Love 2.0

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www.PositiveEmotions.org
www(PositivityResonance.com
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Emotions are Micro-moments
What’s a smile for?
The Broaden-and-Build Theory of Positive Emotions

Positivity Broadens Awareness

...and Builds Resources

...even in bees.

Positive Emotions Unlock Other-Focused Thinking
More “We.” Less “Me.”

From Positivity to Positivity Resonance
What Love is *Not*…

- Sexual Desire
- A Special Bond
- Commitment
- Exclusive
- Lasting
- Unconditional
What *is* Love?

- Two views from relationship science:
  - “Investment in the well-being of the other for his or her own sake” (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:
  - A momentary lens
  - Biobehavioral components
  - A broaden-and-build theoretical backdrop
Love is...

• an interpersonally situated experience marked by *momentary* increases in:
  o shared positive emotions;
  o biobehavioral synchrony;
  o mutual care;

• which, over time, *builds*:
  o embodied rapport (e.g., we really “clicked”);
  o social bonds;
  o commitment.

Micro-moments of Positivity Resonance
Love’s 1st Precondition: Safety

Image from Living Links Center, Emory University; Frans de Waal, Director
Love’s 2\textsuperscript{nd} Precondition: Connection
Smiles Draw Attention

Eye Contact Causes Mimicry

Mimicry Creates Inter-Subjectivity

Bio-Behavioral Synchrony: Acting as One

Bio-Behavioral Synchrony:
Acting as One

Super Bowl LI

Photograph by Simon Bruty for Sports Illustrated
Behavioral Synchrony

*Journal of Experimental Social Psychology, 48*, 399-402.
Physiological Synchrony

Oxytocin Synchrony

Neural Synchrony

Surprising Power of Weak Ties

Commute Experiment
Mental Health

Social Self-regulation

- Cultivate moments of **positive connection**: try to connect with one or more people over a good feeling...

Non-social Self-regulation

- Cultivate moments of **mindful thought**: take time to quietly refresh your mind by experiencing the present moment...

Major, Lundberg & Fredrickson (2016). In prep.
The Vagus Nerve
Cardiac Vagal Tone
Upward Spiral Relations
Cardiac Vagal Tone

Positivity Resonance
Changing Daily Diets
Seeding Positivity Resonance

Loving-Kindness Meditation (LKM)
Nudging the Upward Spiral

Heart Health

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).
Positivity Resonance as a Health Behavior
Wired to Connect
Plasticity
Biological Capacity to Connect:
Use it or Lose it
LOVE IS …micro-moments of positivity resonance

a.k.a., “day-to-day micro-utopias”

-- Nicholas Bourriaud
Bringing micro-utopias to life...
Proof *If-Then* Plans Work

43% fewer pregnancies among teens who answered 3 Qs about *where*, *when*, and *how* they would use contraception.

When, Where, & How?
Free Online Course
Search “Coursera Fredrickson”

Positive Psychology
The University of North Carolina at Chapel Hill

About this Course
This course discusses research findings in the field of positive psychology, conducted by Barbara Fredrickson and her colleagues. It also features practical applications of this science that you can put to use immediately to help you live a full and meaningful life.

Subtitles available in English
1-2 hours/week

Upcoming session:
May 9 - June 26
Enrollment ends May 14

Following session begins June 6
Salzberg & Fredrickson Workshop

Fifth World Congress on Positive Psychology

July 13-16, 2017

Montréal, Canada!
“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
Thank You!