

Brain Behavior: Teflon or Velcro?

Read these instructions, then allow yourself two minutes to complete the following activity. The chart below prompts you to recall and list positive and negative recollections or memories. The Teflon column is for listing pleasant or feel-good recollections. The Velcro column is the area to record negative or unpleasant events.

There are no right or wrong answers as your perspective is what matters here. List any kind of minor or major events that you experienced within the last week. You might recall a child's challenging behavior or the flat tire on the way to work. You might also recall a colleague's compliment or a gift from your significant other. The goal here is to recall as many instances of positive and negative events as possible within the time limit of 2 minutes. Use your reflection note to record them within appropriate columns.

TEFLON Positive Experiences	VELCRO Negative Experiences

Reflection Notes:

1. Were you able to confirm the brain's negativity bias? Did you record more negative than positive events?
2. In reviewing your listings, is there a pattern? Are the negative memories relationship-focused? Are they random events?
3. Looking at the type of negative instances you recall, would your perspective shift if you were able to look at them in a different way or take a different perspective?
4. Go back to the negative items. What emotions do you feel as you look at each of them?
5. Looking at the positive column items, what emotions are associated with these items?
6. In general, what is your takeaway from this experience?