

Why does your brain go negative?

Your ancestors evolved a brain that's good at scanning for evidence of threats



Whatever turned on the threat chemical (cortisol) in your past paved a neural pathway to turn it on sooner in your future



We are born more helpless and vulnerable than any other creature, so the first circuit built in your brain is a sense of threat that you are powerless to relieve



Your brain is designed to protect you from having to touch a hot stove twice



Going negative can bring social support, which releases the good feeling of **oxytocin**



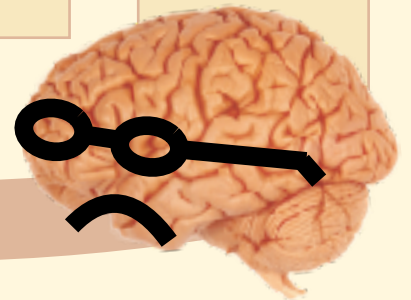
Going negative can get rewards, and the brain builds a pathway whenever the reward chemicals are released.



You can easily end up seeing the world through a negative lens

Going negative can give you a sense of superiority, which stimulates the good feeling of **serotonin**

Going negative can give you a sense of control, which releases the good feeling of **dopamine**



But you can rewire yourself to go positive!



The Science of Positivity

Stop Negative Thought Patterns
By Changing Your Brain Chemistry

by Loretta G. Breuning, PhD
author of

Habits of a Happy Brain:
Retrain your brain to boost your
serotonin, dopamine, oxytocin and endorphin levels

