

## How much does genetics dictate your mood and mindset?

The debate in psychology circles over nature versus nurture has headed in different directions over the years. Like in many disciplines, the savvier and less controversial players are inclined to say that our behaviors function as a mixture of both. In a handful of recent studies, scientists have applied these genetic fluctuations to matters of life outlook.

The science behind optimism and pessimism says genetics don't paint the entire picture. We have control in how we see the world, but we don't know how much.

**Read the full article here: [How Pessimists Become Optimists: The Science Behind Affective Mindsets And Overcoming Negatives Biases](#)**

### **Additional Resources:**

- ["Can science explain why I'm a pessimist?,"](#) BBC

*Read more about what twin studies tell us about the genetics mood-related mindsets.*

- "Do Genetics or the Environment Set Our Mood?," PsychCentral  
*In a study of more than 12,000 twins, researchers found that the set points of young pairs of twins were similar to each other. But as twins age, environmental factors, not genetic, affected the incidence of mood disorders.*