**Chapter 13: Emotion**

**Study Guide**

**Theories of Emotion**

* Explain each the four theories of emotion and be able to apply them to examples.
  + Common Sense
  + James-Lange
  + Cannon-Bard
  + Two-Factor Theory
    - What are cognitive appraisals and how do they influence our emotions?
* In general, what type of arousal produces the best performance?
  + What types of performance are enhanced by high arousal? Low?

**Embodied Emotions**

* What part of the brain shows increased activity during fear?
* What is s polygraph and what does it measure? What body responses does it read? How reliable is it?
* What is the spillover effect? Create your own, original example showing the effect in action.
  + What theory of emotion best connects to this effect?
* Which theory is supported by research showing the amygdala being activated by frightening visual stimuli?

**Expressed Emotion**

* In what way are emotions universal?
* Which emotional expression are we particularly good at detecting?
* What type of nonverbal communication is used most frequently to communicate intimacy?
* To what does the evolutionary perspective attribute the universality of expression?

**Experienced Emotion**

* What is the catharsis hypothesis?
* What is the feel-good, do-good phenomena? Give an original example.
* What are healthy ways to verbally express anger and frustration in interpersonal communication?
* Explain the adaptation-level phenomenon
* What is subjective well- being and what values are correlated positively and negatively?
* How is our happiness influenced by the relative deprivation principle?
* What factors are most predictive of happiness?