

Примечания

Введение. «Почему» — вопрос с неоднозначным ответом

1. Я использовал три источника, чтобы рассказать историю моей бабушки: это устная история, прочитанная Дорой Крамен Димитри из Мемориального музея жертв холокоста США, интервью Рэнди Голдмана от 18 июля 1996 (collections.ushmm.org/oh_findingaids/RG-50.030.0372_trs_en.pdf; Yaffa Eliach, *There Once Was a World: 900-Year Chronicle of the Shtetl of Eishyshok* (Boston: Little, Brown, 1999)) и мои беседы с ней, когда я стал взрослым.
2. В устных рассказах бабушки и письменных материалах были противоречия относительно того, кто построил землянку. Я полагался на рассказ от первого лица, то есть на рассказ бабушки.
3. Это был не официальный День памяти, а скорее мероприятие, которое организовывали мои бабушка и дедушка и другие выжившие люди.
4. Daniel Dulces et al., “The Rise of Affectivism”, *Nature Human Behaviour* 5, no. 7 (July 1, 2021): 816–20, www.nature.com/articles/s41562-021-01130-8, doi.org/10.1038/s41562-021-01130-8.
5. Shayla Love, “The relatable Emotions of Depressed People from 3000 Years Ago”, *Vice*, May 2021.
6. Ephraim George Squier, *Peru: Incidents of Travel and Exploration in the Land of the Incas* (New York: Harper & Brothers, 1877); Hiran R. Fernando and Stanley Finger, “Ephraim George Squier’s Peruvian Skull and the Discovery of Cranial Trepanation”, in *Trepanation*:

- History, Discovery, Theory, ed. Robert Arnett et al, (Boca Raton. Fla.: Taylor & Francis Group. 2003), 3–19; Charles Gross, “A Hole in the Head: A Complete History of Trepanation”, The MIT Press Reader (Aug. 29, 2019), thereader.mitpress.mit.edu/hole-in-the-head-trepanation.
7. Студентам, изучающим психологию и медицину, наверняка знакомо это имя. Область (или центр) Брока — участок коры головного мозга, отвечающий за речевую функцию, — носит его имя.
 8. William T. Clower and Stanley Finger, “Discovering Trepanation: The Contribution of Paul Broca”, *Neurosurgery* 49, no 6 (2001). См. также G. Gross, *A Hole in the Head: Vore Tales of the History of Neuroscience* (Cambridge, Mass. : MIT Press, 2009).
 9. Miguel A. Farira Jr., “Violence, Mental Illness, and the Brain — a Brief History of Psychosurgery: Part 1 — from Trephination to Lobotomy”, *Surgical Neutology International* 4, no. 49 (2013). См. также R. Aaron Robinson et al., “Surgery of the Mind, Mood, and Conscious State: An Idea in Evolution”, *World Neurosurgery* 77, no. 5–6 (2012): 662–86; Rutkow, *Empire of the Scalpel*.
 10. Rutkow, *Empire of the Scalpel*, 17.
 11. K. Tajima-Pozo et al., “Practicing Exorcism in Schizophrenia”, *BMJ Case Reports*, Feb. 15, 2011, [bcr.1020092350](https://doi.org/10.1136/bcr.1020092350), doi.org/10.1136/dcr.10.2009.2350; Kang and Pedersen, *Quackery: Ronald J. Comer and Jonathan S. Comer, Abnormal Psychology* (New York: Macmillan, 2018); Stephen A. Diamond, “Possession, Exorcism, and Psychotherapy”, in D. A. Leeming, ed., *Encyclopedia of Psychology and Religion* (Boston : Springer, 2014): 1355–59, doi.org/10.1007/978-1-4614-6086-2_224.
 12. “The Nobel Prize in Psychology or Medicine 1949”, Nobelprize.org, www.nobelprize.org/prizes/medicine/1949/moniz/facts/.
 13. U.S. Department of Health and Human Services, “New Surgeon General Advisory Raises Alarm About the Devastating Impact of the Epidemic of Loneliness and Isolation in the United States”, press release, May 3, 2023, www.hhs.gov/about/news/2023/05/03/new-surgeon-0general-advisory-raises-alarm-about-devastating-impavct-epidemic-loneliness-isolation-united-states.html; “Loneliness

