

# Emotions & Positive Psychology



Let's start with happiness!



# What DOESN'T make us happy.

Money?

Youth?

Attractiveness?



Self-focus?

Leisure?

Genetics?

# Be H.A.P.P.Y.



## 5 Research-based Tips for Happiness

# H

Health



Health  
&  
Wellness

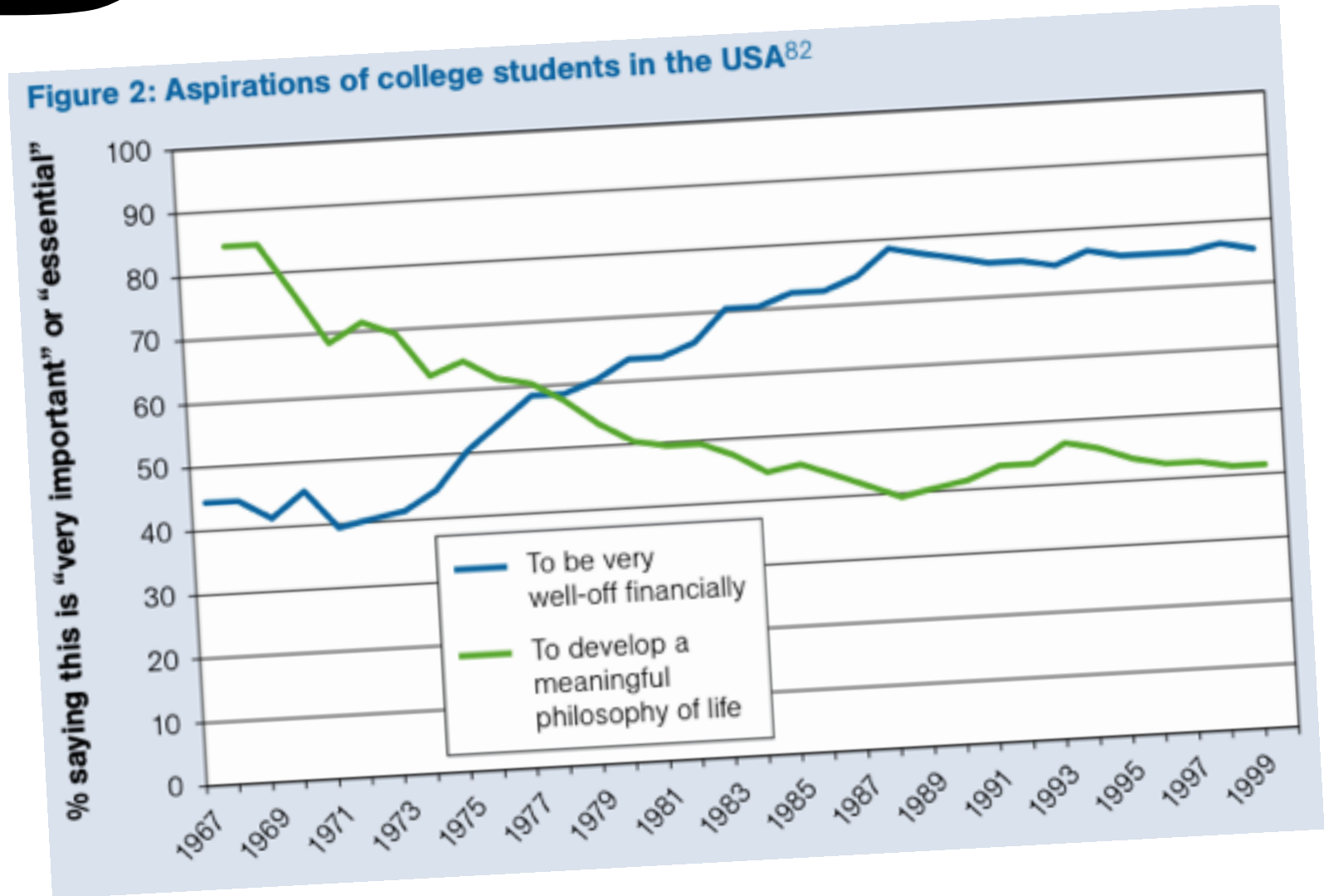
# A

## Attitude (& Acting Happy)



# P

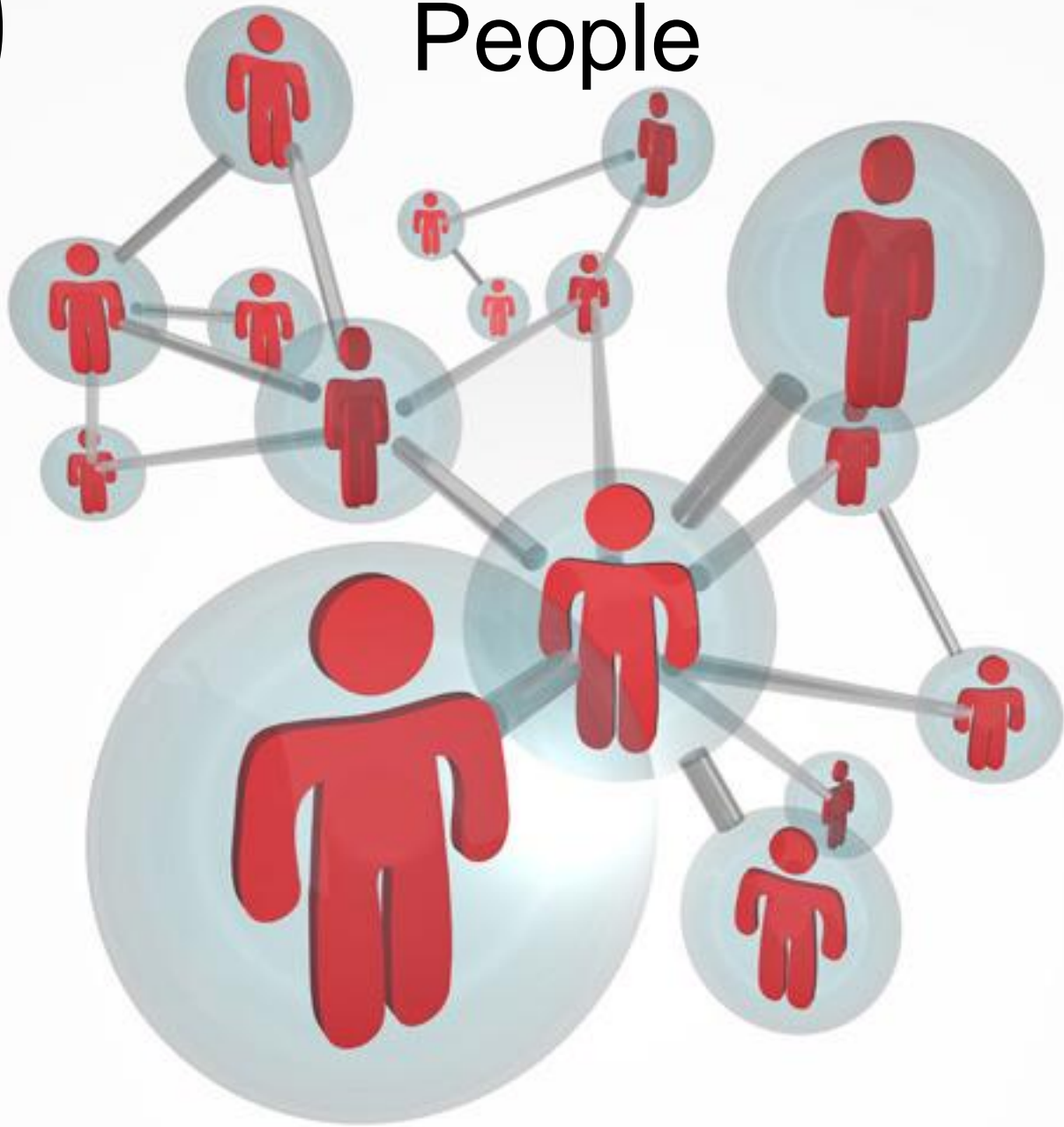
