

Psyc 2000 lesson 11



**ASSIGN
BUSTER**

James-Lange theory the theory that our experience of emotion is our awareness of our physiological responses to emotion-arousing stimuli
Cannon-Bard theory the theory that an emotion-arousing stimulus simultaneously triggers physiological responses and the subjective experience of emotion
two-factor theory Schachter-Singer's theory that to experience emotion one must be physically aroused and cognitively label the arousal
polygraph a machine, commonly used in attempts to detect lies, that measures several of the physiological responses accompanying emotions
subjective well-being self-perceived happiness or satisfaction with life
adaptation-level phenomenon our tendency to form judgements relative to a neutral level defined by our prior experience
relative deprivation the perception that one is worse off relative to those with whom one compares oneself
emotion response involving physical arousal, expressive behavior, and conscious experience
catharsis emotional release
feel-good, do-good phenomenon people's tendency to be helpful when in a good mood
increase their hostility
employees 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 will
right; more as people experience negative emotions, the ___ hemisphere of the brain becomes ___ electrically active
opponent-process theory according to the ___ of emotion, repetitions of an emotion-arousing event tend to strengthen the experience of only the opposing emotion
emotions; cognition evidence 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 arousal according to the 2 factor theory, the two basic components of emotions are ___ and ___ increased; remained

almost unchanged since the 1950s, the spendable income of Americans has ___ and their self-reported personal happiness has ___ sympathetic as 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 learned ever since Lupe was scolded and punished by her teacher for misbehaving, Lupe has been fearful of being near the teacher. This illustrates that amygdala our most rapid and automatic emotional responses may result from the routing of sensory input from the thalamus directly to the eyes. Joyce 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. Amygdala rabbits fail to react with fear to a signal of impending shock if they have suffered damage to the lower; relatively difficult the level of arousal typically associated with optimal performance tends to be ___ on tasks that are ___ cognitive activity. The Cannon-Bard theory of emotion places more emphasis on the importance of ___ than does the James-Lange theory. Best; moderate performance of a task is typically ___ when arousal is ___ increasing; decreasing. Over the last 25 years, American college freshmen have expressed a(n) ___ desire to be wealthy and a(n) ___ desire to develop a meaningful life philosophy. Adaptation-level principle best explains why million-dollar lottery winners and paraplegics report similar levels of happiness. More willing to help others. The feel-good, do-good phenomenon refers to the fact that when people feel happy they are. James-Lange. Alexandra'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 emotion. Adaptation-level principle. Rannilt 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 the empathy-imitating

another person's facial expression of emotion is most likely to facilitate epinephrine, a hormone that increases heart rate, blood pressure, and blood sugar levels in times of emergency