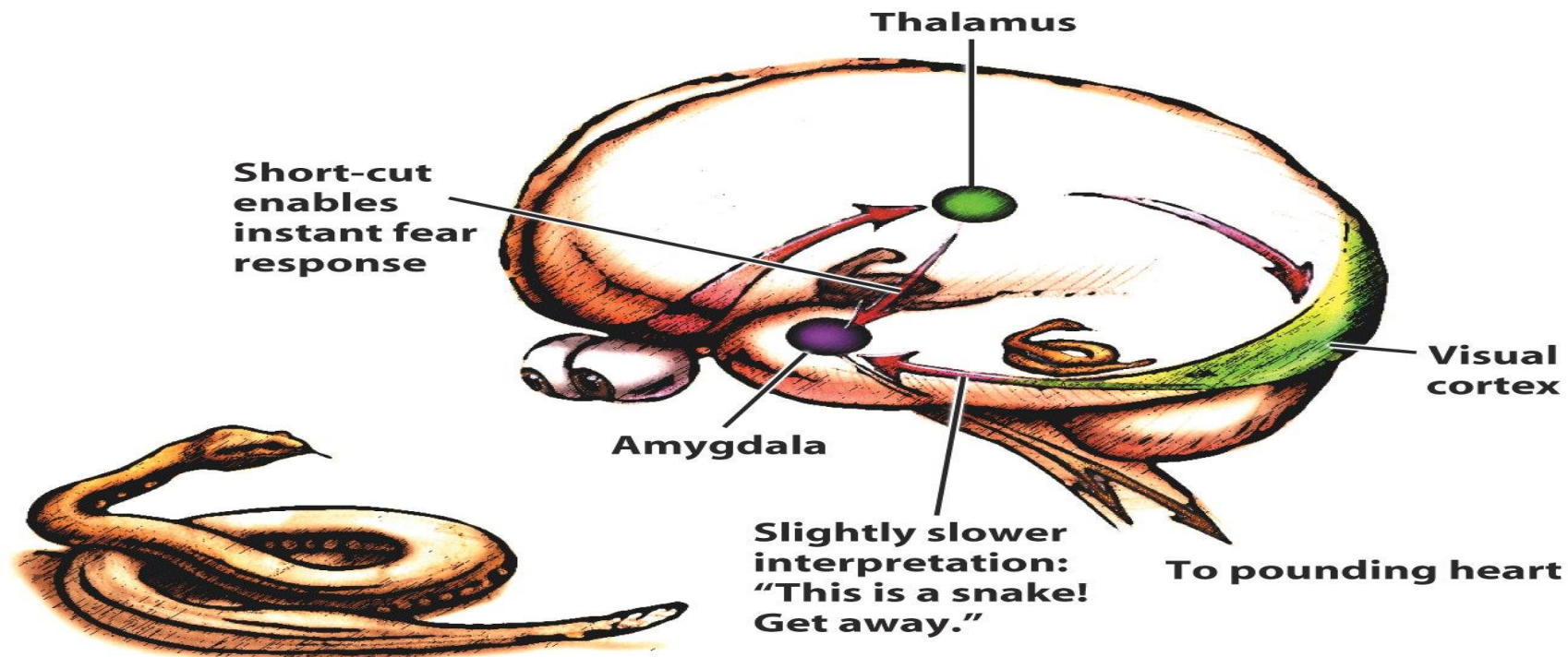


Cognition and Emotion

- The brain's shortcut for emotions
 - **Two-Track Brain**
 - Sensory input may be routed directly to the amygdala for an instant emotional reaction or to the cortex for analysis before reaction

