



Justice May Be Blind but the Happy Witness Saw More

Was The Eye-Witness Happy?

We literally see more when we are in a positive state than in a negative one. Ever wondered how two witnesses to the same event can have such different perceptions of the same thing? If they are in different emotional states they would see differently. The 'Broaden and Build' theory has literally proven that the happier we are the more we see and recall about our environment.

What we see has far more to do with how we are feeling in the moment than you may have thought.

Pay attention to what you notice on your way to work in the morning. If you leave your neighborhood noticing the neighbor's flowers you are probably feeling pretty well. If, however, you are noticing the weeds it may not be that they have fallen down on their yard work. It may be that you are not in a good-feeling place in that moment.

The same thing applies to everything in your life, spouse, boss, children, parents, home, career, your self-image, your friends' mates, etc. The worse you feel the more you find fault with them and the better you feel the less you find fault with them.

Funny thing is, if you deliberately look for the positive aspects you will find them AND you will feel better as you focus upon things that feel better to you.

Citation:

Johnson, K.J. C.E. Waugh, and B.L. Fredrickson (in press), "Smile to see the forest: Expressed positive emotions broaden attentional scopes and increase attentional flexibility." *Cognition and Emotion*.

Tags: Positive affect on vision, emotional state and vision, eye-witness application

What are other potential ramifications of this information?

Should you re-evaluate some of your thoughts about others' behavior as a result of this information?

How will you use this knowledge the next time you notice a fault or flaw in another?

Will you first think about whether you are noticing the fault or flaw from a place of feeling good yourself or from a place of not feeling good?

What weight will you give your own state of mind and emotions as you think about the fault or flaw you are perceiving in another?

If you and another saw the same event but seem to have different recall will you now consider that the two of you were in different emotional states at the time as an alternative to thinking they are 'stupid' for not seeing it as you did? Our brains (thankfully) filter out much of the input we receive from our senses. When we are happy more information is received and when we are unhappy less information is received. Someone who cannot see your point of view may not be stubborn, they may just not be as happy as you are. Instead of arguing do something to help them feel better emotionally and you may find that they are suddenly more able to see your perspective.

Life becomes far easier and more fun when you understand how things work so you can 'go with the flow' instead of fighting against the current.

The classes offered by Happiness 1st Institute provide tools and techniques to help you increase your level of happiness and well-being and sustain the increase. We delve into realms seldom discussed in the classroom addressing how and why we think certain thoughts to increase the students understanding of how to think more pleasing thoughts. We provide methods that allow each student to re-program their brains to provide them information that serves them instead of randomly providing information that may actually be creating additional stress and making life more difficult. Your brain has been programmed and if you did not deliberately do it there is room for improvement, maybe vast room.

Our founder uses the best methods available from Positive Psychology, Neuroscience, Quantum Physics and Emotional Intelligence research to guide the development of the courses offered by Happiness 1st.



Jeanine Broderick, President
Happiness 1st Institute
www.Happiness1st.com