

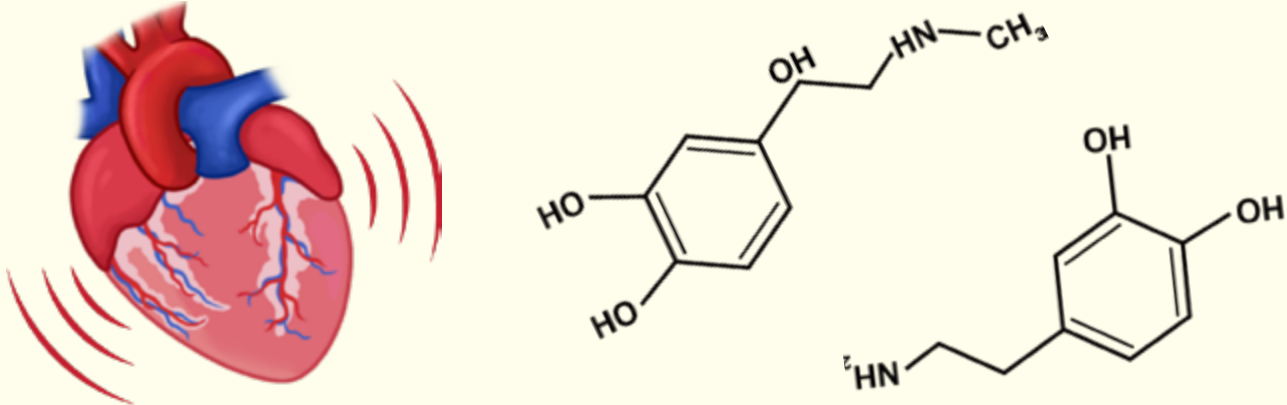
TOPIC: EMOTION

Emotion


Emotion	Mood
Tend to be _____ (minutes).	Tend to be _____-lasting (hours/days).
Relatively intense.	Relatively _____ intensity.
_____ occurs in response to a specific event.	Often does _____ occur in response to a specific event.
A brief, intense response to a stimulus that involves physiological changes, cognitions, and behavior.	A diffuse, long-lasting state that lacks a clear cause and can influence a person’s emotional experiences.

◆ Emotions have \_\_\_\_\_ components:


**Physiological changes**  
& \_\_\_\_\_



**Cognitive Processes**  
(\_\_\_\_\_/appraisals)



**Behavioral Expression**  
(facial/\_\_\_\_\_ language)



EXAMPLE

Nishi is taking an important exam that she feels very nervous about. She notices that her heart rate is elevated, and her palms are sweating. These responses reflect which *component* of emotion?

- a) Physiological.
- b) Cognitive.
- c) Behavioral.
- d) Mood.

PRACTICE

Which statements below correctly identify the difference between a mood and an emotion?