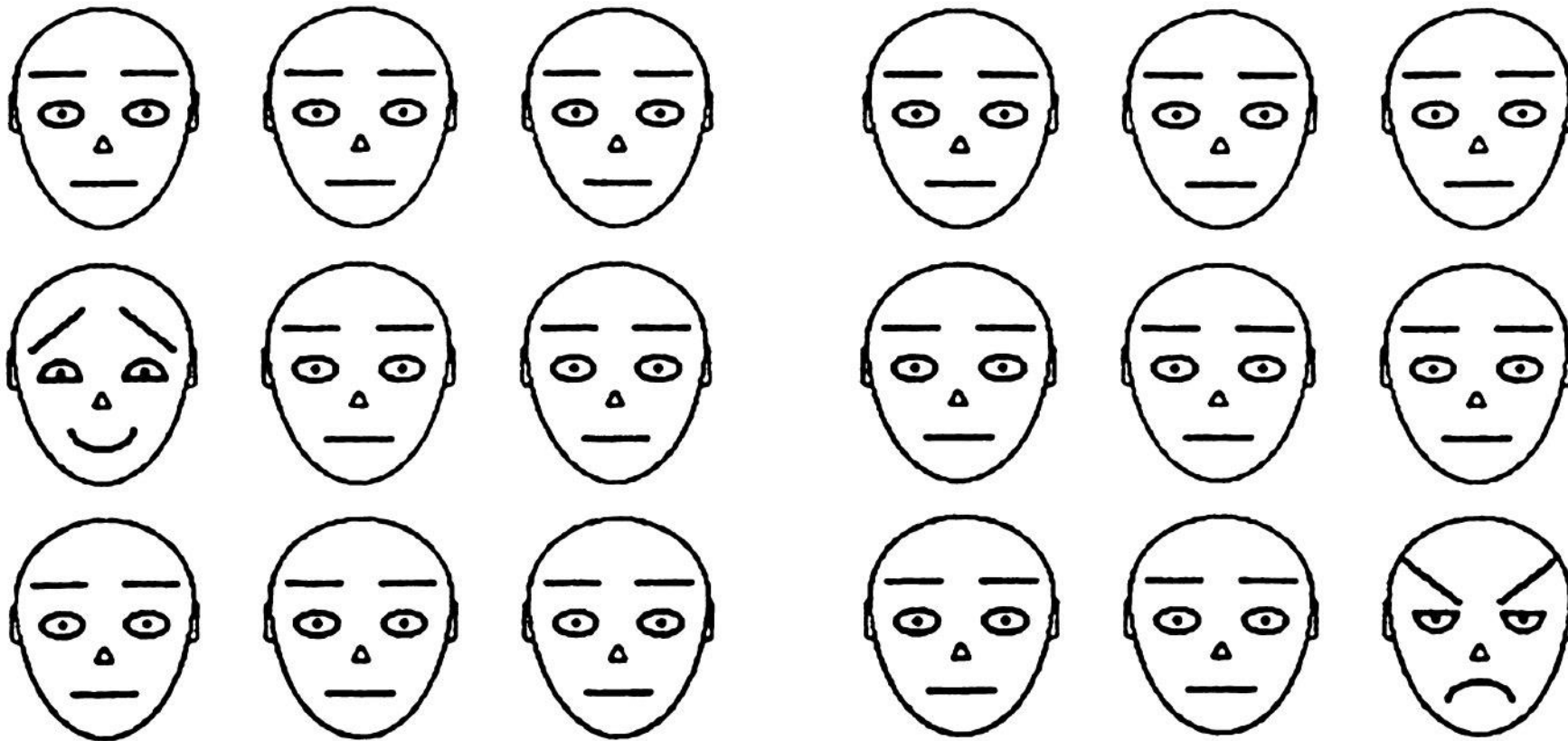


Emotion- Lie Detectors

- Polygraph
 - machine commonly used in attempts to detect lies
 - measures several of the physiological responses accompanying emotion
 - perspiration
 - cardiovascular
 - breathing changes

Expressed Emotion

- People more speedily detect an angry face than a happy one (Ohman, 2001a)



Experienced Emotion

- Catharsis

- emotional release
- catharsis hypothesis
 - “releasing” aggressive energy (through action or fantasy) relieves aggressive urges

