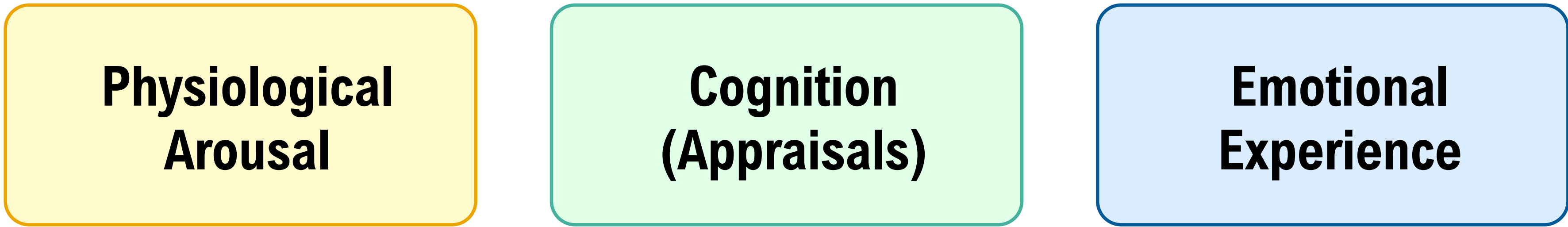


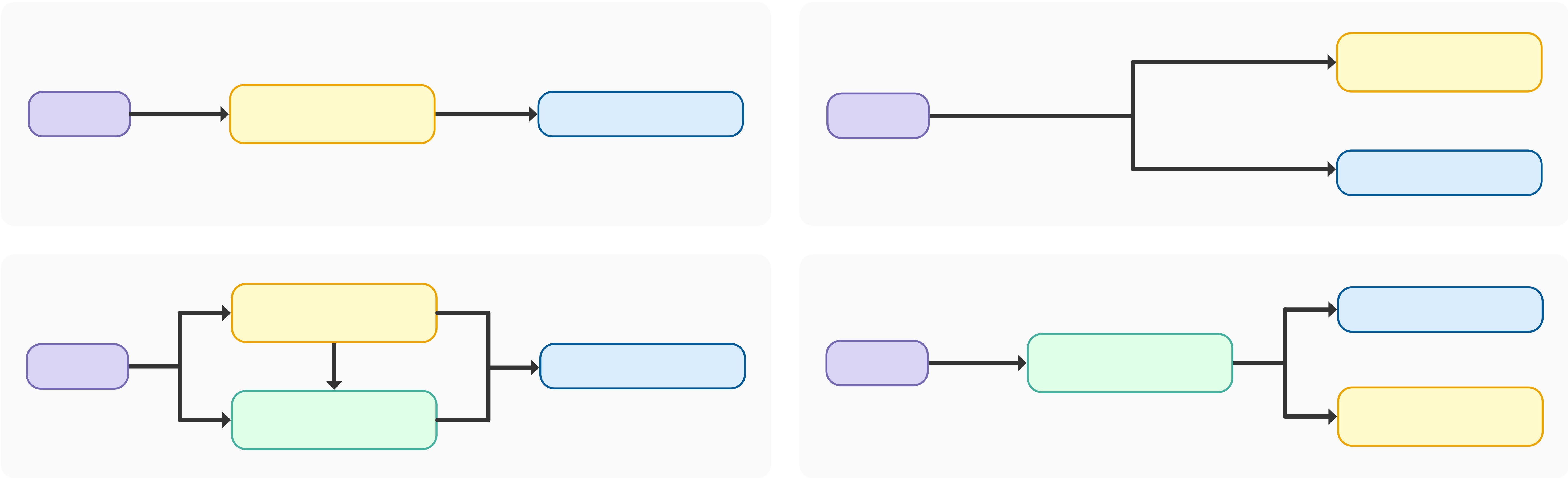
TOPIC: THEORIES OF EMOTION

Introduction to Theories of Emotion

◆ Recall: Emotions require a stimulus, and have several different components:



◆ \_\_\_\_\_ prominent theories have attempted to explain the relationship between these components.




TOPIC: THEORIES OF EMOTION

Theories of Emotion

James-Lange Theory

Emotion arises from physiological arousal.

- ◆ Each emotion has a \_\_\_\_\_ pattern of arousal.

Stimulus  


Physiological Arousal  
(ex: Increased heart rate)

Emotion (\_\_\_\_\_)


Critiques:

- ◆ Unlikely each emotion has unique physiology
- ◆ Emotions can happen \_\_\_\_\_ physiology
- ◆ Underplays the role of **cognition**.

Cannon-Bard Theory

Physiological arousal & emotional experience occur simultaneously but are \_\_\_\_\_.

- ◆ Research suggests that physiological arousal is \_\_\_\_\_ always necessary for emotional experience.

Stimulus  


Physiological Arousal  
(ex: Increased heart rate)

Emotion (Fear)


Critique:

- ◆ Underplays the role of \_\_\_\_\_.

Schachter-Singer Two-Factor Theory

Stimuli trigger a \_\_\_\_\_ state of arousal → then you label the emotion you are feeling.

- ◆ The same physiology can be associated with different emotions.

Stimulus  


Physiological Arousal  
(ex: Increased heart rate)

Cognition: Appraisal  
(ex. "I'm \_\_\_\_\_")

Emotion (Fear)


Critique:

- ◆ While this does *sometimes* happen, different emotions do have different effects on physiology.

Lazarus' Cognitive-Mediational Model

Emotions are determined by our \_\_\_\_\_ of a stimulus.

- ◆ The appraisal is immediate and unconscious → leads to an emotional response \_\_\_\_\_ physiological changes.

Stimulus  



Cognition: Appraisal  
(ex. "I'm in danger")

Emotion (Fear)

Physiological Arousal  
(ex: Increased heart rate)

Critique:

- ◆ Downplays the role **physiology** can have in shaping emotions.

 **JLT** **A before E** just like in **James** and **Lange**.

**SSTFT** **2 factors** create emotion.

**LCMT** Cognition **mediates** relationship between stimulus and emotion/arousal.

## **TOPIC: THEORIES OF EMOTION**

### **EXAMPLE**

Imagine you just got an offer from your dream job, and you're feeling very excited about it. Fill in the boxes below for how this even would be processed in each theory of emotion:

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a) **James-Lange Theory:** \_\_\_\_\_

b) **Lazarus' Cognitive-Mediational Theory:** \_\_\_\_\_

### **PRACTICE**

Which theory of emotion says that it is the combination of the physiological response and cognitive label that leads to the experience of emotion?

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- a) James-Lange Theory.
- b) Canon-Bard Theory.
- c) Schacter-Singer Two-Factor Theory.
- d) Lazarus' Cognitive-Mediational Theory