- Minister: “It’s More Important Than Ever to Take Action”, gov.uk, June 17, 2021, www.gov.uk/government/news/loneliness-minister-its-more-important-than-ever-to-take-action; “Japan’s Parliament Enacts Bill to Tackle Social Isolation”, Japan Times, May 31, 2023, www.japantimes.co.jp/news/2023/05/31/national/social-isolation-bill/.
14. Chloe Melas, “Bruce Springsteen Opens Up About His Battles with Depression: ‘I Know I Am Not Completely Well’”, CNN, Nov.28, 2018, www.cnn.com/2018/11/28/entertainment/bruce-springsteen-mental-health-interview/index.html.
 15. D. J. Brody and Quiping Gu, “Antidepressant Use Among Adults: United States, 2015–2018”, NCHS Data Brief (377) (Sep. 2020): 1–8, [www.https://pubmed.ncbi.nlm.nih.gov/33054926/](https://pubmed.ncbi.nlm.nih.gov/33054926/). Имеется прекрасный доступный обзор текущего состояния исследований в области использования антидепрессантов с ссылками на оригинальные исследования: см. Christina Caron, “What You Really Need to Know about Antidepressants”, The New York Times, April 25, 2024, www.nytimes.com/2024/04/25/well/mind/antidepressants-side-effects-anxiety-stress.html. Еще одно отличное обсуждение темы со ссылками на оригинальные исследования см. Dana Smith, “Antidepressants Don’t Work the Way Many People Think”, The New York Times, Nov. 8, 2022, www.nytimes.com/2022/11/08/well/mind/antidepressants-effects-alternatives.html.
 16. “Mental Disorders”, World Health Organization, June 8, 2022, www.who.int/news-room/fact-sheets/detail/mental-disorders.
 17. Lancet Global Health, “Mental Health Matters”, Lancet Global Health 8, no. 11 (2020), [www.the-lancet.com/journals/langlo/article/PIIS2214-109X\(20\)30432-0/fulltext](http://www.the-lancet.com/journals/langlo/article/PIIS2214-109X(20)30432-0/fulltext).
 18. Terrie Moffitt et al., “A Gradient of Childhood Self-Control Predicts Health, Wealth, and Public Safety”, Proceedings of the National Academy of Sciences 108, no. 7 (2011): 2693–98, doi:10.1073/pnas.1010076108; Leach S. Richmond-Rakerd et al., “Childhood Self-Control Forecasts the Pace of Midlife Aging and Preparedness for Old Age”, Proceedings of the National Academy of Sciences 118, no. 3 (2021): e2010211118, doi:10.1073/pnas.2010211118; Benjamin Chapman et al., “High School Personality Traits and 48-Year All-Case Mortality Risk: Results from a National Sample of 26 845 Baby

