

Social and Emotional Learning

(SEL)

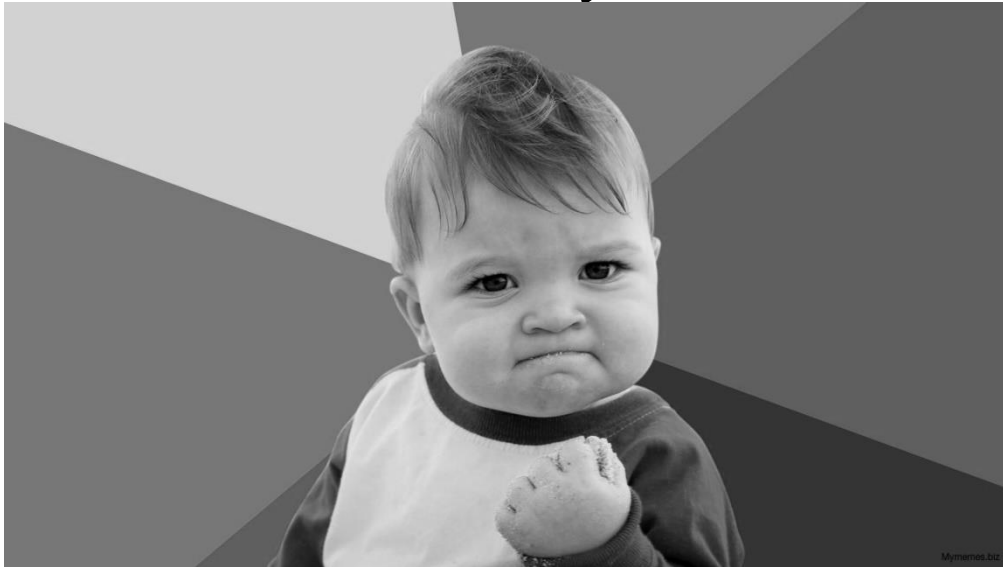
Why?

Let's say in the span of a day you have 10 positive experiences, 50 neutral experiences, and 2 negative experiences.

Of these experiences, which do you think you would most likely have on your mind at the end of the day: A) some of the positives, B) some of the neutrals, or C) one or both of the negatives?

The Negativity Bias

**Why do you
gotta be
so negative?**



Benefits of the Negativity Bias

- It helps us be alert to threats and to behaviors we see in others that we do not like and try to avoid engaging in these behaviors
- It helps us be prepared (expect things to go wrong – have contingency plans, first aids kits, Kleenex, etc.)
- Other benefits?

Problems with the Negativity Bias



**SOMEONE DIDN'T REFILL THE BRITA
PITCHER**

**NOW I HAVE TO WAIT 30 SECONDS FOR
WATER**





MOM
there's nothing to eat



Problems with the Negativity Bias

- Problems that are really not that big of a deal in the bigger scheme of things become overblown and exaggerated (a bad grade on a test is not the end of the world as some students and parents think, people screaming at referees for a call they don't agree with, things of this nature)
- We are safer and more comfortable than most humans in history and yet our life satisfaction is not improved or worse than previous generations
- First world problems

Research has shown

- Since negative interactions and experiences are “more sticky” in our brains...

For every negative experience or interaction you need 3 to 5 positive interactions to balance out the negative.

3:1 to 5:1 ratio


This is especially important in close relationships

If you want a marriage, family relationship or friendship to last

**Create positive experiences as much
a possible, because there will be
bad experiences and you need to
counteract that by a 5:1 ratio
(five or more positive for every one
bad)**


THE NEGATIVITY BIAS...


BEAT THE CAVEMAN!

① AWARENESS 

② VELCRO THE POSITIVES

③ GRATITUDE JOURNAL

④ KUDOS FOLDER 

⑤ A DROP OF  INK IN WATER