

Personal Emotions



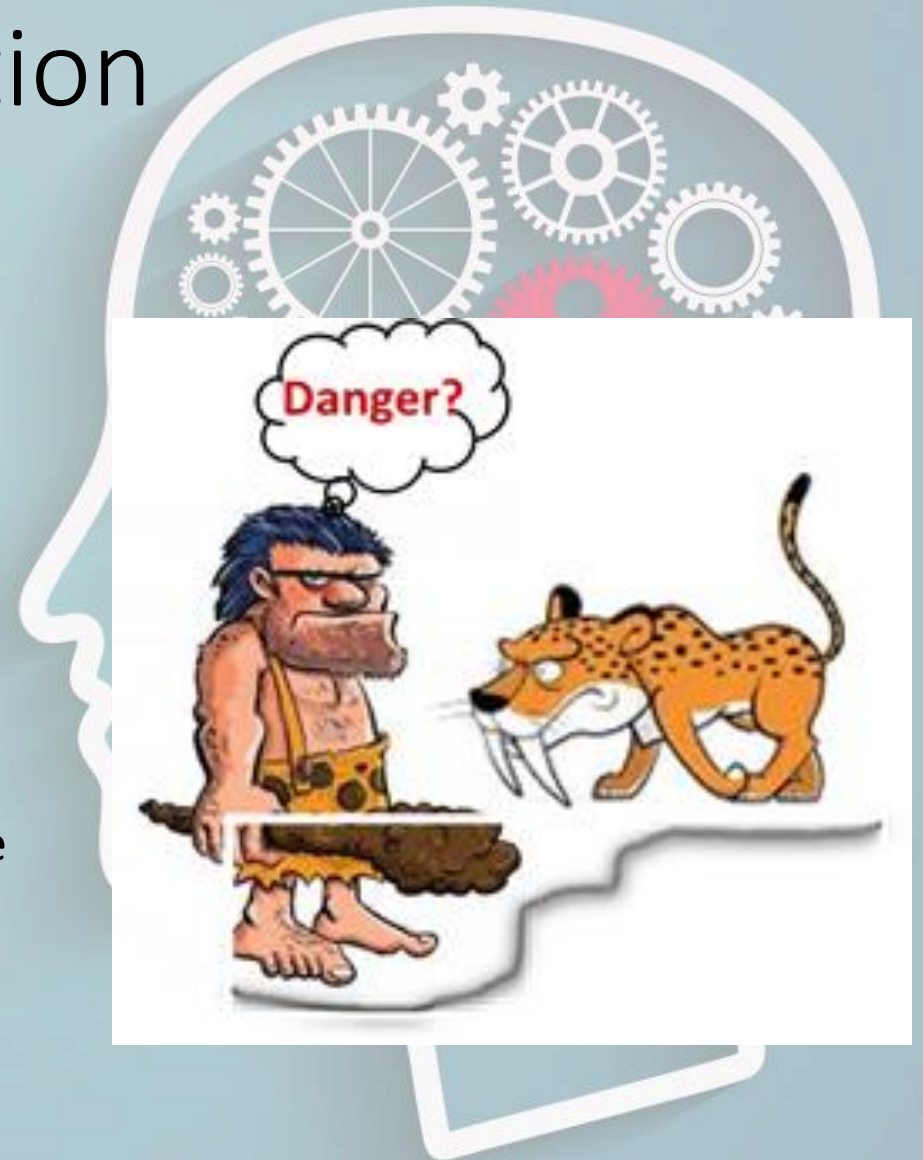
Emotions Defined

- A Complex state of feeling that results in physical and psychological changes that influence thought and behavior
 - How we think, feel, and physically react to stimuli and situations
 - "...physiological arousal, expressive behaviors, and conscious experience."



Evolutionary Theory of Emotion

- Proposed by Charles Darwin
- Suggests that emotions motivate people to respond quickly to stimuli in the environment, which helps improve the chances of success and survival
 - Being able to respond to fear helps keep you out of danger and alive
 - The ones who are better at keeping out of danger are the ones more likely to pass on genes