- Boomers”, *Journal of Epidemiology and Community Health* 73 (2019): 106–10; Markus Jokela et al., “Personality and All-Cause Mortality: Individual-Participant Metaanalysis of 3 947 Deaths in 76 150 Adults”, *American Journal of Epidemiology* 178 (2013): 667–75.
19. Некоторые исследования показывают: если люди представят, что они будут чувствовать по поводу какого-то беспокоящего их вопроса позже, вместо того чтобы заикливаться на сиюминутных переживаниях, это поможет снизить уровень стресса. Дискуссию на эту тему см. Kross, Chatter. Примеры исследований, иллюстрирующих это утверждение, см. Emma Bruehlman-Senecal and Ozlem Ayduk. “This Too Shall Pass: Temporal Distance and the Regulation of Emotional Distress”, *Journal of Personality and Social Psychology* 108 (2015): 356–75; and Emma Bruehlman-Senecal, Ozlem Ayduk, and Oliver P John, “Taking the Long View: Implications of Individual Differences in Temporal Distancing for Affect, Stress Reactivity, and Well-Being”, *Journal of Personality and Social Psychology* 111 (2016): 610–35, doi.org/10.1037/pspp0000103.
 20. Наглядные аргументы см. Heather C. Lench et al., “Exploring the Toolkit of Emotion: What Do Sadness and Anger Do for Us?”, *Social and Personality Psychology Compass* 10, no. 1 (2016): 11–25, doi:10.1111/spc3.122229.
 21. Bonanno and Burton, “Regulatory Flexibility”.
 22. Современные методы лечения, в частности когнитивно-поведенческая терапия, безусловно, помогают людям регулировать эмоции, контролируя свои мысли. Но задача этой книги — дать каждому, независимо от возможности воспользоваться услугами психотерапевта, базовые навыки и инструменты для управления эмоциональной жизнью. Когнитивно-поведенческая терапия, хоть и эффективна в определенных обстоятельствах, имеет более узкую направленность, чем эта книга, так как фокусируется на внимании и когнитивных функциях, оставляя за бортом широкий мир чувственного опыта, отношений между людьми, условия окружающей среды и культурные особенности. Все это мы будем рассматривать и учиться управлять всеми этими аспектами, не посещая кабинета психотерапевта, в любой момент, когда возникнет такая необходимость.

23. Ethan Kross, Ozlem Ayduk, and Walter Mischel, “When Asking Why Does Not Hurt: Distinguishing Rumination from Reflective Processing of Negative Emotions”, *Psychological Science* 16 (2005): 709–15.

Глава 1. Зачем нужны чувства

24. Я несколько раз беседовал с Мэттом во время написания этой книги, чтобы рассказать его историю.
25. Идея о том, что внутри нашего сознания живет какая-то отдельная сущность — миниатюрная версия нас самих, скрытая глубоко в мозге, которая сидит перед панелью управления, нажимая кнопки и заставляя мир вертеться, — получила популярность благодаря таким фильмам, как «Головоломка» (*Inside Out*). Эту концепцию часто называют ошибкой гомункула, и она никак не объясняет механизм работы мозга.
26. Debra Trampe et al., “Emotions in Everyday Life”, *PLoS ONE* 10, no. 12 (2015): e0145450, doi:10.1371/journal.pone.0145450. Участники сообщали, что испытывали негативные эмоции 16% времени, а позитивные эмоции — 41% времени.
27. Sigal G. Barsade, “The Ripple Effect: Emotional Contagion and Its Influence on Group Behavior”, *Administrative Science Quarterly* 47, no. 4 (2002): 644–75, doi:10.2307/3094912; Elaine Hatfield et al., “Emotional Contagion”, *Current Directions in Psychological Science* 2, no. 3 (1993): 96–100, doi:10.1111/1467-8721.ep10770953.
28. Quoteinvestigator.com, quoteinvestigator.com/2014/04/06/they-feel/. Эта цитата часто ошибочно приписывается Майе Энджелу, хотя она принадлежит Карлу Бюнеру.
29. Debra Trampe et al., “Emotions in Everyday Life”.
30. Alan S. Cowen and Dacher Keltner, “Self-Report Captures 27 Distinct Categories of Emotional Bridged by Continuous Gradients”, *Proceedings of the National Academy of Sciences* 114, no. 38 (2017): E7900-7909, doi:10.1073/pnas.1702247114.
31. Lisa Feldman Barrett, *How Emotions Are Made: The Secret Life of the Brain* (Boston: Houghton Mifflin Harcourt, 2017).
32. Colin Wayne Leach et al., “Malicious Pleasure: Schadenfreude at the Suffering of Another Group”, *Journal of Personality and*