## Purpose





# P

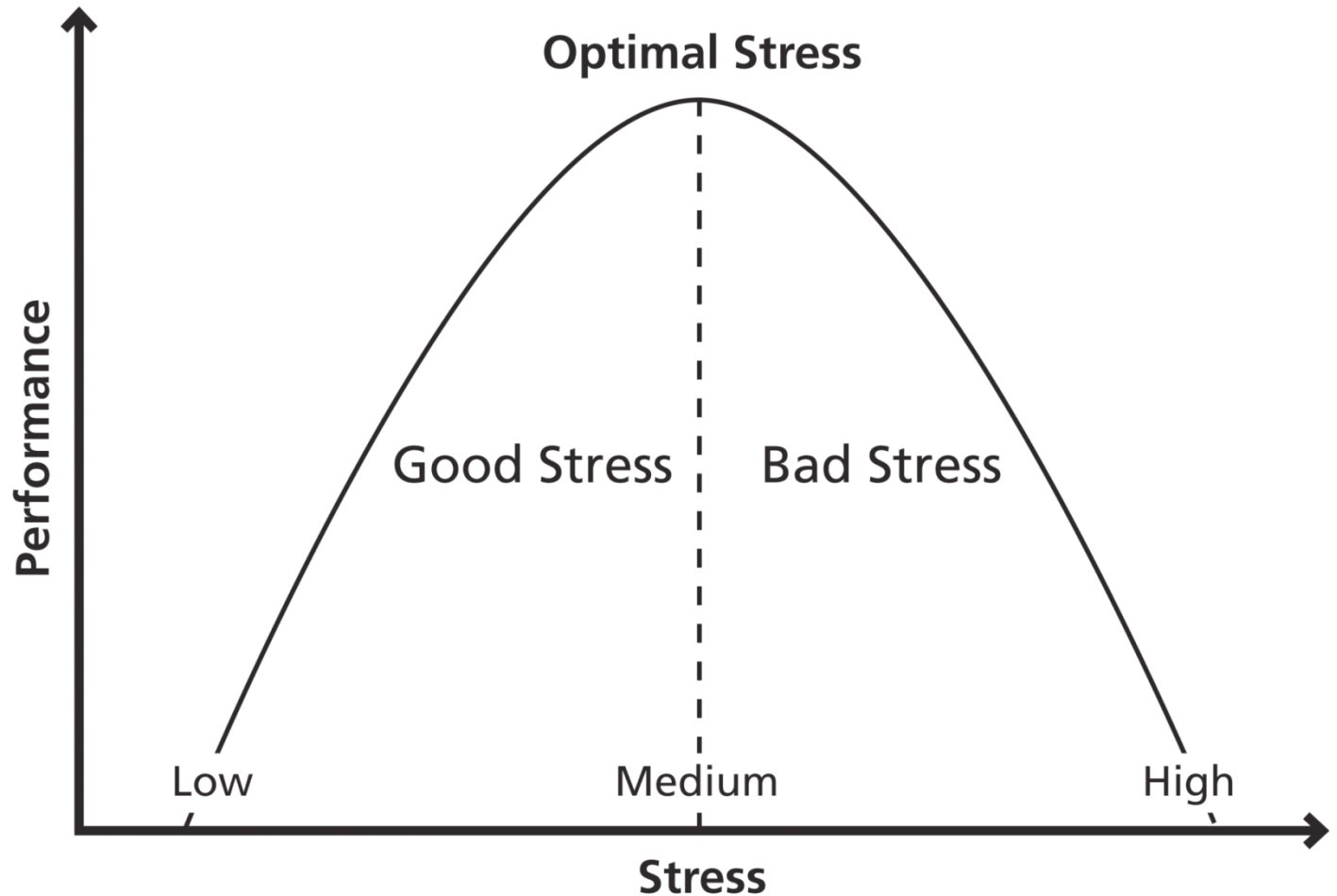
People





# Y

## Yin-Yang (or Yerkes-Dodson)



# So... Be H.A.P.P.Y.



# Emotion & Expression: Nature or Nurture?

Can you name these emotional expressions?

