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Barbara L. Fredrickson, Ph.D. earned her undergraduate degree from Carleton

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College and her doctorate from Stanford University. ... In her 2009 book, Positivity, Fredrickson's research defines positivity and how it can transform people's lives. At that time, research showed an approximate 3 to 1 ratio of positivity as being ideal in terms of high functioning teams, relationships, and ...

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Barbara Fredrickson | The Science of Happiness, Theory and ...

The critical positivity ratio (also known as the "Losada ratio" or the "Losada line" [not verified in body]) is a largely discredited concept in positive psychology positing an exact ratio of positive to negative emotions which distinguishes "flourishing" people from

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"languishing" people. [citation needed]
The ratio was proposed by psychologists Barbara Fredrickson and Marcial Losada, who ...

Critical positivity ratio - Wikipedia

The broaden-and-build theory in positive psychology suggests that positive emotions (such as happiness, and

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perhaps interest and anticipation) broaden one's awareness and encourage novel, exploratory thoughts and actions. Over time, this broadened behavioral repertoire builds useful skills and psychological resources. The theory was developed by Barbara Fredrickson around 1998.

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Broaden-and-build - Wikipedia

Barbara L. Fredrickson University of North Carolina, Chapel Hill, North Carolina, USA Contents 1. Ten

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theory 12 4. Evidence for the Broaden-and-Build Theory 17 4.1 The broaden hypothesis 17 4.2 The build ...

Positive Emotions Broaden and Build - University of Michigan

Positivity doesn't always refer to simply smiling and looking cheerful, however—positivity is more about one's

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overall perspective on life and their tendency to focus on all that is good in life. In this piece, we'll cover the basics of positivity within positive psychology, identify some of the many benefits of approaching life from a positive point of view, and explore some tips and ...

What is Positive Mindset: 89 Ways

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to Achieve a Positive ...

According to research by Barbara Fredrickson, positivity broadens our perspective—we literally have a wider view, which offers us more options. And the more we practice positivity, the more it builds, creating a resilience that allows us to function even in difficult times. Find meaning . Fear can shatter

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our sense of the world as we know it. Those who have experienced trauma may also have ...

How to Deal with Fear and Anxiety | Taking Charge of Your ...

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Handbook of Positive Psychology - St. John's Seminary

Research by Barbara Fredrickson (2010) found that approaching challenges in an open way leads to improved handling of stress, finding novel solutions to existing problems, and an increased ability to cope. The Doors Closed Doors Open exercise will encourage your client to

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think about a time when they felt rejected (doors closed) and what opportunities subsequently arose (doors open). They can ...

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