- Feel-good, do-good phenomenon

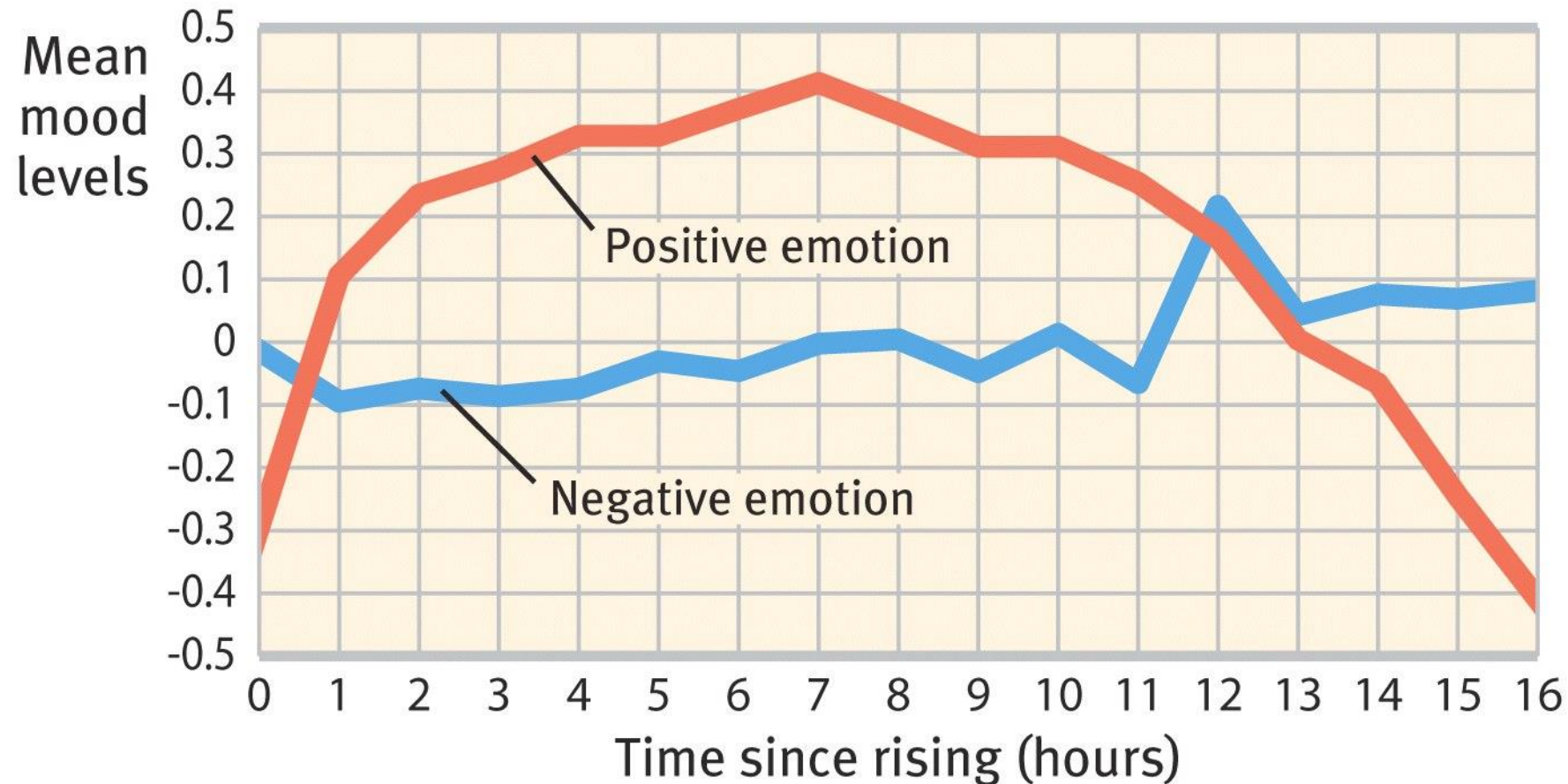
- people’s tendency to be helpful when already in a good mood
 - Get a new girlfriend, more likely to agree to something your parents ask you to do right after

Experienced Emotion

- Subjective Well-Being
 - self-perceived happiness or satisfaction with life
 - used along with measures of objective well-being
 - physical and economic indicators to evaluate people's quality of life