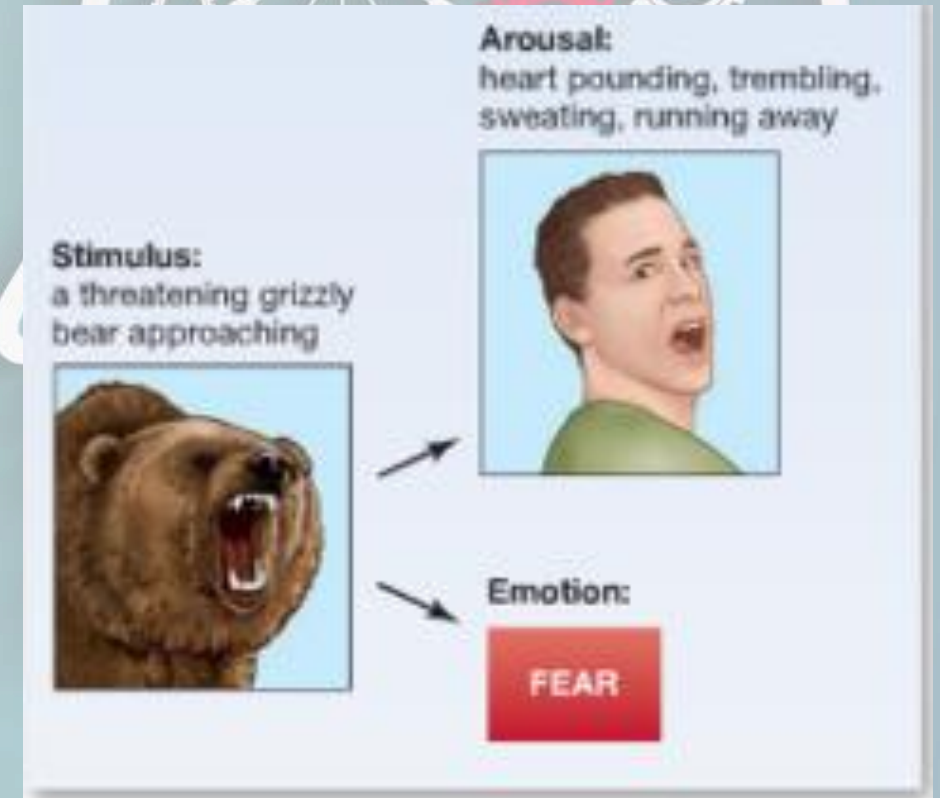
The James-Lange Theory of Emotion

- Developed independently by Psychologists William James and Carl Lange
- Theorized that emotions are a psychological reaction to events
 - Emotional reaction dependent on external stimuli
 - Psychological reaction interprets physical response to stimuli
 - Ex. Seeing a bear you physically begin to tremble, mind realizes you are trembling and thus must be afraid



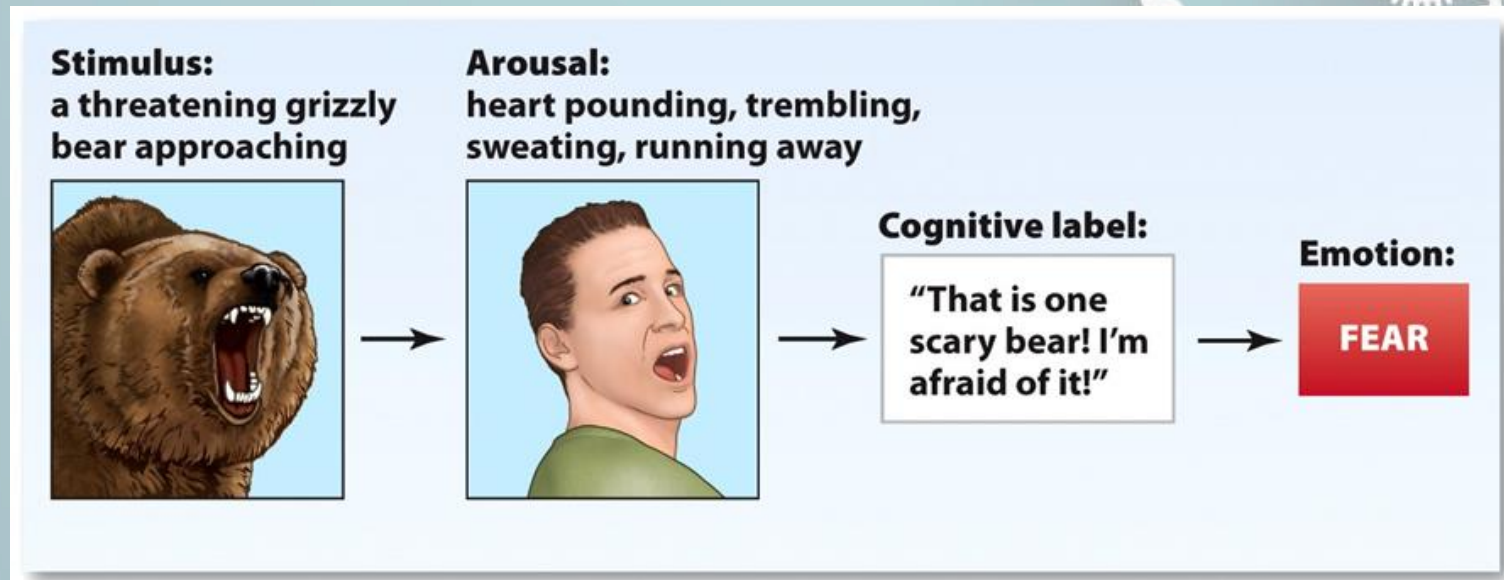
The Cannon-Bard Theory of Emotion

- First proposed by Walter Cannon and later expanded on by Philip Bard
- Theory suggesting that the physical and psychological experience of emotion happen at the same time and that one does not cause the other
 - Used reasoning that it is possible to feel similar physical effects of being afraid, without actually being afraid



The Schachter-Singer Theory of Emotion

- Theory suggesting that the physiological arousal occurs first, and then the individual must identify the reason for this arousal to experience and label it as an emotion
- Individual must cognitively label emotion
 - Ex. Shaking, sweating, heart racing, is it nervous, fear, in love?



Facial Feedback

- Theorized by both Charles Darwin and William James
- Facial expressions are connected to experiencing emotions, rather than simply being a consequence of the emotion
 - Ex. A person who actively smiles at a party will feel better about the event than someone who maintains a more neutral face



Facial Feedback Hypothesis

Facial Expression	Readout Hypothesis	Behavioural Ecology Hypothesis
Cry & frown	Sadness and/or grief	Need for help and comfort from others
Smile	Happiness	Friendship, safety and emotional arousal
Harsh facial features (downwards eyebrows+ pressed lips)	Anger and annoyance	Warning of a verbal or physical attack
Wide eyes and mouth, wrinkled forehead and stretched lips	Worry or fear	Need to be rescued

Interpretation of Deckers, 2005, table representing the readout and behavioural ecology hypothesis.