- Social Psychology 84, no. 5 (2003): 932–43, doi:10.1037/0022-3514.84.5.932.
33. Обзор универсальной точки зрения см. Joseph LeDoux, “Rethinking the Emotional Brain”, *Neuron* 73, no. 4 (Feb. 2012): 653–76 doi.org/10.1016/j.neuron. 2012.02.004.
 34. Barrett, How Emotions Are Made.
 35. Из этой превосходной работы Клауса Шерера я сделал выводы о том, в чем сходятся различные теории эмоций: Klaus R. Scherer, “Theory Convergence in Emotion Science Is Timely and Realistic”, *Cognition and Emotion* 36, no. 2 (2022): 154–70, doi:10.1080/02699931.2021.1973378.
 36. Там же; Phoebe C. Ellsworth, “Appraisal Theory: Old and New Questions”, *Emotion Review: Journal of the International Society for Research on Emotion* 5m, no. 2 (2013): 125–31, doi:10.1177/1754073912463617; Barrett, How Emotions Are Made.
 37. Aaron C. Weidman and Ethan Kross, “Examining Emotional Tool Use in Daily Life”, *Journal of Personality and Social Psychology* 120, no. 5 (2021): 1344–66, doi:10.1037/pspp0000292; Heather C Lench and Zari Koebel Carpenter, “What Do Emotions Do for Us?”, in *The Function of Emotions*, ed. Heather C Lench (New York: Springer, 2018), 1–7; Azim F. Shariff and Jessica L. Tracy, “What Are Emotion Expressions For?”, *Current Directions in Psychological Science* 20, no. 6 (2011): 395–99, doi:10.1177/09637214111424739.
 38. Andrew Mathews, “Why Worry? The Cognitive Function of Anxiety”, *Behaviour Research and Therapy* 28, no. 6 (1990): 455–68, doi:10.1015/0005-7967(90)90132-3; Jeffrey A. Gray, *The Neuropsychology of Anxiety: An Enquiry into the Function of the Septo-Hippocampal System* (New York: Oxford University Press, 1982); Lench and Carpenter, “What Do Emotions Do for Us?”.
 39. Обсуждение физиологических замедляющих эффектов печали см. David Huron, “On the Functions of Sadness and Grief”, in *Lench, Function of Emotions*, 59–91. Обсуждение того, как печаль влияет на необходимость рефлексировать, и ее последствия для социального взаимодействия см. Melissa M. Karnaze and Linda J Levine, “Sadness, the Architect of Cognitive Change”, in *Lench, Function of Emotions*, 45–58.

40. S. M. Bell and M.D. Ainsworth, “Infant Crying and Maternal Responsiveness”, *Child Development* 43, no. 4 (1972): 1171–90, doi:10.1111/j.1467-8624.1972.tb02075.x; Lawrence Ian Reed and Peter DeScioli, “The Communicative Function of Sad Facial Expressions”, *Evolutionary Psychology: An International Journal of Evolutionary Approaches to Psychology and Behavior* 15, no. 1 (2017), doi:10.1177/1474704917700418.
41. Morteza Dehghani et al., “Interpersonal Effects of Expressed Anger and Sorrow in Morally Charged Negotiation”, *Judgment and Decision Making* 9, no. 2 (2014): 104–13, doi:10.1017/s1930297500005477; Ad J. J. M. Vingerhoets and Lauren M. Bylsma, “The Riddle of Human Emotional Crying: A Challenge for Emotion Researchers”, *Emotion Review: Journal of the International Society for Research on Emotion* 8, no. 3 (2016): 207–17, doi:10.1177/1754073915586226.
42. Niels van de Ven et al., “leveling Up and Down: The Experiences of Benign and Malicious Envy”, *Emotion* 9, no. 3 (2009): 419–29, doi:10.1037/a0015669; Jens Lange and Jan Crusius, “The Tango of Two Deadly Sins: The Social-Functional Relation of Envy and Pride”, *Journal of Personality and Social Psychology* 109, no. 3 (2015): 453–72, doi:10.1037/pspi0000026; Jens Lange et al., “The Painful Duality of Envy: Evidence for an Integrative Theory and a Meta-analysis on the Relation of Envy and Schadenfreude”, *Journal of Personality and Social Psychology* 114, no. 4 (2018): 572–98, doi:10.1037/pspi0000118; Weidman and Kross, “Examining Emotional Tool Use in Daily Life”.
43. Daniel H. Pink, *The Power of Regret: How Looking Backward Moves Us Forward* (New York: Random House, 2022).
44. June Price Tangney and Ronda I. Dearing, *Shame and Guilt* (New York: Guilford Press, 2002); David V. Amodio et al., “Adynamic Model of Guilt: Implications for Motivation and Self-Regulation in the Context of Prejudice”, *Psychological Science* 18, no. 6 (2007): 524–30, doi:10.1111/j.1467-9280.2007.01933.x.
45. Lench and Carpenter, “What Do Emotions Do for Us?”; Heather C. Lench et al., “Exploring the Toolkit of Emotion: What Do Sadness and Anger Do for Us?”, *Social and Personality Psychology Compass* 10, no. 1 (2016), doi:10.1111/spc3.12229; также см. Ira J. Roseman,