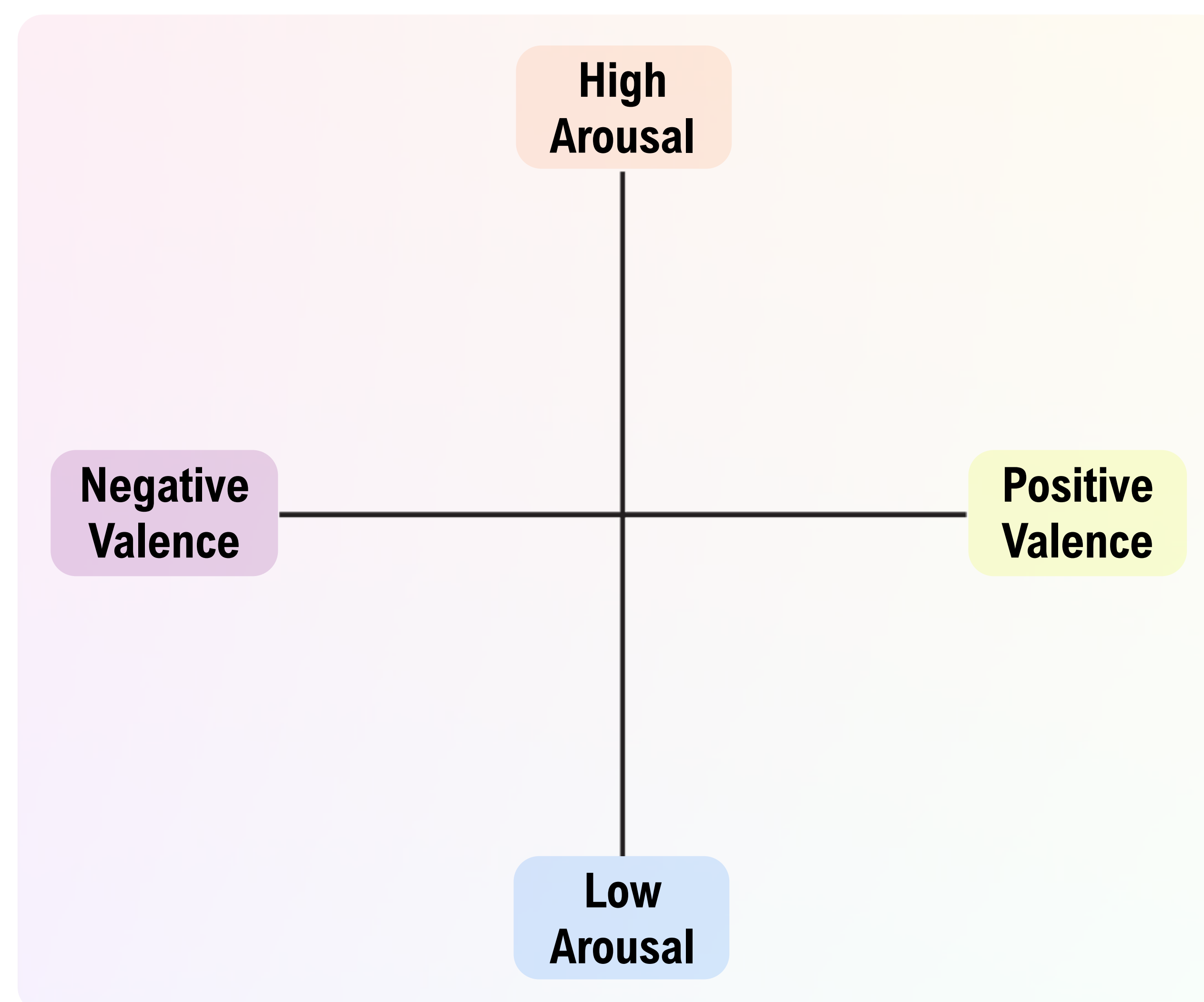
- I. Emotions are often in response to a specific event, while moods are usually not.
- II. Moods are relatively intense, while emotions are not.
- III. Emotions are usually fleeting, while moods are relatively long-lasting.

- a) I & II.
- b) I & III.
- c) II & III.
- d) I, II, & III.

## TOPIC: EMOTION

### The Dimensions of Emotions

- ◆ Emotional experiences can be described using \_\_\_\_\_ dimensions:
  - **Valence:** Whether an emotion feels \_\_\_\_\_ or unpleasant.
    - Ranges from **negative** to **positive**.
  - **Arousal:** \_\_\_\_\_ of physiological arousal the emotion causes.
    - Ranges from **low** to **high**.



