


Pleasure II

- Positive emotions
- Affectivity
- Flow
- Pleasure and Communication



Positive Emotions

- Emotions as clusters of physiological arousal, subjective thought, behaviors (action tendencies)
- Negative emotions alert "danger" and help survival
- Fredrickson-- Positive emotions' action tendencies signal safety and invite to open behavioral options (e.g., broader attention, openness to information)

Positive Emotions

- Positive emotions undo physiological effects of negative emotional experiences
- Fredrickson (2004)- "Broaden and build theory of positive emotions"

Affectivity/Mood

- Mood is attenuated emotion, a barometer of well-being, state-like
- Terms like: Zest, vitality, ebullience, enthusiasm.
- Hedonic capacity—ability to experience positive feelings
- Role of genetics
- Role of behaviors --Attend to actions, strive towards goals, knowledge of moods can help improve moods

Flow



- "Flow" refers to the psychological state that accompanies highly engaging activities, intrinsic motivation
- Likely to occur with an optimal balance between skill and challenge
- Changes as one becomes better at an activity
- "Junk flow"—EX. TV viewing (engagement/absorption, but lack challenge)

Flow

- Elements- Challenging activity that requires skills, merging of action and awareness, clear goals and feedback, concentration at the task at hand, loss of self-consciousness, transformation of time
- Flow channel- Challenges-Skills: High challenge (anxiety), low challenge (boredom)
- In relationships—Both integrated and differentiated

Flow

- Steps (Csikszentmihalyi, 1990)
 1. Set goals
 2. Become immersed in the activity
 3. Pay attention to what is happening
 4. Learn to enjoy immediate experience



Pleasure and Communication

- Does building in "peak moments of pleasure" during communication episodes increase pleasure?
- What is the relative effect of pleasurable conversation endings on affectivity?



Pleasure and Communication

- Should pleasurable moments vary (e.g., Hedonic treadmill)? How often?
- What kinds of messages prompt positive emotions?
- Do positive messages broaden points of view?



Pleasure and Communication

- How are moments of "flow" created in conversations?
- What are the qualities of "conversation as shared flow?"
- And, how are shared flow moments related to relational outcomes?
- What are micro-flow moments like in everyday communication?