

Manage Your Happiness

Arthur C. Brooks
Parker Gilbert Montgomery Professor



HARVARD
Kennedy
School

The Atlantic



Harvard
Business
School



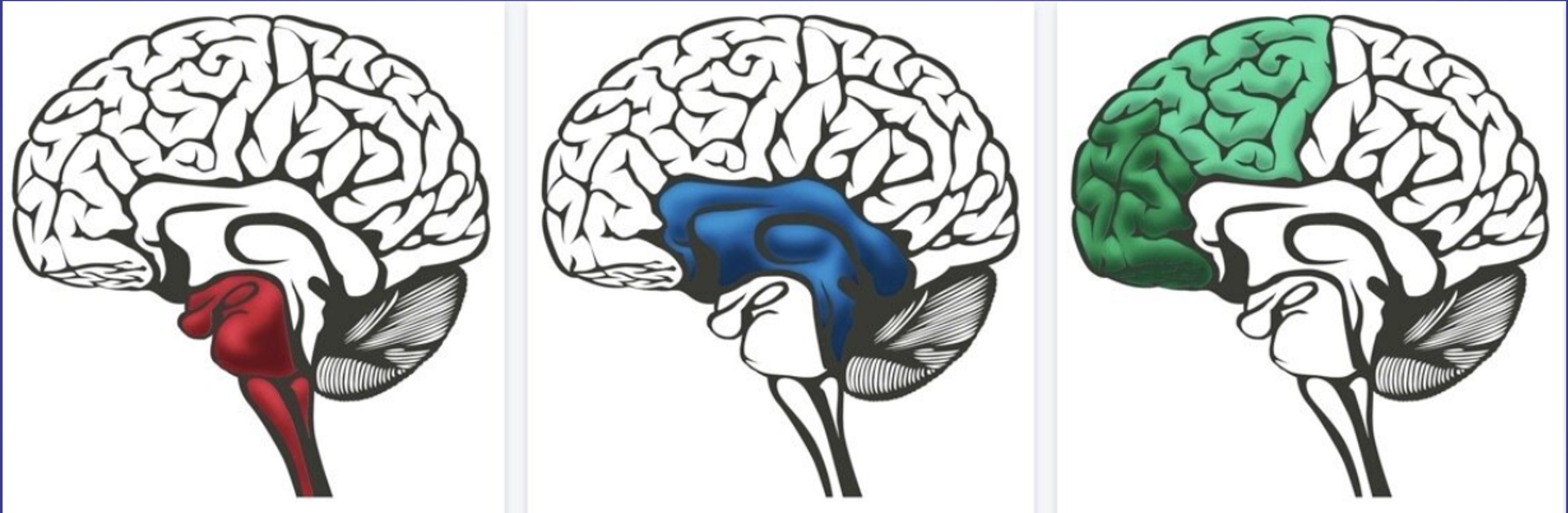
Emotional self-management

Understand the science

Know yourself

Manage your emotions

TRIUNE BRAIN



DETECTION



EMOTION



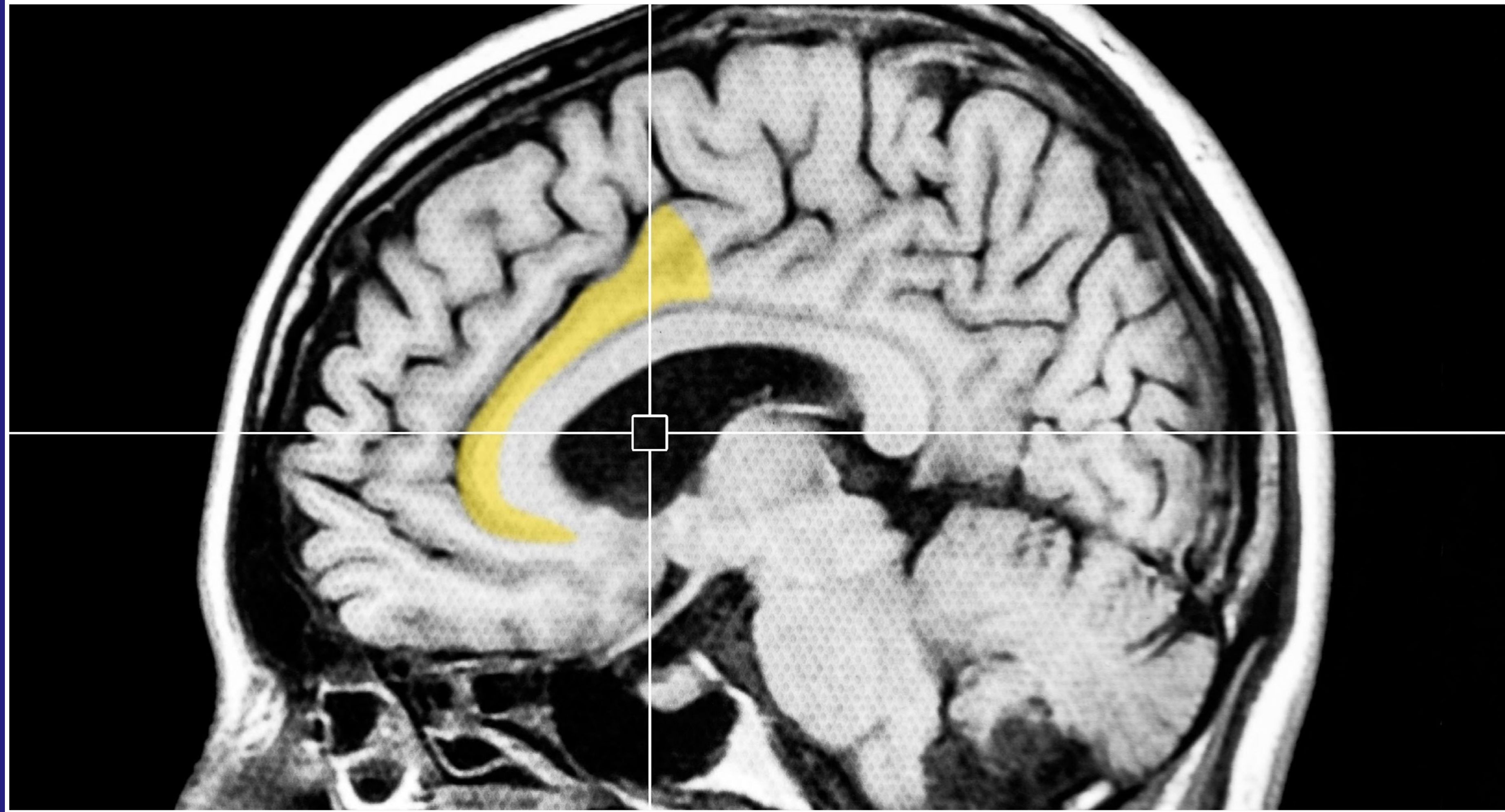
DECISION