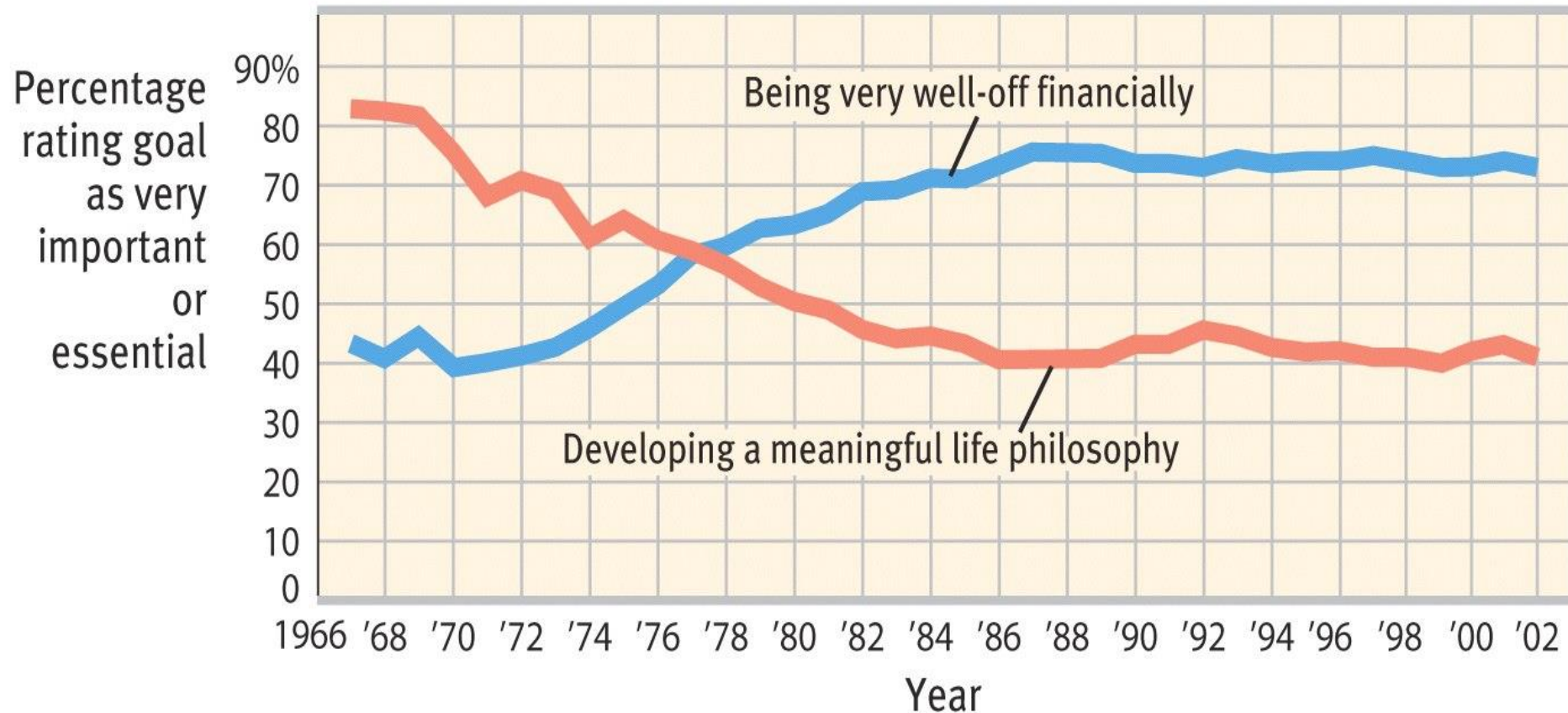
Experienced Emotion

- Moods across the day



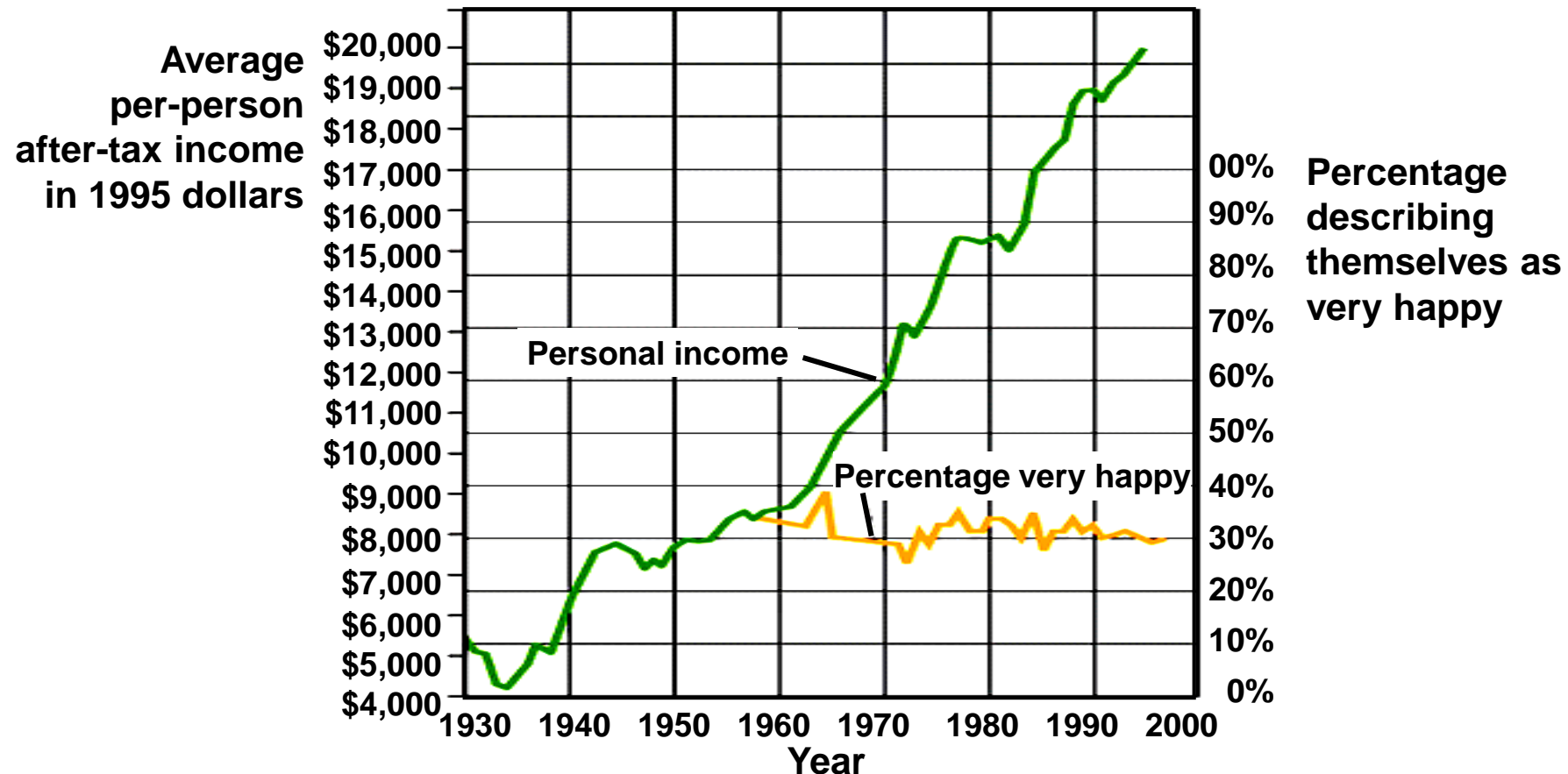
Experienced Emotion

- Changing materialism



