

Chapter 13

Learning Objectives:

Theories of Emotions:

1. Identify the three components of emotion, and contrast the James-Lange, Cannon-Bard, and two-factor theories of emotion.

Embodied Emotion:

2. Describe the role of the autonomic nervous system during emotional arousal.
3. Discuss the relationship between arousal and performance.
4. Name three emotions that involve similar physiological arousal.
5. Describe some physiological and brain-pattern indicators of specific emotions.
6. Explain how the spillover effect influences our experience of emotions.
7. Distinguish the two alternative pathways that sensory stimuli may travel when triggering an emotional response.

Expressed Emotion:

8. Describe some of the factors that affect our ability to decipher nonverbal cues.
9. Describe some gender differences in perceiving and communication emotions.
10. Discuss the research on reading and misreading facial and behavioral indicators of emotion.
11. Discuss the culture-specific and culturally universal aspects of emotional expression, and explain how emotional expressions could enhance survival.
12. Discuss the facial feedback and behavior feedback phenomena, and give an example of each.

Experienced Emotion:

13. Name several basic emotions, and describe two dimensions psychologists use to differentiate emotions.
14. State two ways we learn our fears.
15. Discuss some of the biological components of fear.
16. Identify some common triggers and consequences of anger, and assess the catharsis hypothesis.
17. Describe how the feel-good, do-good phenomenon works, and discuss the importance of research on subjective well-being.
18. Discuss some of the daily and longer-term variations in the duration of emotions.
19. Summarize the findings on the relationship between affluence and happiness.
20. Describe how adaptation and relative deprivation affect our appraisals of our achievements,

21. Summarize the ways that we can influence our own levels of happiness.