BASIC EMOTIONS



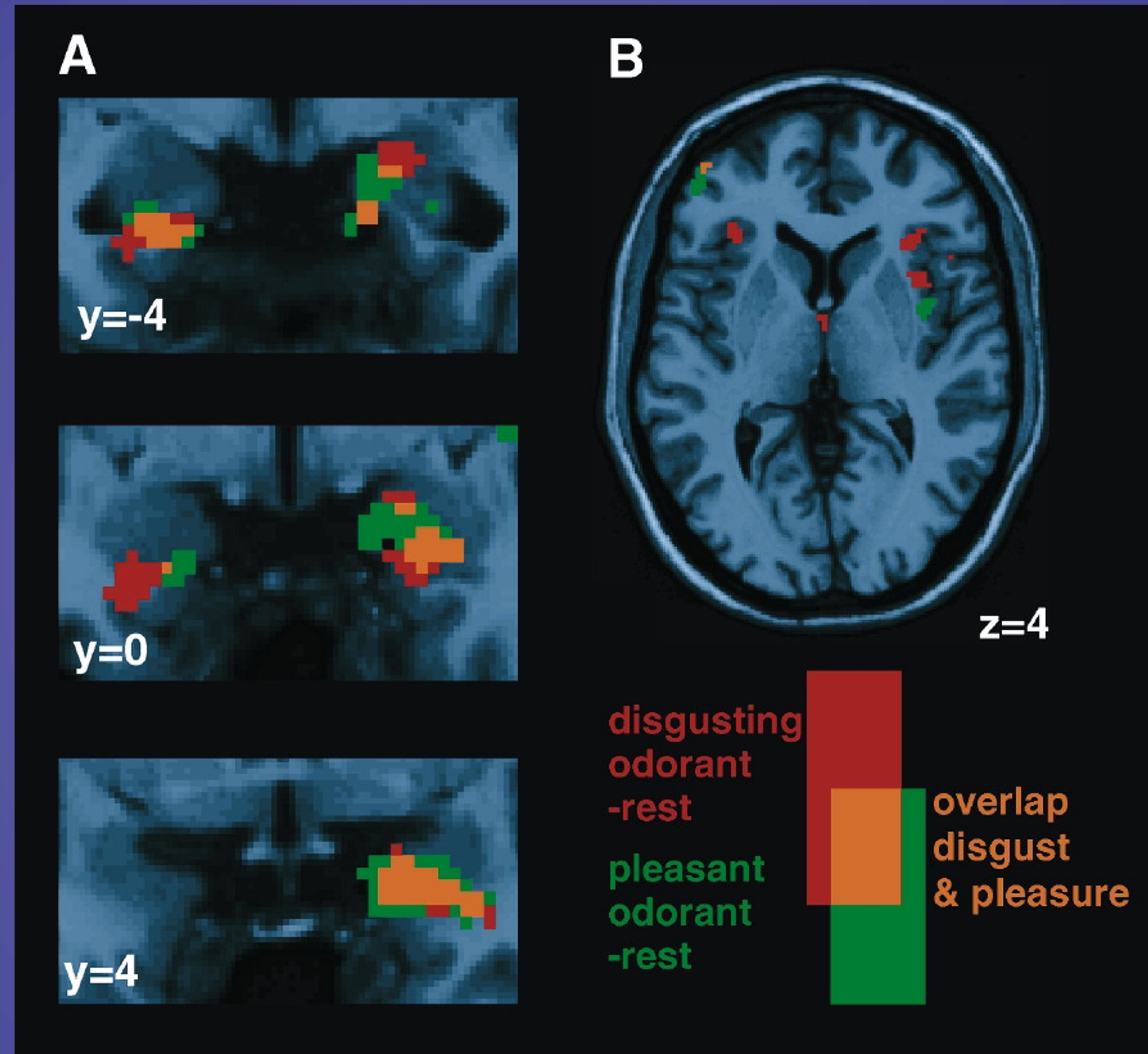


AFFECTIVE PAIN



Dewall CN, Macdonald G, Webster GD, Masten CL, Baumeister RF, Powell C, Combs D, Schurtz DR, Stillman TF, Tice DM, Eisenberger NI.
Acetaminophen reduces social pain: behavioral and neural evidence. Psychol Sci. 2010 Jul;21(7):931-7

DISGUST



Wicker, Keysers, C., Plailly, J., Royet, J.-P., Gallese, V., & Rizzolatti, G. (2003). Both of Us Disgusted in My Insula : The Common Neural Basis of Seeing and Feeling Disgust. *Neuron (Cambridge, Mass.)*, 40(3), 655–664.

Lesson 1. Your emotions are information

Emotions are not good or bad

Negative emotions are normal

You are not defective

Manage your emotions, instead of numbing or suppressing them

How?

