

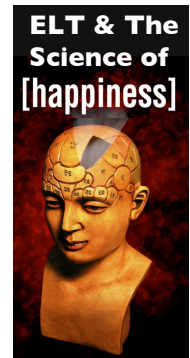


## Positive Emotions

There are **10** types of positive feelings. (Dr. Barbara Fredrickson, University of North Carolina- Chapel Hill)

### 3:1

When we experience 3 positive emotions for each 1 negative, **our lives improve a lot.** Remembering (savoring) good events is a way to re-experience them.



## ① Your experiences.

Look at the emotions. When have you experienced these? Write about *at least* 7.

- **Joy.** *I was really happy when...*
  - **Gratitude.** *I am (or was) thankful for...*
- **Serenity.** *I felt peaceful when...*
  - **Interest.** *Sometimes I'm so interested in something, I don't even notice the time. I'm very interested, alert and focused when...*
- **Hope.** *Even when things were difficult, I felt they would get better. For example...*
  - **Pride.** *I felt good about something I did when...*
- **Amusement.** *It was fun and funny when...*
  - **Inspiration.** *This means "seeing human nature at it's best." For example...*
- **Awe.** *"Something so wonderful, I almost could not believe it." For example...*
  - **Love.** *Love can include all the above feelings. It can be romantic love, family love or caring about friends. I really knew I was loved when...*

## ② Getting ready to write and speak.

Choose one you want to write and talk about. Think of a time you felt that emotion strongly. To get ready, write the *WH-question* information about the experience.

Who?

What?

When?

Where?

Why?

How?

What happened next?

Now write your story. Use the back of this paper.

## ③ Time to talk (4-3-2)

Work with a partner. Talk about your experience. You have **4 minutes**.

Listen to your partner's story. Ask questions.

• Now change partners. This time you have **3 minutes**.

• Change partners again. This time you have **2 minutes**. Can you finish your story?