1



2



3



4



5



6



# Emotion & Expression: Nature or Nurture?

Can you name these emotional expressions?

1: Anger

2: Fear

3: Disgust



Paul  
Eckman  
Studies



4: Surprise

5: Joy

6: Sadness

Eckman on Lie Detection: <http://www.youtube.com/watch?v=EXm6YbXxSYk>

# Theories of Emotion



**A dog attacks you. Which do you experience first:**

Conscious Emotion

OR

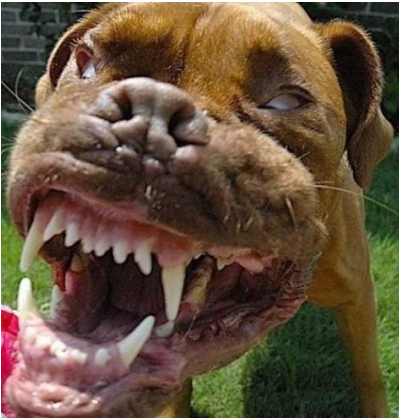
Autonomic Reaction





# Theories of Emotion

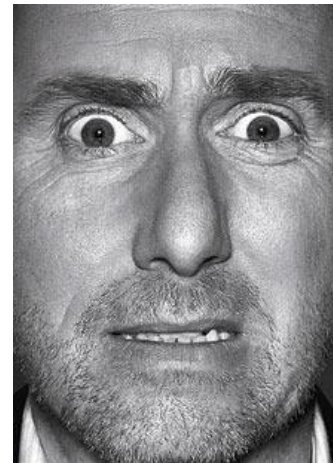
## James-Lange Theory



Stimulus



Autonomic  
Response



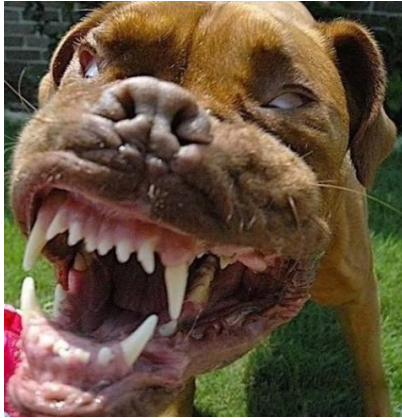
Conscious  
Emotion

**Facial-Feedback**

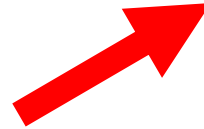
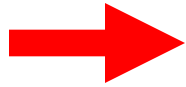