EMOTIONAL INTENSITY

NEGATIVE

POSITIVE

MAD SCIENTISTS: HIGH POSITIVE, HIGH NEGATIVE



NEGATIVE

INTENSE
ENERGETIC
EXHAUSTING
MOODY



POSITIVE

CHEERLEADERS HIGH POSITIVE, LOW NEGATIVE

NEGATIVE

CHEERFUL
ENCOURAGING
DELUSIONAL
UNCRITICAL



POSITIVE

JUDGES: LOW POSITIVE, LOW NEGATIVE

NEGATIVE



SOBER

UNFLAPPABLE

UNENTHUSIASTIC

ALOOF

POSITIVE

POETS: LOW POSITIVE, HIGH NEGATIVE

NEGATIVE



CREATIVE

CLEAR-HEADED

MELANCHOLIC

KILLJOY

POSITIVE

Lesson 2. You have a unique emotional profile

You are not defective

Know and appreciate yourself

Manage your strengths and weaknesses

Build your team

I. METACOGNITION

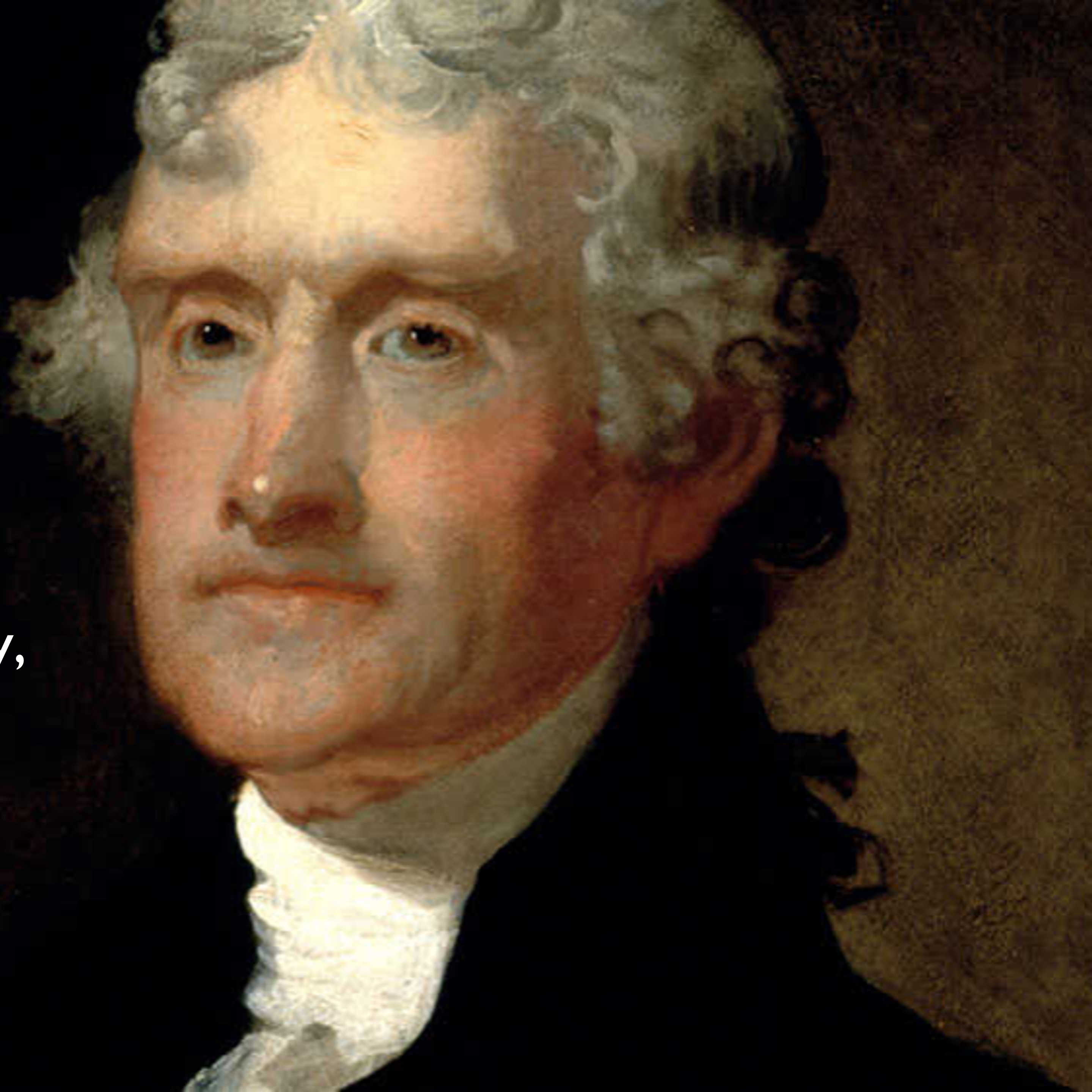
Awareness of your thoughts and emotions

EMOTION

DECISION

Move the experience of emotions into the prefrontal cortex where they can be managed

“When angry count to ten
before you speak. If very angry,
count to one hundred.”



