

Why Focus on Emotion?

- Emotions are immediate, automatic, unconscious, and involuntary reactions to events that are important to us



Facial expressions of some emotions are universal



Emotions can facilitate or block disclosure



Emotions prepare us to act and think in certain ways

Anger, Contempt, Disgust, Fear, Happiness, Sadness, Surprise

Photo #	Answer	Photo #	Answer
1		8	
2		9	
3		10	
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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

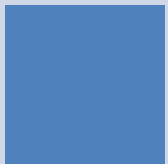


Specific, basic, elemental, universal underlying psychological triggers



Coordinated and organized reaction systems for behavior priming

Physiological changes
Mental activities and attention
Subjective feelings
Distinctive nonverbal signals



Immediate, automatic, involuntary, and unconscious

Emotion Families

- Each emotion term is the category label for other emotions of the same category that differ according to intensity or situation
- Anger
 - Annoyed, frustrated, agitated, pissed off, angry, mad, enraged, hostile, furious, outraged, etc.
- Fear
 - Worried, anxious, scared, nervous, afraid, horrified, mortified, petrified

Universal Triggers and Functions of the Basic Emotions

Emotion	Trigger	Function
Anger		Remove the obstacle, fight
Contempt		Assert one's superiority
Disgust		Repulsion, elimination
Fear		Avoid or reduce harm, flight
Happiness		Future motivation
Sadness		Call for help, recoup
Surprise		Orientation, get more information

Anger, Contempt, Disgust, Fear, Happiness, Sadness, Surprise (p. 8)

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Photo #	Answer	Photo #	Answer
15		22	
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