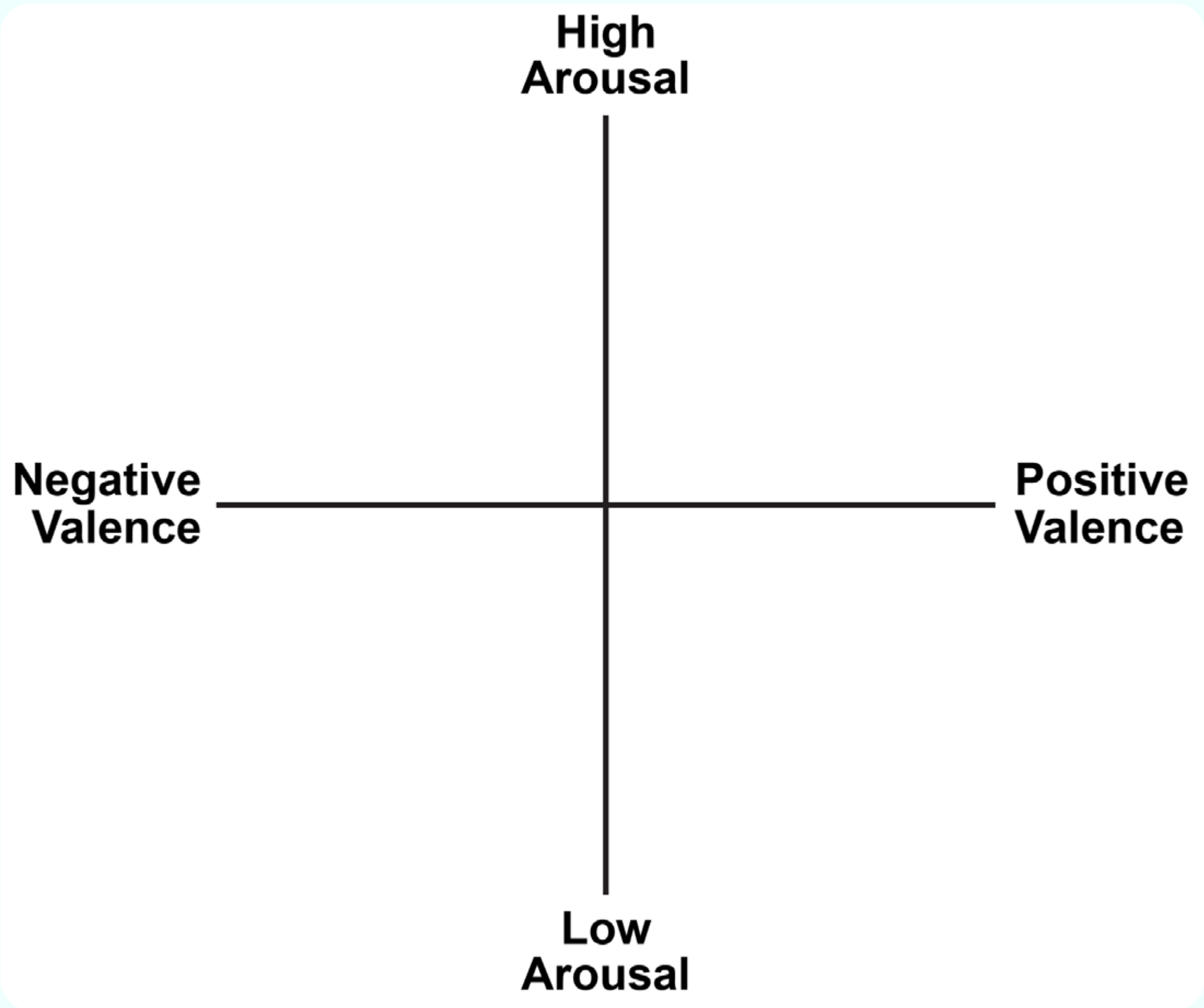
**TOPIC: EMOTION**

**EXAMPLE**

Use the axis below to describe the feelings in the box based on their valence and arousal, and then place the emotion on the graph.

**Emotions**

- a) Joy.
- b) Relaxed.
- c) Annoyed.
- d) Bored.



**PRACTICE**

True or False: if false, choose the answer that best corrects the statement.

The valence of an emotion is how intense the emotion feels.

- a) True.
- b) False; valence is a measure of physiological arousal.
- c) False; valence is a measure of how long the emotion lasts.
- d) False; valence is how pleasant an emotion is.