

Love from the perspective of

Barbara Fredrickson



Barbara Fredrickson has found that love is a frequent positive emotion (Fredrickson, 2009), and it potentizes the 10 main positive emotions.

The author explains that in a loving relationship (from different types, not only romantic) there can be all the positive emotions at different moments: beginning, during the attraction phase, **interest**, **curiosity**, Fun together, laughter, and **amusement**.

As the relationship develops, we feel more **joy**, benefit from mutual Company, and start sharing dreams and hopes for the future. When the relationship is more stable and solid, we feel a sensation of **gratefulness** for the loved person, **pride** of their accomplishments and qualities that are an **inspiration** to become a better person.

Fredrickson (2009) states that “love is felt in moments, and a loving relationship is the accumulation of moments where we feel positive emotions with a person; as in electric currents there are discharges that increase the voltage, in relationships there are interactions or positive emotions that increase people’s wellbeing and positive sensations.”