- “Functions of Anger in the Emotion System”, in Lench, Function of Emotions, 141–73.
46. Parisa Parsafar and Elizabeth L. Davis, “Fear and Anxiety”, in Lench, Function of Emotions, 9–23; Randolph V. Nesse and Phoebe C. Ellsworth, “Evolution, Emotions, and Emotional Disorders”, *American Psychologist* 64, no. 2 (2009): 129–39, doi:10.1037/a0013503; Dean Mobbs et al., “When Fear Is Near: Threat Imminence Elicits Prefrontal-Periaqueductal Gray Shifts in Humans”, *Science* 317, no. 5841 (2007): 1079–83, doi:10.1126/science.1144298.
 47. Cindy Hazan and Phillip R. Shaver, “Romantic Love Conceptualized as an Attachment Process”, *Journal of Personality and Social Psychology* 52, no. 3 (1987): 511–24, doi.org/10.1037/0022-3514.52.3.511.
 48. Weidman and Kross, “Examining Emotional Tool Use in Daily Life”.
 49. Более подробное обсуждение механизма долгосрочной активации негативных эмоций, вызывающей самые разные телесные эффекты, см. Kross, Chatter.
 50. Douglas Starr, “Two Psychologists Followed 1000 New Zealanders for Decades. Here’s What They Found About How Childhood Shapes Later Life”, *Science*, Feb.1, 2018, www.science.org/content/article/two-psychologists-followed-1000-new-zealanders-decades-here-s-they-found-about-how. Сайт проекта, включающий ключевые ссылки см. “The Dunedin Study — Dunedin Multidisciplinary Health & Development Research Unit”, dunedinstudy.otago.ac.nz/.
 51. Moffitt et al., “Gradient of Childhood Self-Control Predicts Health, Wealth, and Public Safety”.
 52. Там же; Richmond-Rakerd et al., “Childhood Self-Control Forecasts the Pace of Middle Aging and Preparedness for Old Age”. Связь между способностью к самоконтролю и возрастом мозга и повышенной интенсивностью сигнала в белом веществе мозга становилась несущественной, когда в модель включали ковариаты, но остальные выводы не теряли своей значимости.
 53. Moffitt et al., “Gradient of Childhood Self-Control Predicts Health, Wealth, and Public Safety”.
 54. Thomas Llewelyn Webb, Eleanor Miles, and Paschal Sheeran, “Dealing with Feeling: A Meta-analysis of the Effectiveness of

