Walking home from school after the basketball game, Jesse takes a shortcut through an area with no street lights. He sees a shadow of a person with something glistening in his hand, which causes him to experience the three parts of a distinct emotion.

Thinking the shiny object is a knife, Jesse’s heart begins to pound, which is part of his 1 arousal. Jesse attempts to flee, which is his 2 behavior. He is afraid of being stabbed, which is his 3 experience of the situation.

Different theories have been proposed to explain Jesse’s emotional experience.

Perception of a man with a knife (stimulus) leads to

Theory 1:

a pounding heart

leads to

fear, which is the experienced

This is the

theory of emotion.

Theory 2:

a pounding heart

and simultaneous

experience of the fear emotion.

This is the

theory of emotion.

Theory 3:

a pounding heart

and simultaneous

“Man with knife scares me.”

leads to

the experience of fear.

This is the

theory of emotion.

Answers may be found in the Appendix at the end of this booklet.