***The Art and Science of Befriending Pain***

By Dr. Todd B. Kashdan, George Mason University

Emotional Biases/Prejudices

* We don't just have emotions, we have attitudes about them that influence our choices, relationships, and how successful we are in our aspirational goals.
* Our emotional biases offer insights into unnecessary roadblocks

Three Skills – to confront the new, uncertain, complex, challenging, and mysterious

* Defusion
	+ Separating the thinker from the thoughts
* Emotion Differentiation
	+ The problem: stressed, upset, bad, or aroused
* Valued Living
	+ Making toward versus away moves

**Dr. Todd B. Kashdan is a public speaker, psychologist, and professor of psychology and senior scientist at the Center for the Advancement of Well-Being at George Mason University. His books are available everywhere:** [***The Upside of Your Dark Side: Why being your whole self - not just your “good” self - drives success and fulfillment***](http://amzn.to/1EDSJNW)  **and** [**Curious? Discover the Missing Ingredient to a Fulfilling Life**](http://www.amazon.com/dp/B002QGSWFG/ref%3Das_li_ss_til?tag=curi-20&camp=213381&creative=390973&linkCode=as4&creativeASIN=B002QGSWFG&adid=0KAHRJ2HQH4SS7T5C9F3&&ref-refURL=http%3A%2F%2Ftoddkashdan.com%2Fcurious.php)

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