

Definition of an Emotion

- Immediate, automatic, involuntary, and unconscious reactions to events that are important to us
 - Originally associated with events that may impact our survival that are innate
 - But we also learn to become emotional about many things
 - Potentially require immediate action
 - Transient
 - Biological, psychological and social components
 - Influence future motivation

Features that Distinguish Basic Emotions from Others

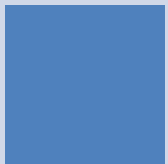


Specific, basic, elemental, universal underlying psychological triggers



Coordinated and organized reaction systems for behavior priming

Physiological changes
Mental activities and attention
Subjective feelings
Distinctive nonverbal signals



Immediate, automatic, involuntary, and unconscious

Universal Triggers and Functions of the Basic Emotions

Emotion	Trigger	Function
Anger	Goal obstruction (norm violations, perceived injustice)	Remove the obstacle, fight
Contempt	Immoral action	Assert one's superiority
Disgust	Offensive, rotten objects	Repulsion, elimination
Fear	Threat to physical or psychological well-being	Avoid or reduce harm, flight
Happiness	Goal attainment	Future motivation
Sadness	Loss of valuable object	Call for help, recoup
Surprise	Sudden, novel objects	Orientation, get more information