- Strategies Derived from the Process Model of Emotion Regulation”, *Psychological Bulletin* 138, no. 4 (2012): 775–808, doi.org/10.1037/a0027600; Tal Moran and Tal Eyal, “Emotion Regulation by Psychological Distance and Level of Abstraction: Two Meta-analyses”, *Personality and Social Psychology Review* 26, no. 2 (2022): 112–59, doi.org/10.1177/10888683211069025; Kateri McRae and James J. Gross, “Emotion Regulation”, *Emotion* 20, no 1 (2020): 1–9, doi.org/10.1037/emo0000703.
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56. Philippe Verduyn and Saskia Lavrijsen, “Which Emotion Last Longest and Why: Role of Event Importance and Rumination”, *Motivation and Emotion* 39, no 1(2015): 119–27, doi:10.1007/s11031-014-9445-y; Philippe Verduyn et al., “Determinants of Emotion Duration and Underlying Psychological and Neural Mechanisms”, *Emotion Review: Journal of the International Society for Research on Emotion* 7, no. 4 (2015): 330–35, doi:10.1177/1754073915590618.
57. Verduyn and Lavrijsen, “Which Emotion Last Longest and Why”.
58. Jeremy P. Jamieson et al., “Changing the Conceptualization of Stress in Social Anxiety Disorder: Affective and Physiological Consequences”, *Clinical Psychological Science* 1, no. 4 (2013): 363–74, doi:10.1177/2167702613482119; Jeremy P. Jamieson et al., “Improving Acute Stress Responses: The Power of Reappraisal”, *Current Directions in Psychological Science* 22, no. 1 (2013): 51–56, doi:10.1177/0963721412461500.
59. Foley R.A. Tsai and M. Mirazon Lahr, “The Evolution of the Diversity of Cultures”, *Philosophical Transactions of the Royal Society B: Biological Sciences* 366, no. 1567 (April 12, 2011): 1080–89, www.ncbi.nlm.nih.gov/pmc/articles/PMC3049104/, doi.org/10.1098/rstb.2010.0370. Tsai and Clobert, “Cultural Influences on Emotion; Markus and Kitayama, “Cultural Variation in the Self-Concept”;

David Matsumoto et al., “Culture, Emotion Regulation, and Adjustment”, *Journal of Personality and Social Psychology* 94 (2008): 924–37, doi.org/10.1037/0022-3514.94.6.925.

Глава 2. Можем ли мы на самом деле контролировать свои эмоции

60. Я изменил имя и незначительные детали, чтобы защитить личные данные человека, о котором идет речь в этой истории. Все остальное правда.
61. Maya Tamir et al., “Implicit Theories of Emotion: Affective and Social Outcomes Across a Major Life Transition”, *Journal of Personality and Social Psychology* 92, no. 4 (2007): 731–44, doi.org/10.1037/0022-3514.92.4.731.
62. Исследование 2012 года показало, что участники испытывали подобные автоматические переживания половину всего времени бодрствования. Wilhelm Hofmann and Lotte Van Dillen, “Desire”, *Current Directions in Psychological Science* 21, no. 5 (2012): 317–22, doi.org/10.1177/0963721412453587.
63. Adam S. Radomsky et al., “Part 1 — You Can Run but You Can’t Hide: Intrusive Thoughts on Six Continents”, *Journal of Obsessive-Compulsive and Related Disorders* 3, no. 3 (2014): 269–79, doi:10.1016/j.jocrd.2013.09.002.
64. Christine Purdon and David A. Clark, “Obsessive Intrusive Thoughts in Nonclinical Subjects. Part 1. Content and Relation with Depressive, Anxious, and Obsessional Symptoms”, *Behaviour Research and Therapy* 31, no. 8 (1993): 713–20, doi.org/10.1016/0005-7967(93)90001-b.
65. David A. Clark, *Intrusive Thoughts in Clinical Disorders: Theory, Research, and Treatment* (New York, Guilford Press, 2005): 1–29.
66. Я благодарен за лекцию, прочитанную принстонским нейробиологом Джонатаном Коэном, в которой он подал мне идею использовать зуд в качестве примера когнитивного контроля. “Jonathan D Coen on the Rational Boundedness of Cognitive Control”, YouTube, accessed Jan. 9, 2024, www.youtube.com/watch?v=vvwSWkrtQ3s. См. также Xintong Dong and Xinzhong

