***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

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