

Ditch the Negativity Bias & Gain the Happiness Advantage

Leslie Bosch, PhD

National Board Certified Health and Wellness Coach

Bosch Integrative Wellness

email: leslie@boschintegrativewellness.com

www.boschintegrativewellness.com

These 10 Emotions Are Associated with Flourishing:

1. Inspiration
2. Hope
3. Pride
4. Interest
5. Love
6. Awe
7. Amusement
8. Joy
9. Gratitude
10. Serenity

Fredrickson, B. L. (2013). Positive emotions broaden and build. *Advances in Experimental Social Psychology*, 47, 1-53.

Shawn Achor, S. (2010). *Happiness advantage: The seven principles that fuel success and performance at work*. New York: Crown Business.



Gain the Happiness Advantage by Shifting the Balance of Negative to Positive Emotions



Negativity Bias: More attention (weight) on the negative than the positive aspects = more negative emotions like anger & sadness.



Happiness Advantage: More attention (weight) on the positive than the negative aspects = more positive emotions like love & hope.

- When you experience positive emotions like interest, love, awe, hope, and gratitude, your intelligence rises, your creativity rises, and your energy levels rise.
- Positivity researchers call this the **happiness advantage** because your brain at positive performs significantly better than at negative, neutral, or stressed.
- Unfortunately, only 20% of the population operates at an optimal 3:1 ratio of positive to negative emotions. It's not positive OR negative. It's both but we're aiming for 3 times as many positives compared to negatives.
- Because humans have an inborn **negativity bias** or the tendency to focus primarily on the negative aspects of our experience, shifting the balance takes intentional effort. But the rewards are well worth the effort!

Ditch the Negativity Bias & Gain the Happiness Advantage



You can shift the balance of negative to positive emotions using this simple exercise:

1. Think of a stressful situation.
2. Answer the following questions.
3. Notice how your experience changes.

Note: At first, these questions might feel strange but just give your brain a chance to find an answer. Be prepared to surprise yourself!

What do you find
inspiring about the
situation?



What about the
situation gives you
hope?



What about the
situation makes you
proud?



What do you find
interesting about the
situation?



What about the
situation do you **love**?



What about the
situation fills you with
awe?



What about the
situation do you find
amusing?



What about the
situation makes you
joyful?



What about the
situation leaves you
grateful?



What about the
situation makes you
serene?





What did you discover?

Send me an [email](#) and let me know!

If you want help gaining the happiness advantage, [grab a spot on my calendar](#). During our call, we'll talk about your unique situation and find a solution that's right for you.

The 20-minute consultation is free, no strings attached. I'd be delighted to speak with you!

