

# Positive Emotions and Happiness

Post by “Kalosyni” of March 10, 2024 at 9:12 AM

It seems that there would be 50 percent or more of positive emotions in a pleasant life.

Researching on positive emotions I found this:

Quote

## What Are Positive Emotions? (A Definition)

Positive emotions can be defined as pleasant multicomponent response tendencies. They are multicomponent because they involve more than just our internal feelings; they also include changes in our nervous system, [happiness hormones](#), facial expressions, thoughts, and more (Fredrickson & Cohn, 2008).

It's thought that the purpose (or function) of positive emotion is to facilitate approach behavior—it leads us to pursue things and move out into the world versus withdrawing (which is what [sadness](#) and [anxiety](#) lead us to do). Other people suggest that our experience of pleasantness is simply a mental assessment of our rate of goal attainment compared to our expected rate of goal attainment (Fredrickson & Cohn, 2008).

### Positive emotion versus sensory pleasure and positive mood

Positive emotion is different than sensory pleasure (which is more about sexual pleasure, satisfying hunger and thirst, or remedying pain). Positive emotions are also distinguished from [moods](#). Compared to moods, positive emotions generally arise as a result of some experience, they are short-lived, and they are closer to the forefront of our [consciousness](#) (Fredrickson & Cohn, 2008).

### Types of positive emotions

All [emotions](#) are thought to exist on a continuum from very pleasant to very unpleasant (Fredrickson & Cohn, 2008). That being said, we use labels or adjectives to help communicate and understand our emotions. So I might say "I'm happy" or I might say "I'm sad" to indicate where I am on a continuum from pleasant to unpleasant [emotion](#).

To better understand positive emotions, we also often think of positive emotions as either high-energy (e.g., excitement, joy) or low-energy (e.g., calm, content). Americans tend to value high-energy positive emotions more highly than low-energy ones (Fredrickson & Cohn, 2008). However, we also tend to be more motivated to get

rid of bad experiences, like stress and anxiety, than increase good experiences. That means we also innately understand the benefits of low-energy positive emotions such as calm and relaxation.

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