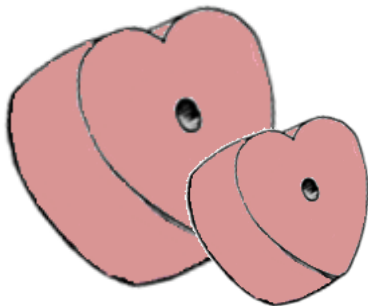


## How Shared Positive Emotions Work

Parents who share more positive emotions than negative emotions have children who are confident, motivated, cooperative, and creative.

- ♥ Positive emotions influence relationships differently than negative emotions do. They are processed differently by the brain and the nervous system.
- ♥ Positive emotions include interest, surprise, joy, excitement, and contentment.
- ♥ Shared positive emotions give us pleasure: they let us feel close, safe, and accepted.
- ♥ Shared positive emotions are motivating. They encourage us to sustain or expand the experience. We want to recreate the experience and continue the relationship.
- ♥ When we share positive emotions, we feel close. We begin to trust one another and to collaborate together.
- ♥ Sharing positive emotions gives us feelings of safety. When we share positives with another, over time, we gain confidence in ourselves and in our relationship. We become willing to explore and venture into new skills and ideas.
- ♥ When we share positive emotions, we feel accepted. We know we are valued; we feel worthy. This makes us feel proud. It leads to self-esteem.

Do you know people who seem to be always on the "bright side" of things?



- *Is it their personal style?*
- *Do you think they practice this?*
- *Do they seem to have more fun?*
- *Do they enjoy their children?*