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Beyond Cynical: Transcend Your Mammalian Negativity

Loretta Graziano Breuning

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Cynicism is popular because it stimulates the brain chemicals that make you feel good. It stimulates dopamine by making the world feel predictable. It triggers serotonin by making you feel superior to “the jerks.” It triggers oxytocin by telling you who to trust. You pay a high price for these moments, unfortunately, because cynicism keeps you focused on problems instead of opportunities. Here is a way to PARE your cynicism with Personal Agency and Realistic Expectations. Here are 3-minute exercises that will build new thought habits in six weeks. Even if you're surrounded by a chorus of negativity, you can transcend cynicism and stimulate happy chemicals in new ways.

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