

**Emotional Experience**

Emotions are a combination of:  
 physiological arousal  
 expressive behaviors  
 conscious experience

**Physiological Arousal**

- An autonomic nervous system response.
  - Dependant on sympathetic (arousing) and parasympathetic (calming) division of the autonomic system.
  - Prolonged arousal (stress, for example) taxes the body and eventually depresses the immune system
  - \* A person's performance in sports, on exams, etc., is usually enhanced with moderate arousal. (depending on confidence/ability).
- Research shows that the following physiological states accompany emotional change:
- fear and rage is sometimes accompanied by differing finger temperatures, hormone secretions and muscle tension
  - The brain's right hemisphere appears to be more active when one is experiencing negative emotions while activity in the left hemisphere is shown as one experiences positive emotions.

Feb 22-4:00 PM

**Expressing Emotion**

Research on **nonverbal communication** shows these findings:  
 We are good at detecting nonverbal cues especially threats.

- We read anger and fear from the eyes and we read happiness from the mouth.
- Introverted people are better readers of emotion than extroverted people but extraverts are easier to read. Women are better readers of expression and conveyers of happiness while men tend to be slightly better at conveying anger. **WHY?**
- It is difficult to spot deceit unless you are trained. Raised voice pitch sometimes indicates that someone is lying and facial muscles often reveal signs of emotions that we are trying to conceal.
- Some experts believe that body language has links to attraction - it is thought that if two people mirror each other's actions then this is a sign of mutual attraction.

Research on the types of emotional experiences that show themselves in facial expressions suggests that there are a limited number of distinct emotions, called **primary affects** One common list of primary affects goes like this: happiness, sadness, surprise, fear, anger, and disgust. Emotional blends are combinations of these 6 primary affects.

Feb 22-4:03 PM

**PsychSim - Expressing Emotion**

<http://www.worthpublishers.com/bloom/content/psychsim/index.htm>

Feb 24-1:13 PM

**Cultural factors** affect the expression of emotion.

- People of different cultures vary in how much they express emotions. For example, North Americans are openly emotional whereas Japanese tend to hide their emotions.
- Gestures vary from culture to culture. Look at page 487...hand gesture knowledge is a must when traveling abroad!!!

Research has shown that there are physiological effects of changing facial expressions.

- James Laird found that changing your facial expression caused you to actually feel that emotion. Carry a fake smile long enough and you will begin to feel better..."put on a happy face"!

- Paul Eckman's research uncovered a link between the use of certain facial muscles and our autonomic nervous system. For example, when actors made an angry expression their heart rate increased.
- Burns Vaughn's research on imitation and physiological response showed that by observing another person's pain and imitating the pained expression, we respond physiologically as well. It is thought that this ability allows us to empathize with others.

Feb 22-4:06 PM

13-13 Fear

*Happiness...*

Adaptation level principle - we judge things relative to things we have experienced before.

Relative deprivation principle - when we compare ourselves with more fortunate people we are disappointed

Se...

*Count your blessings!*

*"Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend... when we choose not to focus on what is missing from our lives but are grateful for the abundance that's present - love, health, family, friends, work, the joy of nature and personal pursuits that bring us pleasure - the wasteland of illusion falls away and we experience heaven on earth."*  
 Sarah Ban Breathnach



Feb 22-4:14 PM

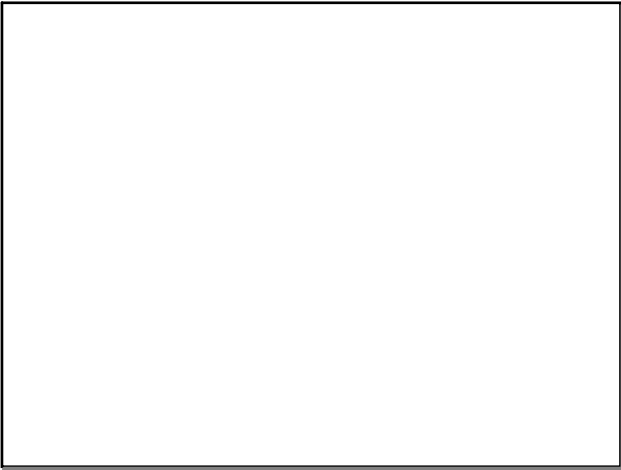
'How to be Happy' [http://www.ted.com/playlists/4/what\\_makes\\_us\\_happy.html](http://www.ted.com/playlists/4/what_makes_us_happy.html)

Group work...

[http://www.ted.com/talks/ron\\_gutman\\_the\\_hidden\\_power\\_of\\_smiling.html](http://www.ted.com/talks/ron_gutman_the_hidden_power_of_smiling.html)

[http://www.ted.com/talks/chip\\_conley\\_measuring\\_what\\_makes\\_life\\_worthwhile.html](http://www.ted.com/talks/chip_conley_measuring_what_makes_life_worthwhile.html)

Feb 24-1:18 PM



Mar 5-8:46 AM