# Theories of Emotion

## Cannon-Bard Theory



Stimulus



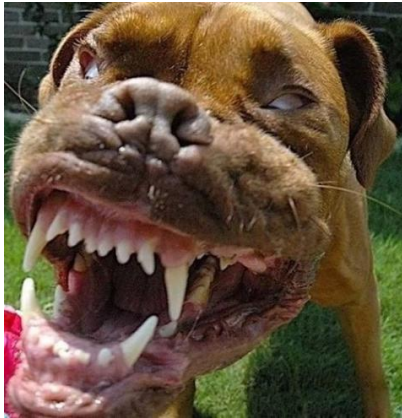
Autonomic  
Response



Conscious  
Emotion

# Theories of Emotion

## Schachter-Singer Two-Factor Theory



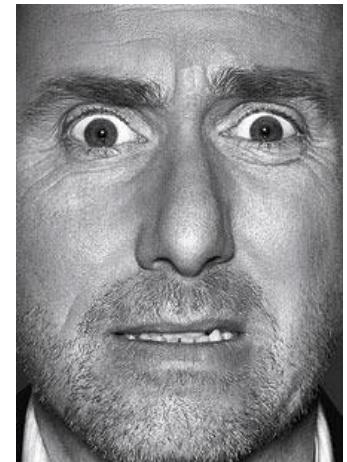
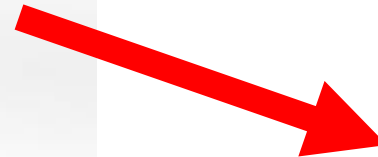
Stimulus



Autonomic  
Response

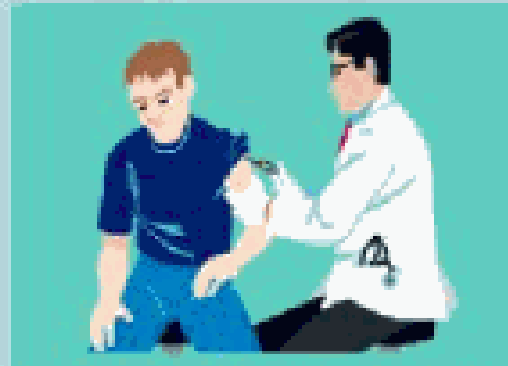


Appraisal of Situation



Conscious  
Emotion

## ► The Schacter–Singer Experiment



Participants received an epinephrine injection.



Stooges acted very differently while the participants waited.



And the participants reacted very differently to the drug, depending on what the stooge was doing.

