CHAPTER 13

REVIEW 13.1: Theories of Emotion

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 shadowy object is a knife, Jesse’s heart begins to pound, which is part of his arousal.

Jesse attempts to flee, which is his behavior.

He is afraid of being stabbed, which is his 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.
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 division of her 2 nervous system, which directed her 3 glands to release the stress hormones 4 and 5, which increased her 6 rate, blood 7 and blood 8 levels.

Rena responded quickly because the fear message was routed directly (via the 9 ) to her 10 , the brain’s emotional center.

By the time Rena reached the classroom, the 11 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 lobe showed increased activity, perhaps because of the rich supply of 13 receptors in that area.

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 effect, results from cognitive analysis as the sensory input passes through her brain’s 15 .

Answers may be found in the Appendix at the end of this booklet.
**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 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 ___________ psychology would say that her life satisfaction, or ___________, 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 ___________.

Being a generally positive person, however, with a more active ___________ lobe in her brain and high ___________, Alycia judges her current financial status against her prior financial problems and feels content, which psychologists refer to as the ___________ phenomenon.

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