Chapter 13

Emotion

Review 13.2: Embodied Emotion

On her way to class this morning, Rena swerved her car to the right to avoid being hit by a motorist veering into her lane. Her physiological arousal was triggered by the (1) sympathetic division of her (2) autonomic nervous system, which directed her (3) adrenal glands to release the stress hormones (4) epinephrine and (5) norepinephrine, which increased her (6) heart rate, blood (7) pressure, and blood (8) sugar (glucose) levels. Rena responded quickly because the fear message was routed directly (via the (9) thalamus) to her (10) amygdala, the brain’s emotional center. By the time Rena reached the classroom, the (11) parasympathetic division had calmed her body. If she could have had a PET scan during class when she learned that she earned a perfect score on a term paper, she would have seen that her brain’s (12) left frontal lobe showed increased activity, perhaps because of the rich supply of (13) dopamine receptors in that area. After class, Rena changed in the locker room and went for her afternoon run. Later, in an aroused state from the exercise and the good news about her term paper, Rena smiled at a frolicking child. This response, called the (14) spillover effect, results from cognitive analysis as the sensory input passes through her brain’s (15) prefrontal cortex.