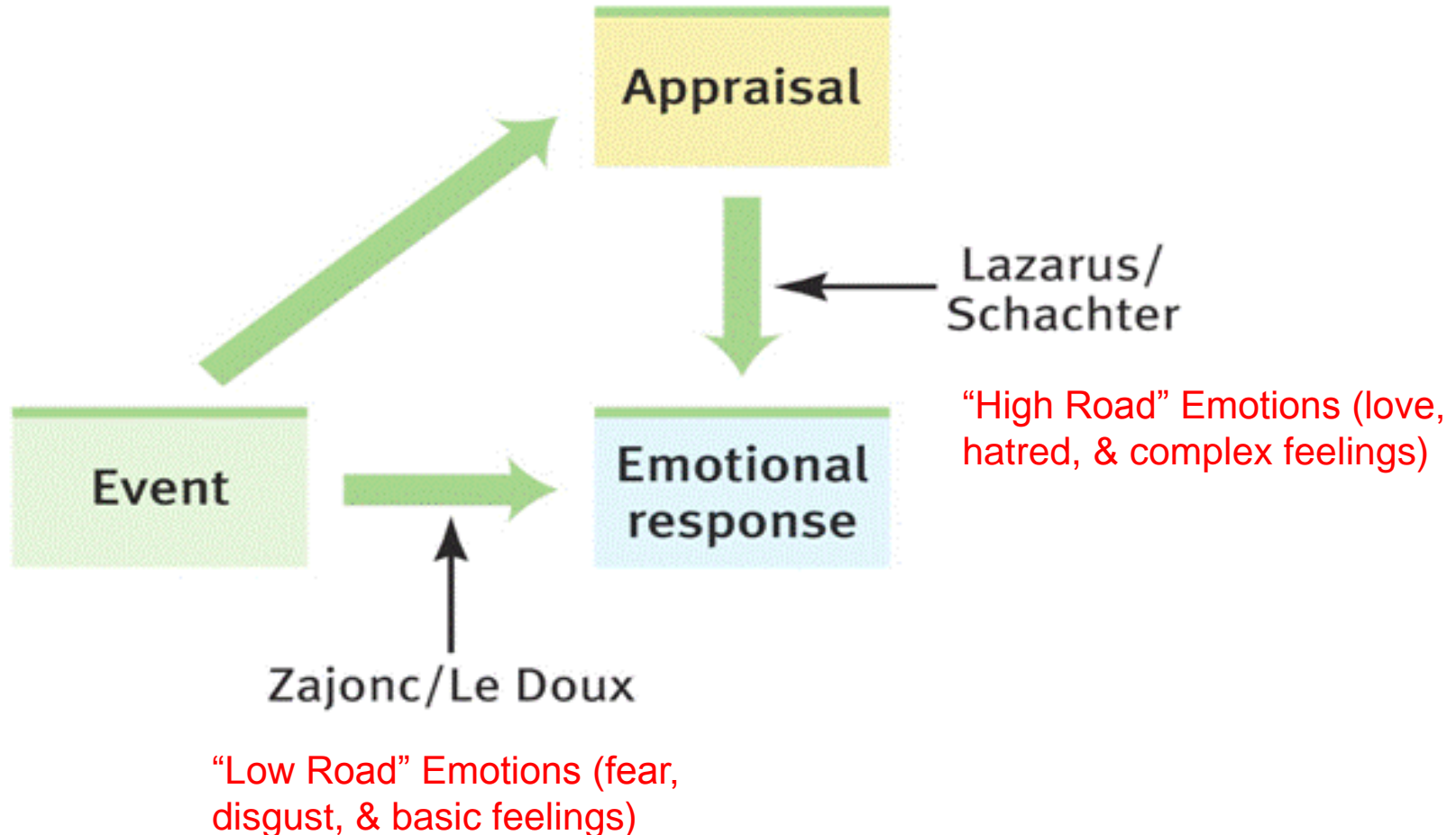
# Examples of Two-Factor Theory



Spillover Effect (Excitation Transfer)

# Zajonc-LeDoux Two-Pathways Theory

“Two-Track Brain”