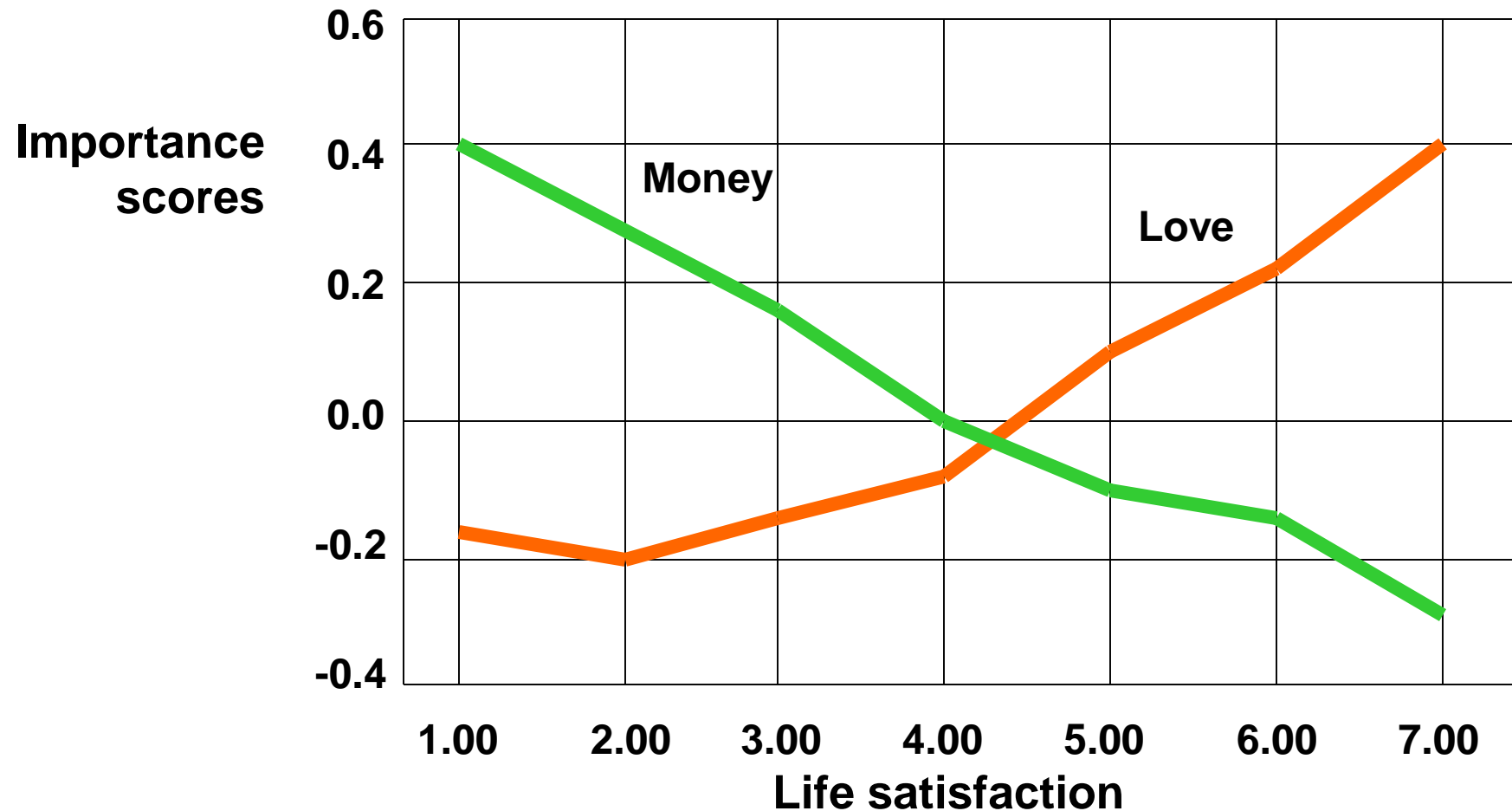
Experienced Emotion

- Does money buy happiness?



Experienced Emotion

- Values and life satisfaction



Experienced Emotion

- Adaptation-Level Phenomenon

