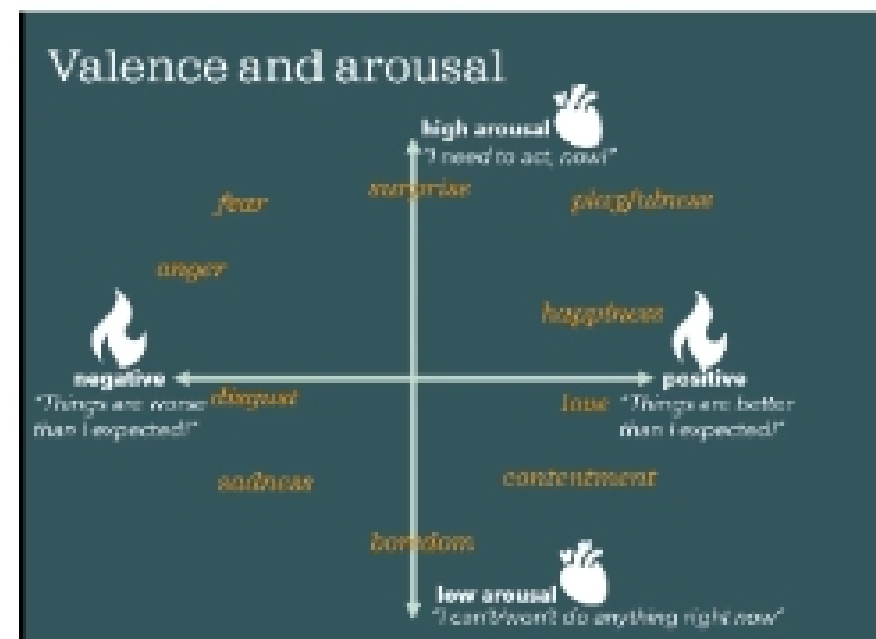


Lecture 6.2 - Emotion

- **Survival**
 - Avoid bad things
 - Ie: moving hand from stove
 - Approach good things
- **Emotion:**
 - Temporary state that motivates adaptive behavior and causes relevant cognitive and physiological changes
 - **Example:**
 - 1. See a clown holding a saw
 - 2. Perceive the situation
 - 3. Assign a value to it (is this situation good or bad?)
 - 4. Motivate an action (ie: running away from clown)
- **Moods: Raising or lowering the thresholds for negative or positive emotion states**
 - **Emotions:**
 - Immediate or anticipation of a goal-related event (ie: anticipating a clown)
 - Short lived
 - **Moods:**
 - Not linked to a specific event (getting a fight with a gf, but when the gf leaves you still feel angry)
 - Long lasting
- **Building blocks of emotion:**
 - **1. Cognitive Change:**
 - Prioritizes cognitive resources to focus on relevant situation (if clown comes into lecture, you'll focus on the clown and stop and not care about the lecture)
 - **Negative Emotions** causes narrow attention
 - **Positive Emotions** causes broadened attention
 - **2. Physiological Change:**
 - Prepares brain and body for appropriate action (hormones, autonomic nervous system, etc)
 - Ex: Going to gym everyday in the morning, the body gets ready to do workout
 - **Threat Construal**
 - Striving for a difficult goal (construe yourself as not being able to achieve the goal)
 - **Avoiding failure (not wanting to fail an exam)**
 - Heart pumps faster and harder, but arteries constrict (ex: nervous and not wanting to mess up when giving a speech)

- **Challenge Construal**
 - Striving for a difficult goal (construe yourself as being able to achieve the goal)
 - **Approaching success (goal is to get an A on an exam)**
 - Heart still pumps faster and harder, but arteries dilate to accommodate blood flow to help support action (ex: excited to take on challenge to give speech)
- **Flow State**
 - Feeling of being in the moment (time flies by)
 - **ex: counting to 1000 is boring and won't get flow state**
 - **ex: doing math homework that isn't too hard, but isn't too easy will get you in a flow state**
- **3. Action Tendency:** Makes goal-oriented behavior more likely, automatic, and rapid
 - Sneezing is a reflex, not action tendency
 - If someone gets in the way of your goals, that will get you angry
 - **ex: someone steals your belongings or someone gossips about you causes you to gossip about the perpetrator or physically confront the perpetrator**
 - Action depends on intensity of emotion and available options
 - **ex: if you're scared of a spider, but it's far, low level anxiety, but if it's super close, you may fight the spider and attack it**
- **4. Communicative signal:** May cause facial, vocal, bodily, and/or verbal displays that convey intentions to other people (signal!)
 - **ex: tennis players winning/losing a match'**
- **5. Feeling:** Colors subjective conscious experience. Tell us how we're doing, goal-wise, allowing cognitive elaboration so we can choose best action. Pleasant/unpleasant to ensure behavior

- **ex: if you do something that feels good, you're probably going to keep doing it**
- **ex: if you put your hand on a hot stove, you're not going to leave it, but instead take it off immediately**



- Emotions:
 - Animals have emotion, we develop emotion as we grow to help achieve goals

