

# [Psyc 2000 lesson 11](https://assignbuster.com/psyc-2000-lesson-11/)

James-Lange theorythe theory that our experience of emotion is our awareness of our physiological responses to emotion-arousing stimuliCannon-Nard theorythe theory than an emotion-arousing stimulus simultaneously triggers physiological responses and the subjective experience of emotiontwo-factor theorySchachter-Singer's theory that to experience emotion one must be physically aroused and cognitively label the arousalpolygrapha machine, commonly used in attempts to detect lies, that measures several of the physiological responses accompanying emotionsubjective well-beingself-perceived happiness or satisfaction with lifeadaptation-level phenomenonour tendency to form judgements relative to a neutral level defined by our prior experiencerelative deprivationthe perception that one is worse off relative to those with whom one compares oneselfemotionresponse involving physical arousal, expressive behavior, and conscious experiencecatharsisemotional releasefeel-good, do-good phenomenonpeople's tendency to be helpful when in a good moodincrease their hostilityemployees who have just been laid off are asked questions that encourage them to express hostility toward their employer. Research suggests that this opportunity to vent anger willright; moreas people experience negative emotions, the \_\_hemisphere of the brain becomes \_\_ electrically activeopponent-process theoryaccording to the \_\_ of emotion, repetitions of an emotion-arousing event tend to strengthen the experience of only the opposing emotionemotions; cognitionevidence that people can develop an emotional preference for stimuli to which they have been unknowingly exposed has convinced Robert Zajonc that sometimes \_\_ precedes \_\_cognitive labels; physical arousalaccording to the 2 factor theory, the two basic components of emotions are \_\_ and \_\_increased; remained almost unchangedsince the 1950s, the spendable income of Americans has \_\_ and their self-reported personal happiness has \_\_sympatheticas her professor distributed the mathematics test to the class, Alice's heart started to pound and her palms began to sweat. These physiological reactions were activated by her \_\_ NSfear can be learnedever since lupe was scolded and punished by her teacher for misbehaving, lupe has been fearful of being near the teacher. This illustrates thatamygdalaour most rapid and automatic emotional responses may result from the routing of sensory input from the thalamus directly to theeyesJoyce and her husband both want to feel and express greater warmth and affection for each other. They would be advised to spend time looking intently at one another'samygdalarabbits fail to react with fear to a signal of impending shock if they have suffered damage to thelower; relatively difficultthe level of arousal typically associated with optimal performance tends to be \_\_ on tasks that are \_\_cognitive activitythe cannon-bard theory of emotion places more emphasis on the importance of \_\_ than does the James-Lange theorybest; moderateperformance of a task is typically \_\_ when arousal is \_\_increasing; decreasingover the last 25 years, American college freshmen have expressed a(n) \_\_ desire to be wealthy and a(n) \_\_ desire to develop a meaningful life philosophyadaptation-level principlebest explains why million-dollar lottery winners and paraplegics report similar levels of happinessmore willing to help othersthe feel-good, do-good phenomenon refers to the fact that when people feel happy they areJames-LangeAlexandra's mother told her, " You know you are in love when your heart beats fast and you experience that unique trembling feeling inside." This remark best illustrates the \_\_ theory of emotionadaptation-level principleRannilt was euphoric after learning of her acceptance into the med school of her choice. After a few weeks, however, she feels no emotional excitement when she thinks about her admission to med school. This change in her feelings can best be explained in terms of theempathyimitating another person's facial expression of emotion is most likely to facilitateepinephrinea hormone that increases heart rate, blood pressure, and blood sugar levels in times of emergency