- Dong, “Peripheral and Central Mechanisms of Itch”, *Neuron* 98, no. 3 (2018): 482–94, pubmed.ncbi.nlm.nih.gov/29723501.
67. Matthew M. Botvinick, et al., “Conflict Monitoring and Cognitive Control”, *Psychological Review* 108, no. 3 (2001): 6254–52, doi.org/10.1037/0033-295x.108.3.624; E.K. Millet, “The Prefrontal Cortex and Cognitive Control”, *Nature Reviews Neuroscience* 1, no. 1 (2000): 59–65, www.ncbi.nlm.nih.gov/pubmed/11252769?dopt=Abstract, doi.org/10.1038/35036228; K. Ochsner and J. J. Gross, “The Cognitive Control of Emotion”, *Trends in Cognitive Sciences* 9, no. 5 (May 2005): 242–49, doi.org/10.1016/j.tics.2005.03.010.
68. Ursula Dicke and Gerhard Roth, “Neuronal Factors Determining High Intelligence”, *Philosophical Transactions of the Royal Society B: Biological Sciences* 371, no. 1685 (2016): 20150180, doi.org/10.1098/rstb.2015.0180.
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70. Francesca De Petrillo et al., “The Evolution of Cognitive Control in Lemurs”, *Psychological Science* 33 (2022): 1408–22; Laurie R. Santos and Alexandra G. Rosati, “The Evolutionary Roots of Human Decision-Making”, *Annual Review of Psychology* 66 (2015): 321–47; Zhongzheng Fu et al., “Neurophysiological Mechanisms of Error Monitoring in Human and Non-human Primates”, *Nature Reviews Neuroscience* 24, no. 3 (2023): 153–72, doi.org/10.1038/s41583-022-00570-w.
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120. Эти свидетельства были собраны в процессе исследования, когда мы просили участников описать, как они справляются с чувством одиночества.

Глава 4. Миф об универсальном подходе: как переключать внимание

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133. Примером может служить руминация, при которой вы снова и снова пережевываете одни и те же беспокоящие вас проблемы, не прорабатывая их, чтобы двигаться вперед; см. Kross, Chatter.
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Глава 5. «Легче, черт возьми, сказать, чем сделать»: смена ракурса

137. Чтобы рассказать историю Джерри, я использовал интервью, которое он дал мне 23 февраля 2013 года, и его воспоминания Jerry M. Linenger, *Off the Planet: Surviving Five Perilous Months Abroad the Space Station Mir* (New York: McGraw-Hill, 2000).
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139. Идея об изменении убеждений, чтобы регулировать свои эмоции, некоторое время носилась в воздухе. Как западная, так и восточная античная философия традиционно поддерживали пользу изменения мировоззрения, чтобы изменить свои чувства. Известно высказывание древнегреческого философа-стоика Эпиктета: «Людей мучают не вещи, а представления о них». Прошло почти две тысячи лет, и в итоге наука пришла к тому же выводу. В XIX веке психологов увлекла мысль о том, что эмоции — результат нашего бессознательного (вспомним доктора Фрейда). Следующее поколение ученых стали отрицать эту идею, и фокус внимания сместился на то, что поддается наблюдению: это, например, опыты Павлова с собаками. Наконец, настало время «когнитивной революции», которая захватила сферу психологии в 1970-х годах и с тех пор продолжает занимать господствующее положение.
140. Существует мнение, что главное в рефрейминге — позитивная интерпретация ваших чувств. Хотя подобный подход сулит много выгод, позитивный рефрейминг лишь один из примеров конструктивного когнитивного сдвига, или смещения когнитивного фокуса. Вы также можете переосмыслить сложившиеся обстоятельства, приняв более трезвое отстраненное отношение, которое поможет объективно взглянуть на вещи. В этом случае вы продолжаете думать о негативной ситуации — вы не исправляете ее, — но получаете возможность пережить негатив более продуктивным способом, который в конце концов выведет вас на светлую сторону.
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Глава 6. Что скрывается на самом видном месте: изменение пространства

158. Я два раза беседовал с Лори, чтобы рассказать ее историю.
159. Это прекрасная иллюстрация парадокса Соломона — нашей склонности давать другим более разумные советы, чем мы можем дать самим себе.
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Глава 7. Как мы подхватываем чувства других: изменение в отношениях

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Глава 8. Главный переключатель: культурный сдвиг

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Глава 9. От знания к действию: как добиться автоматизма в переключении эмоций

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Заключение. На часах 5 утра.

Что с вашими эмоциями?

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