Lecture 13
Emotions
Psychology 101

Overview
How do we experience emotions?
What are some aspects of emotions?
How can we apply emotions to our lives?

What is emotion?
A response of the whole organism, involving
Physiological arousal
__________________ behaviors
Conscious _________________

How do these things relate to each other?
Does our heart pound because we are afraid, or are we afraid because our heart was pounding?

James-Lange Theory of Emotion
Experience of emotion is awareness of physiological ________________ to emotion-arousing stimuli

Cannon-Bard Theory of Emotion
Emotion-arousing stimuli ________________ trigger:
physiological responses
subjective ________________ of emotion

Schachter’s Two-Factor Theory of Emotion
To experience emotion one must:
be physically aroused
__________________ __________________ the arousal

Capistrano Bridge Experiment
Two bridges (one high and one low)
Female grad student approaches males on each bridge
Asked them to write a story
Gave them card and told them to call if they had any questions
Men on higher bridge more likely to have ________________ ________________
in their story and more likely to ________________ the experimenter later

What does this mean?
Men on high bridge ________________ their excitement from the bridge with
__________________ energy and believed they had a connection with the grad student

Cognition and Emotion
The brain has a shortcut for ________________ to get where they are needed
Allows quick response

**Can you tell when someone is faking emotions?**
Natural expressions use ________________ muscle pathways than faked expressions

**Do Lie Detectors Work?**
__________________
machine commonly used in attempts to detect lies
measures several of the physiological responses accompanying emotion
__________________
cardiovascular
breathing changes

**Emotion--Lie Detectors**
__________________ Question
Up to age 18, did you ever physically harm anyone?
__________________ Question
Did [the deceased] threaten to harm you in any way?
Compare the responses: if there is a larger response to the relevant question, they are lying

**What do lie detectors give you?**

**How accurate are they?**
50 Innocents
50 Thieves
__________________ of innocent declared guilty
__________________ of guilty declared innocent (from Kleinmuntz & Szucko, 1984)

**Which emotions do we need to detect most quickly?**
People will find the ________________ face faster than the ________________ face

**Emotions are Universal**
Happy, ________________, fear, sad, anger, ________________

**Infants have these too**

**Other ideas**
Catharsis
emotional ________________
catharsis hypothesis
“releasing” aggressive energy (through action or fantasy) relieves aggressive urges
__________________
Feel-good, do-good phenomenon
people’s tendency to be helpful when already in a good mood

**Does money buy happiness?**
Finances only correlate with happiness in ______________ income groups