Chapter 13
Emotion

Review 13.3: Happiness
Alycia is in a good mood because she just learned that a good friend is coming to visit tomorrow. on her way home, she sees an infant drop her pacifier. Alycia picks it up cheerfully for the young mother, a reflection of the (1) feel-good do-good phenomenon. As she is walking home, Alycia thinks I m pretty lucky—I m young and healthy and I have lots of close friends And I have a $1000 scholarship to the university of my choice.” Researchers in the new field of (2) positive psychology would say that her life satisfaction, or (3) subjective well-being, is high. A few days later, Alycia learns that her friend Lois has received a scholarship that will pay all her higher education tuition. Comparing her meager scholarship to Lois’ full scholarship reduces Alycia’s satisfaction, producing in her a sense of (4) relative deprivation. Being a generally positive person, however, with a more active (5) left frontal lobe in her brain and high (6) self-esteem, Alycia judges her current financial status against her prior financial problems and feels content, which psychologists refer to as the (7) adaptation-level phenomenon.