Theories of Emotion Worksheet

James-Lange Theory
The James-Lange theory of emotion argues that an event causes physiological arousal first and then our body interprets this arousal. Literally, a physiological reaction *causes* an emotion. If the arousal is not noticed or is not given any thought, then we will not experience any emotion based on this event.

Cannon-Bard Theory
The Cannon-Bard theory argues that we experience physiological arousal and emotional at the same time, but gives no attention to the role of thoughts or outward behavior.

Schachter-Singer (Two-Factor) Theory
According to this theory, an event causes physiological arousal first. You must then identify a reason for this arousal by using a cognitive label. Then, you are able to experience and the emotion.

Examples: For the following use JL, CB, or 2F:

1._____ You are walking down a dark alley late at night. You hear footsteps behind you and you begin to tremble, your heart beats faster, and your breathing deepens. Due to these physiological changes, your body prepares for a fearful situation. You then experience fear.

2._____ You are walking down a dark alley late at night. You hear footsteps behind you and you begin to tremble, your heart beats faster, and your breathing deepens. At the same time as these physiological changes occur, you also experience the emotion of fear.

3._____ You are walking down a dark alley late at night. You hear footsteps behind you and you begin to tremble, your heart beats faster, and your breathing deepens. Upon noticing this arousal you realize that it comes from the fact that you are walking down a dark alley by yourself. This behavior is dangerous and therefore you feel the emotion of fear.

4._____ We share a friend's feelings of joy if we smile with him.

5._____ When students perceive the arousal that accompanies test-taking as energizing rather than debilitating, they experience much less anxiety.

6._____ Robert experienced excessive fear while flying because he interpreted his rapid heart rate, shallow breathing, and heavy perspiration as a reaction to the imminent danger of a plane crash. When his psychotherapist convinced him that this physical arousal was simply a harmless reaction to acceleration, cabin pressure, and confined space, his fear of flying was greatly reduced.

7._____ Highly similar patterns of physiological activity are associated with uniquely different emotional states.

8._____ Neck-level spinal cord injuries reduce the intensity with which people experience certain emotions.

9._____ Astrid was emotionally aroused by a TV horror movie. She became extremely angry when her younger brother momentarily blocked her view of the screen. When her movie viewing was interrupted by a phone call from her boyfriend, however, she experienced unusually intense romantic feelings.

10._____There are subtle differences in physical responses like finger temperature and facial muscles change during fear, rage and joy

11._____ The arousal that lingers after an intense argument may intensify sexual passion.

12._____ The cognitive activity of the cortex plays a role in the emotions we experience.

13._____ An emotion-arousing stimulus is simultaneously routed to the cortex and to the sympathetic nervous system.

14. _____ Tranquilizing drugs that inhibit sympathetic nervous system activity often reduce people's subjective experience of intense anxiety.

15. _____ Amygdala shows differences in activation during emotions of anger and fear.

16. _____Arousal from a soccer match can fuel anger, which descends into rioting.

17. _____ Activity of left hemisphere (happy) is different from right (depressed) in emotions.