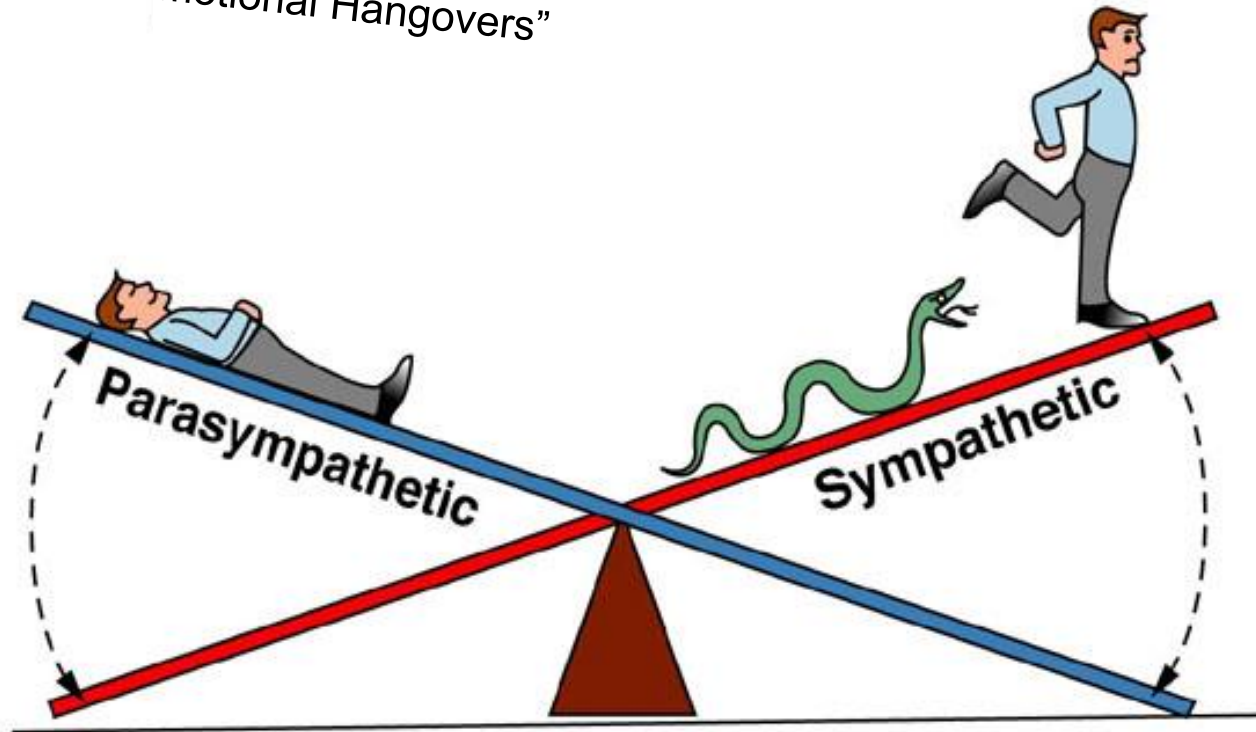




# Opponent-Process Theory

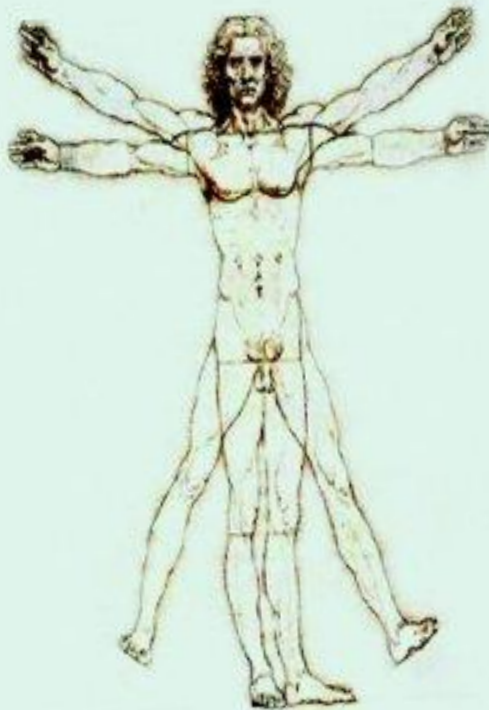
“Post-Concert Depression”

“Emotional Hangovers”



# Theories of Emotion

The Expression of the  
Emotions in Man and Animals



Charles Darwin

Evolutionary Theory



# Practice:

Identify which theory of emotion is being described: James-Lange (JL), Cannon-Bard (CB), Schachter-Singer (SS), Zajonc-LeDoux (ZL), Opponent Process (OP), or Evolutionary (EV)

1. The thalamus is the center of emotional experience.
2. Interpretation is required before we experience an emotion.
3. Emotions like fear are processed quickly without conscious awareness.
4. You start to run, and then become aware you are afraid.
5. Awareness of an emotion and bodily changes occur simultaneously.
6. Basic vs. complex emotions occur because of two different brain pathways.
7. Emotions have an adaptive significance for humans and animals.
8. We label emotions differently though physiologically they are often indistinguishable.
9. Different autonomic reactions result in different facial expressions of emotion.
10. The situation determines the cognitive appraisal, which determines the emotion.
11. A stimulus activates the sympathetic nervous system, then the parasympathetic.
12. It is possible to interpret a particular type of arousal as many different emotions.

# Practice: KEY

Identify which theory of emotion is being described: James-Lange (JL), Cannon-Bard (CB), Schachter-Singer (SS), Zajonc-LeDoux (ZL), Opponent Process (OP), or Evolutionary (EV)

1. **CB** The thalamus is the center of emotional experience.
2. **SS** Interpretation is required before we experience an emotion.
3. **ZL** Emotions like fear are processed quickly without conscious awareness.
4. **JL** You start to run, and then become aware you are afraid.
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# Crash Course Review

