

Expressing positive emotion

Positive feelings

- 🌈 Hopeful
- 😊 Calm
- 👉 Accepted
- 🤸 Playful
- 😎 Confident
- 💖 Loved
- 🙏 Grateful
- 😄 Happy
- 😜 Excited
- 💪 Powerful

✔️ How to express positives

1. Stay calm and open
2. Say exactly what the person **did** that pleased you
3. Say how it made you **feel**

Sharing positive feelings can build connection

Example

Mira was always great at playing piano, but typically she loses interest in her hobbies when symptoms become worse. Her sister Gabby notices her playing as she's leaving the house.



"It makes me happy when I see you playing the piano."



"It's good for you to play the piano."

WHY FOCUS ON POSITIVES?

Our brains are wired to pay a lot of attention to negative emotions, which helps us quickly find things that are threatening to us.

To balance this bias, we need to pay *extra attention* to positive emotions – noticing the positives and talking about them with others.

When you tell someone else you feel good about something it makes them more likely to do more of that thing AND makes them feel good in the process.

