**5 Positive Thoughts**

1. Kaine’s Salvation Chorus – Nier Automata OST.

**Yool ta tiera hareiku hare**

**Falan leiu hoo**

**Yool migietta ya krokran**

**no hai khai'meri kara**

**Yool ta tiera hareiku hare**

**Falan leiu hoo**

**Yool migietta ya krokran no hai yama**

**Tei khai'meri kara**

**Dhai iirah jyou**

1. Passed C# exam first time.
2. Got Job for Web Dev company and Experience with programming.
3. Me and Molly found each other.
4. Got a Stable job with good wage, web dev opportunities and comfortable enough to search for dream job whilst earning.

Why we need negative emotions:

1. Negative emotions give us a counterpoint to positive emotions; without the negative, would the positive emotions still feel as good?
2. They Encourage us to act in ways beneficial to our survival

Anger

To fight against problems

Fear

To protect us from danger

Sadness

To connect us with those who love

Disgust

To reject what is unhealthy

Anticipation

To protect us from danger

Surprise

To focus on new situations

Trust

To connect us with people who help

Joy

To remind us what is important

* Without fear, would you be here today? Or would you have engaged in some risky practices, putting yourself in unnecessary danger?
* Without disgust, would you have been able to refrain from putting any of the many, many harmful substances that you had access to as a toddler?

**\*\*\* Although you may think of stress as a solidly negative emotion or response to a situation, it’s actually quite common for people to experience stress in neutral and**[**positive**](https://positivepsychology.com/what-is-eustress/)**situations as well.**

* **Planning for an upcoming wedding**
* **Preparing to move to somewhere you are excited to live**
* **The holidays—especially with family!**
* **Having a baby**
* **Starting an exciting new job**

**It’s perfectly natural to feel stress in all these situations, even though you would probably classify them as happy and positive. It’s yet another example of the interplay between positive and negative that gives our lives balance.**

**How Do They Affect the Brain?**

Positive emotions have been shown to impact the brain in the following ways:

* They can increase our performance on a cognitive task by lifting our spirits without distracting us like negative emotions do.
* Positive emotions can trigger the reward pathways in the brain, contributing to lower levels of a stress hormone and greater well-being.
* Positive emotions may help us broaden our horizons and widen our brain’s scope of focus.

Meanwhile, negative emotions are known to affect the brain in the following ways:

* Facilitating emotional conflict processing, helping us to make sense of incongruent or conflicting emotional information; in other words, **negative emotions can help us figure tough emotional problems**.
* Facilitating cognitive conflict processing, aiding us in comprehending incongruent or conflicting cognitive information; in other words, **negative emotions can also help us make sense when we receive confusing signals**.
* Reducing the experience of empathy, which can help protect us from getting too involved with others and stay focused on our goals.