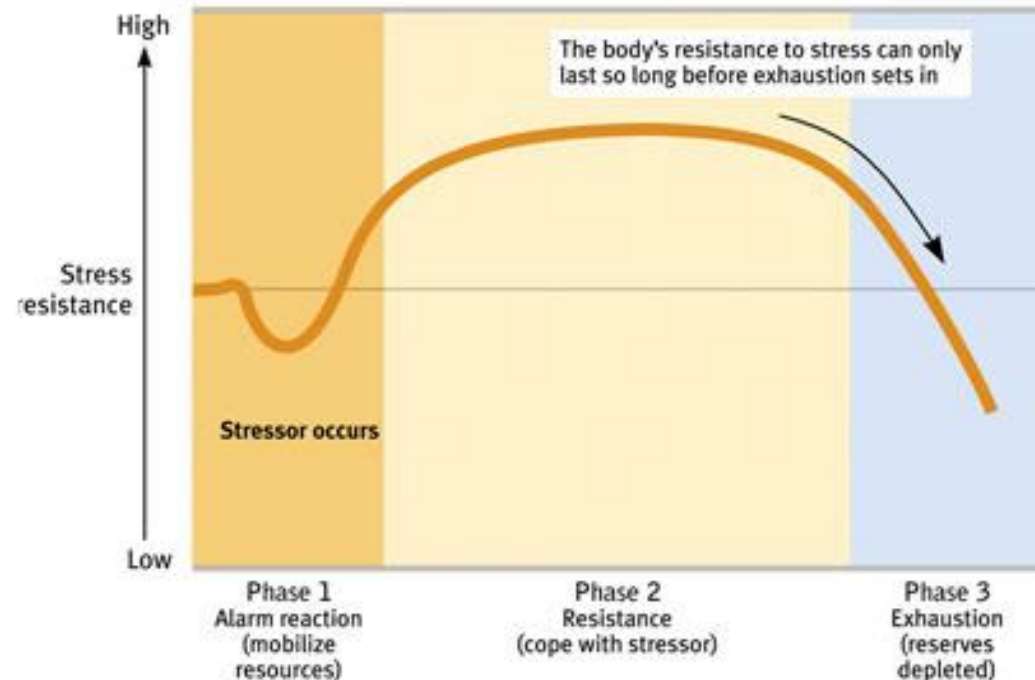
- tendency to form judgments relative to a “neutral” level
 - brightness of lights
 - volume of sound
 - level of income
- defined by our prior experience