Insight meditation

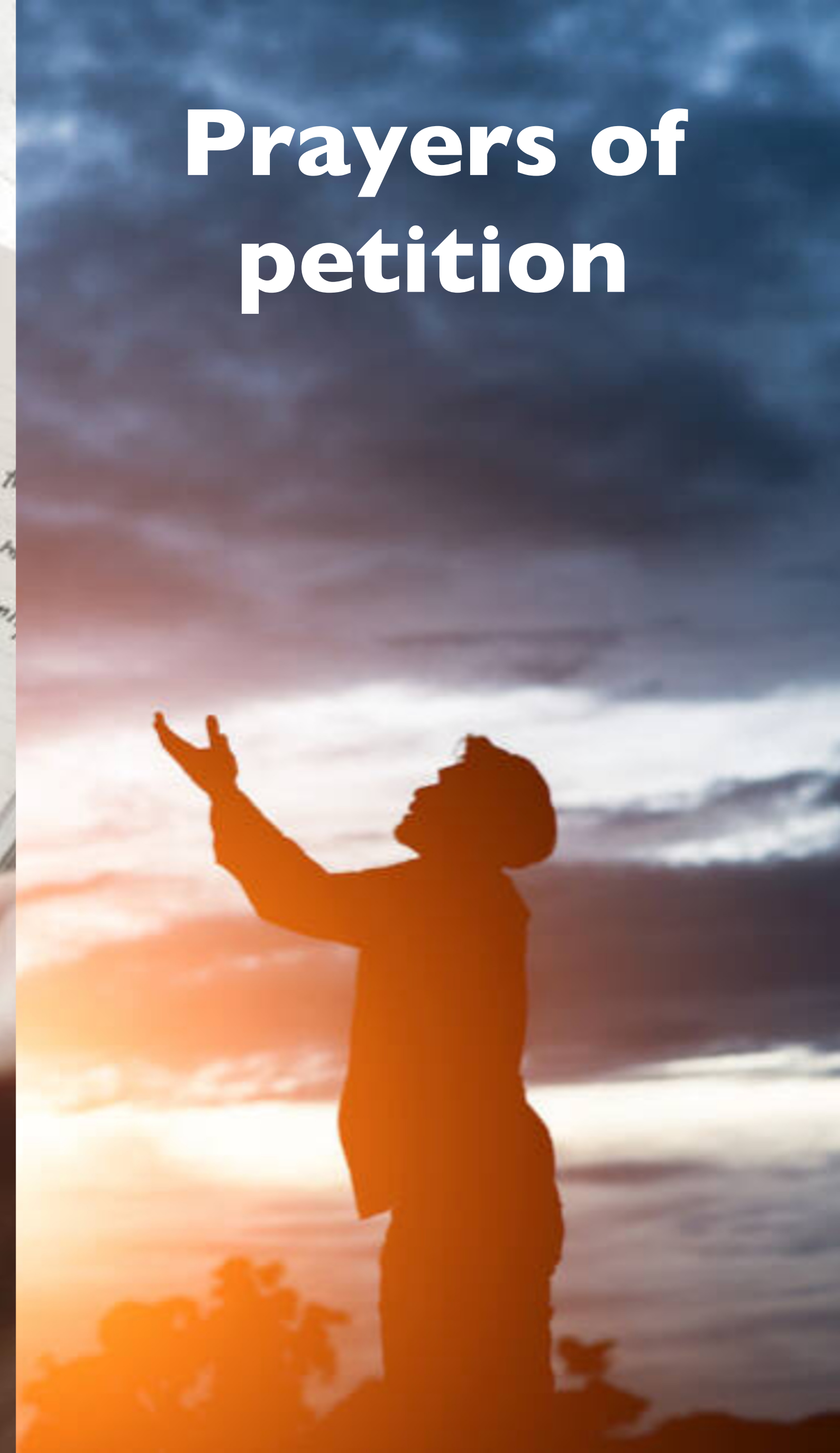


AB

Journaling

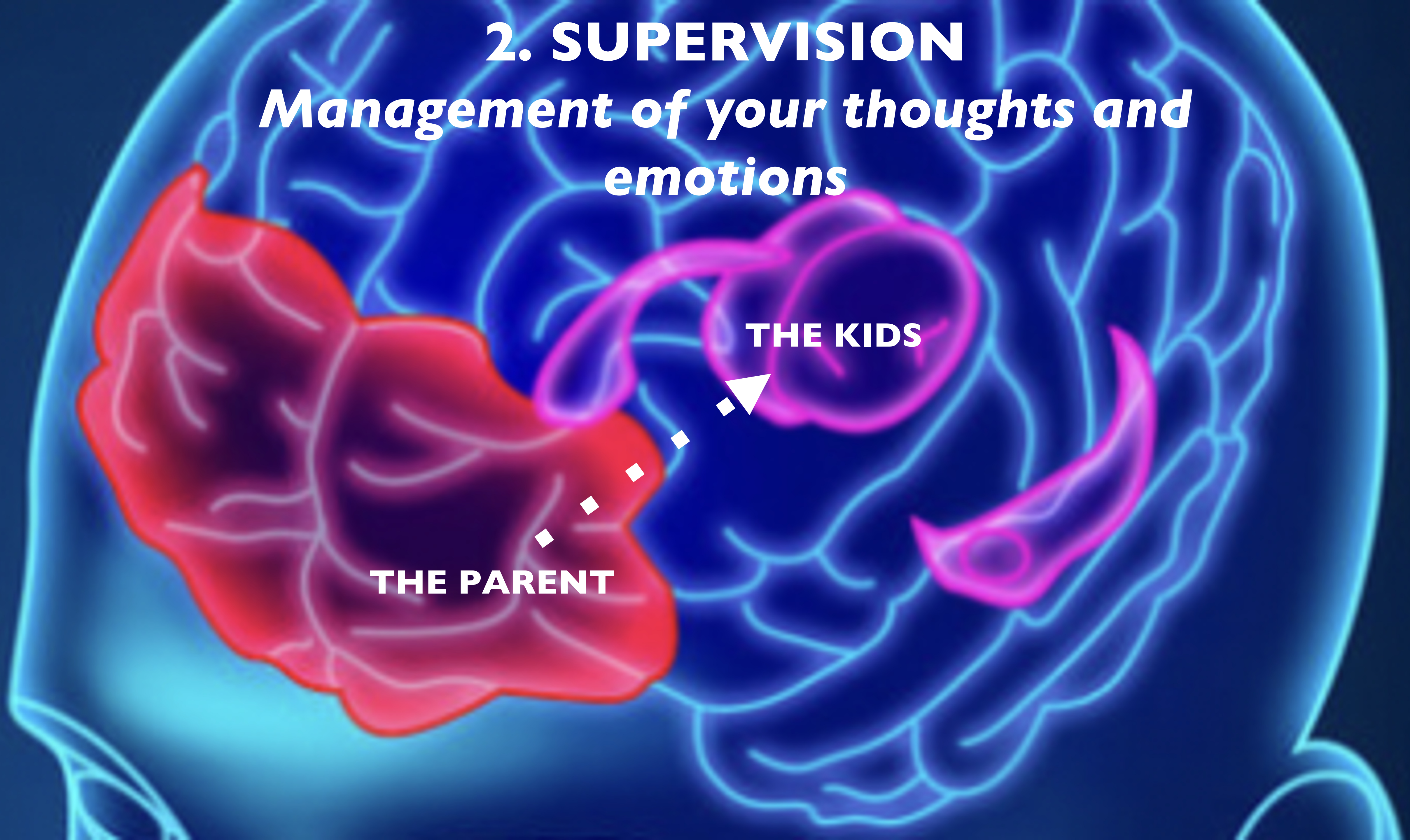


Prayers of petition



2. SUPERVISION

Management of your thoughts and emotions



**Choose a
reaction**



Act as if



**Disregard
your feelings**



Lesson 3. Emotional self-management is possible

Metacognition puts your executive in charge

There are many ways to achieve metacognition

Then, supervise your emotions

Choose a reaction

Act as if

Disregard your feelings

One more technique...
the ultimate metacognitive act

**“To love is to
WILL the good of
the other”**

Thomas Aquinas, 1265



- **React with** love when confronted with hate
- **Focus on** love when feeling fear
- **Act as if** you feel love when you don't
- **Love others** when you want to be loved

