***Unlocking the Power to Think Differently: Where Can Your Curiosity Take You?***

Happiness versus curiosity

The two questions whose answer determines whether we are curious

Exploring emotions that arise when deciding to act on curiosity

Emotional Biases/Prejudices

* We don't just have emotions, we have attitudes about them that influence our choices, relationships, and how successful we are in our aspirational goals.
* Our emotional biases offer insights into unnecessary roadblocks

Two Skills – to confront the novel, uncertain, complex, challenging, and mysterious

* Emotion Differentiation
	+ The problem: stressed, upset, bad, or aroused
* Defusion
	+ Three selves
	+ Separating thinker from the thoughts; separating feeler from the feelings
	+ Drop the anchor

**Dr. Todd B. Kashdan is a public speaker, psychologist, and professor of psychology and senior scientist at the** [**Center for the Advancement of Well-Being**](http://wellbeing.gmu.edu/) **at George Mason University. His two books are available everywhere:** [**Curious? Discover the Missing Ingredient to a Fulfilling Life**](http://www.amazon.com/dp/B002QGSWFG/ref%3Das_li_ss_til?tag=curi-20&camp=213381&creative=390973&linkCode=as4&creativeASIN=B002QGSWFG&adid=0KAHRJ2HQH4SS7T5C9F3&&ref-refURL=http%3A%2F%2Ftoddkashdan.com%2Fcurious.php) **and** [**The Upside of Your Dark Side: Why being your whole self - not just your “good” self - drives success and fulfillment**](http://amzn.to/1EDSJNW)

**If you're interested in downloading free articles and finding more information, go to:**

**Homepage:** [**http://toddkashdan.com/**](http://toddkashdan.com/) **Blog:** [**http://www.psychologytoday.com/blog/curious**](http://huffingtonpost.com/todd-kashdan) **Twitter: @toddkashdan**