

Open Your Class With This Tomorrow

The Upside of Your Dark Side: Why Being Your Whole Self – Not Just Your “Good” Self – Drives Success and Fulfillment

Thinking Counterintuitively: Why Negative Emotions might be Good for Us

Directions: Instruct students to brainstorm how a psychologist might explain the adaptive value of each of the following negative emotions or traits. Next, ask students to create a list of scenarios in which these emotions or traits would be beneficial.

Sample: Fear

Fear may have given early humans a survival or reproductive advantage because it led to avoidance of predators. The most common current specific phobias are typically related to objects or situations that would have posed a danger to early human ancestors. The emotion of fear and the associated behaviors may have been naturally selected because it helped aid in survival by allowing early humans to avoid danger. It is helpful to experience fear when you are in situations in which physical or emotional harm are possible.

Concept	Example of why this emotion may helpful (provide a specific situation).
Frustration	
Regret	
Anger	
Boredom	
Narcissism	
Guilt	
Self-doubt	