

# EMOTION

## Theories

Emotion—arousal, expressive behavior, and conscious experience

James-Lange theory: physiological response 1st, emotion 2nd

Cannon-Bard theory: physiological response at the same time as experience of emotion

Schachter's two-factor theory: physiological arousal, then appraisal (cognition) creating emotion label  
Spillover effect: Stirred up physiological state can be misinterpreted as emotional state

Zajonc's theory: Subliminal processing of emotions (neural pathway is from thalamus to amygdale)

Lazarus: Cognitive appraisal controls emotion

## Nervous system

### Autonomic arousal

Sympathetic nervous system: pupils dilate, dry mouth, perspiration, fast breathing, accelerated heart rate, slowed digestion, stress hormones released (fight-or-flight)

Parasympathetic nervous system: returns body to original calm state

## Expressed emotion

### Nonverbal communication

Easily detect threatening cues

Thin slices (quick views of interactions) - some better at reading

Gender differences

Women tend to be more able to read non-verbal cues

Also tend to communicate emotion better

Ekman's research

Microexpressions

Universal emotional expressions

Happiness, surprise, fear, sadness, anger, disgust

Facial feedback: we feel the emotion we show

Behavior feedback: we feel the emotion our body looks like it's feeling

Empathy: feeling another's emotion  
Mirror neurons

Reading emotion: autistic people show problems in reading emotional states of others

## Experience of emotion

Emotion = valence (pleasant/unpleasant) and arousal (low/high)

Fear—learn early, through conditioning, observation

\* Amygdala key

\* Anterior cingulate cortex

Anger -

Catharsis hypothesis—release

But creates more anger

Reinforcement

How to control?

Waiting to act

Exercise

Forgiveness

Happiness (subjective well-being)

\* Feel-good, do-good phenomenon

\* People who value love over money report higher life satisfaction

\* Adaptation-level phenomenon

\* Relative deprivation principle

**Predictors:** high self-esteem, optimism, close friendships/marriage, engaging work, meaningful faith, good sleep, exercise

**Contributors:** know that wealth doesn't make you happy, control your time, act happy, seek enjoyable work, exercise, sleep, make relationships a top priority, help others, be grateful, seek spiritual fulfillment