For more information, visit:
arthurbrooks.com/resources

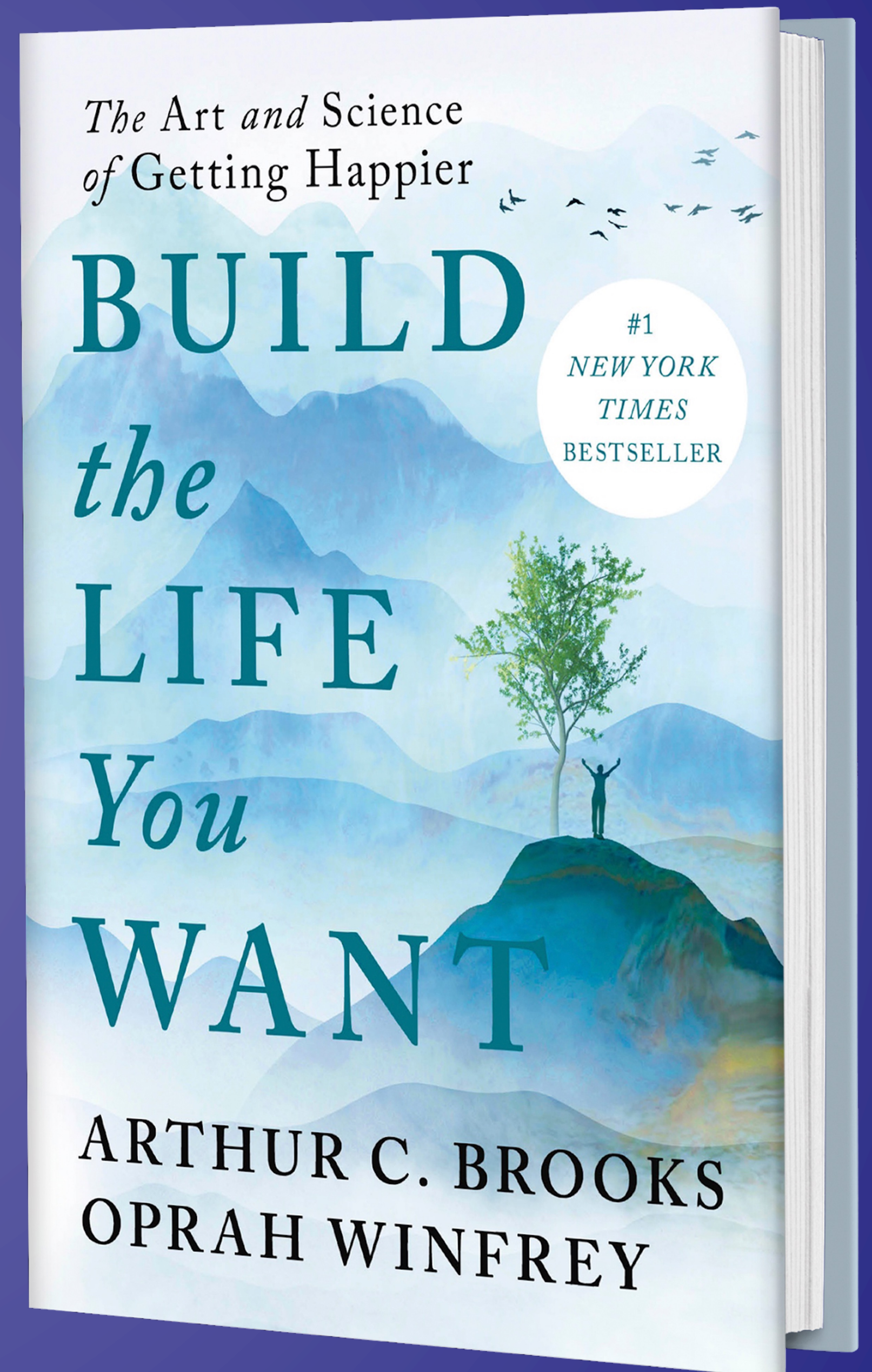


@arthurcbrooks



@arthurbrooks

AB



© 2023 ACB Ideas: This copyrighted material may ONLY be copied, reproduced, distributed, and/or transmitted if (i) solely for personal use in connection with educational or training purposes in accordance with the principles set forth in this material, and (ii) with complete attribution to ACB Ideas LLC. Under no circumstances may this material (in whole or in part or any derivative thereof) be used for commercial gain. Do not copy, reproduce, distribute, transmit, modify, create derivative works, or in any other way exploit any part of this material except as set forth above.

