



# Positive Emotions

Lesson workbook


Your companion guide

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## General instruction for watching all Zone Positive videos



The “Pause” button is here. If you don’t see this bar on your screen, roll your cursor over the lower left hand corner of your screen and the bar should reappear. Click on the Right Arrow  to resume watching the video.

**Important Note:** If you want to pause the video and go to another website, open a new window in your web browser. This will enable you to return to the video lesson and resume where you left off.

# Part 1: Introduction

**Chapter reading** Positivity: Chapter 1 & 2

**Overview** All things considered, most of us would prefer living with more joy and less fear and anxiety in our lives. We are going to study how positive and negative emotions serve different purposes. Indeed they help us achieve different ends. We are going to start with two exercises.

**Exercise 1** What has been one of the absolute best moments of your life so far? Where were you? Who were you with? How did it feel? Describe it here.

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**Exercise 2** This one is a timed exercise. In just one minute we want you to list as many positive and negative emotions as you can. They should be everyday words you would use to describe how someone is feeling, like happy, ecstatic, grumpy, furious...you get the idea. List them below and see how creative you can be.

Positive emotions

Negative emotions

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## Part 2: Theory

### Chapter reading

Positivity: Chapter 3, 4, & 5

### Definition of 'Emotions'

A mental and physical state associated with a wide variety of feelings, thoughts, and behavior

### Emotions = Moods?

Not quite. Emotions are more 'in the moment' while moods refer to a longer period of time and is a broader term. Someone in a 'good mood' may be whistling all the way to work and grinning all through their morning meetings. They might experience various emotions over the course of the morning but we would just summarize and say that they are 'in a good mood.'

### Negative emotions

Negative emotions tend to indicate an immediate problem and need for you to take action. On the way to a party you receive some devastating news about someone you love. You might still go to the party and put on a brave face. More likely you will change your plan altogether.

For thousands of years of evolution, negative emotions have helped reptiles, mammals and, more recently, humans survive. The emotions cause the animal or human to act or behave in a specific way. For this reason negative emotions are said to have **specific action tendencies**.

Negative emotion	Example responses (Specific Action Tendency)
Fear	Flea
Shame	Hide / Disappear
Anger	Attack
Sadness	Withdraw



Negative emotions help us live and survive today. They are about the immediate moment, not tomorrow or next Wednesday. They are also predominantly about individuals not teams or groups or communities. They mainly serve in your interest but not necessarily those around you.