- Relative Deprivation

- perception that one is worse off relative to those with whom one compares oneself

General Adaptation Syndrome

According to Selye, a stress response to any kind of stimulation is similar. The stressed individual goes through three phases.



Facial-Feedback

- Stimulus invokes physiological arousal including movement of facial muscles
- Brain interprets facial expression which gives rise to your emotion
- Sequence
 - Stimulus (See snake)
 - Make a face (fearful)
 - Brain reads face
 - Emotion (fear)

Spill over effect

An arousal response to one event spills over into our response to the next event. *Spill over effect*



Arousal from a soccer match can fuel anger, which may lead to rioting.

Arousal fuels emotion, cognition channels it.

Cognitive-Appraisal Theory

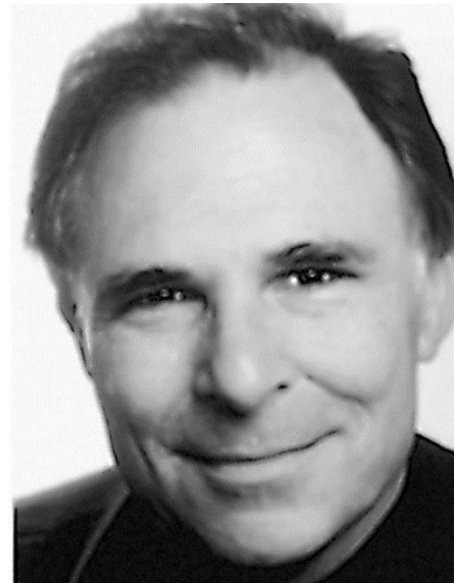
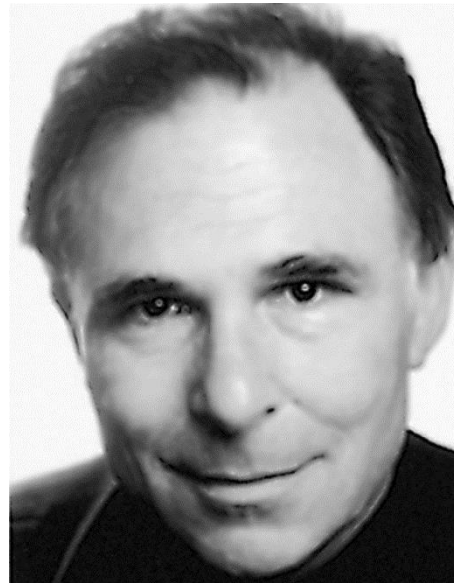
- Sequence
 - Stimulus (object, event, or thought)
 - Appraisal of how this affects your well-being (consciously or unconsciously)
 - Emotion (fear, anger, happiness, ...)
 - Physiological responses and behavior
- For an emotion to occur, it is necessary to first think about the situation.

Opponent Process Theory

- Opponent process theory suggests that any given emotion also has an opposed emotion.
(Fear/Relief or Sadness/Happiness)
- Activation of one member of the pair automatically suppresses the opposite emotion
- But the opposing emotion can serve to diminish the intensity of the initial emotion.
- For example, if you are frightened by a mean dog, the emotion of fear is expressed and relief is suppressed. If the fear-causing stimulus continues to be present, after a while the fear decreases and the relief intensifies.

Detecting and Computing Emotion

Most people find it difficult to detect deceiving emotions. Even trained professionals like police officers, psychiatrists, judges, and polygraphists detected deceiving emotions only 54% of the time.



Dr. Paul Ekman, University of California at San Francisco

Which of Paul Ekman's smiles is genuine?