

Emotions

Everyone feels happiness, surprise, fear, sadness, disgust and anger at some time - these are the six basic emotions.

There are over 600 words in English to describe them and we use 42 muscles in our faces to express them.

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Theories of Emotion

Does your heart pound because you are afraid...or are you afraid because you feel your heart pounding?

1. James-Lange Theory of Emotion

This theory suggests that the experience of emotion is the awareness of physiological responses to emotion-arousing stimuli.

An example of this would be when the sight of someone chasing you causes heart-pounding fear.

Arousal/physiological response causes the emotion.

2. Canon-Bard Theory of Emotion

This theory suggests that emotion-arousing stimuli simultaneously trigger physiological responses and subjective experience of emotion.

An example would be that your heart begins pounding at the same time as you experience the fear.

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3. Schachter's Two-Factor Theory of Emotion

The latest theory incorporates the belief that our perceptions, memories and interpretations of events are essential to our experiencing emotion.

2 factors:

- physical arousal
- cognitive label

This theory suggests that to experience emotion one must be physically aroused and be able to cognitively label the arousal.

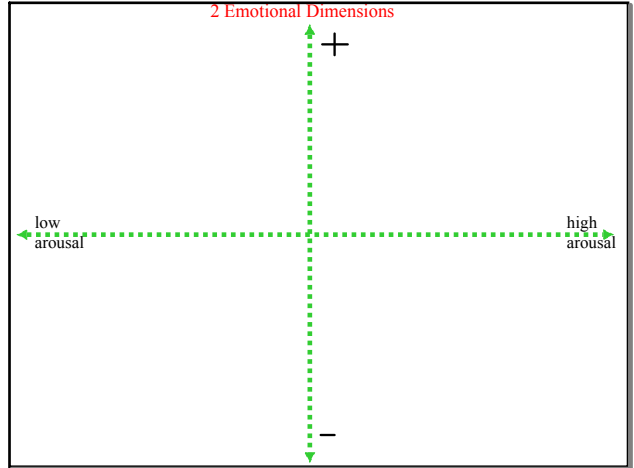
Further studies by such researchers as Robert Zajonc and by Richard Lazarus have suggested that not all emotional responses require conscious thinking. Some emotions such as dislikes and fears cannot be overcome by simply changing our minds. We may fear things like spiders, earwigs or mice even though we know that they are harmless.

Spillover effect:

Arousal can intensify any emotion. Good news may be experienced differently after a nap or after a workout.

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2 Emotional Dimensions



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Emotional Experience - group work (fear, anger, happiness)

How to be Happy video

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