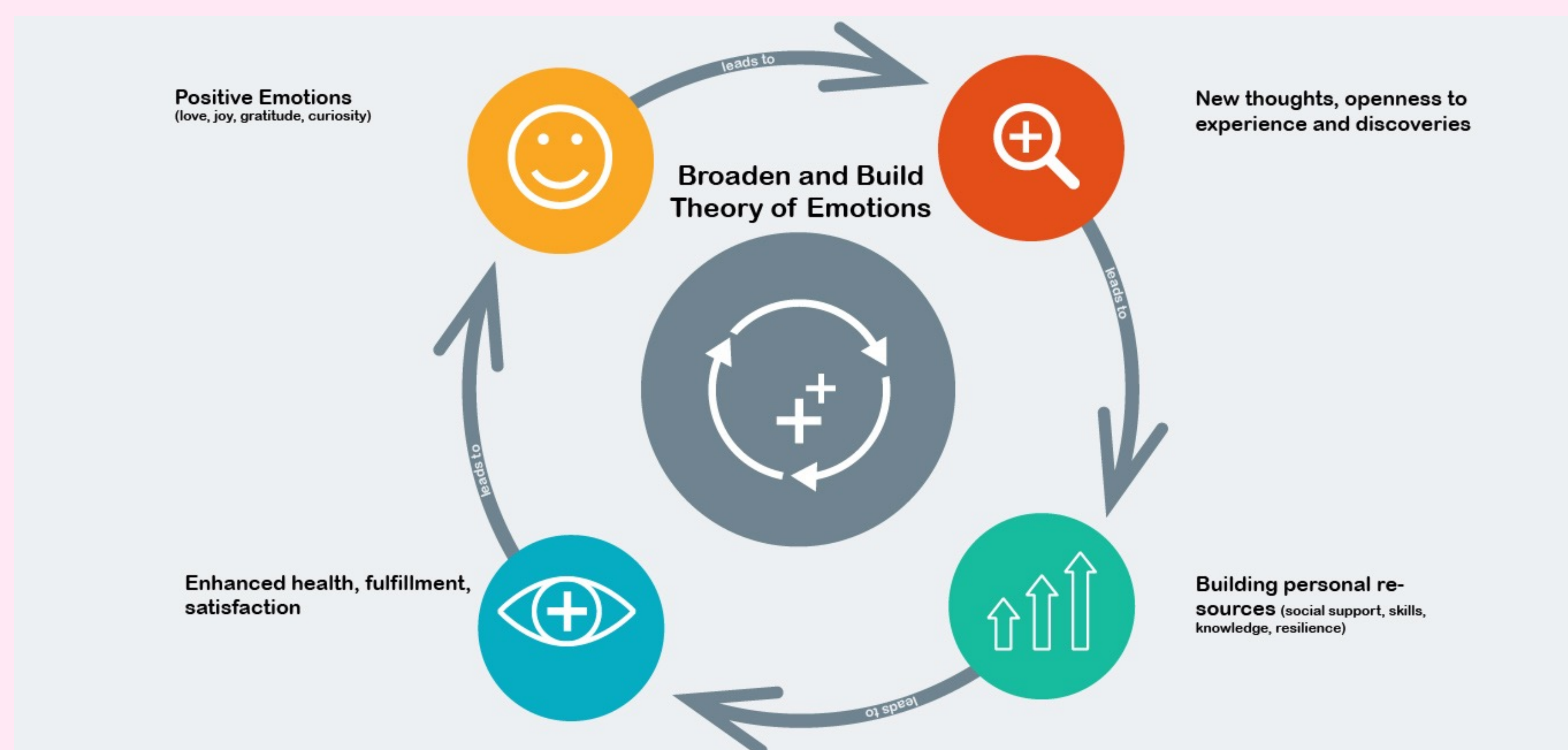
Practice Mindfulness: Focus on being aware of present emotions and feeling in the moment through guided imagery and breathing techniques

Develop a growth mindset: Can empower you to perceive mistakes as learning opportunities

Create a vision board: Helps shift mindset, makes future goals clear, increases motivation

Positive self-talk: Improves self-esteem, stress management, and lowers rates of stress and anxiety

Journaling your thoughts: Can help break the cycle of negative or intruding thoughts



References

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