**7.3 Theories of Emotion -** F. Compare and contrast major theories of emotion.  
G. Describe how cultural influences shape emotional expression, including variations in body language. (on back)

Secondary Emotions

Primary Emotions

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| **Theories of Emotion** | | | | |
| Theory | Stimulus | Bodily reaction | Cognitive Appraisal | Emotion |
| James-Lange Theory (One-factor theory) | Something that happens to you.  This theory is best when explaining a fearful situation, like if a bear runs at you in the woods. | You have a bodily response when your SNS activates (heartbeat increases and your breathing increases)  **Facial Feedback** – Your facial expression can also influence the emotion you feel. So turning that front upside down really can help.  **Spill-over effect –** Your body has an SNS for some other reason (your team has just won the championship game) so you leave the arena and start to join in on the riot because you are amped up. | You don’t think about it. | You experience an emotion BECAUSE you had a bodily reaction.  Stimulus🡪 Bodily Reaction = Emotion |
| Cognitive Appraisal Theory (Lazarus) | You get a rude text from a frenemy. | You don’t have a bodily response | You think about the stimulus and that cause you to have the emotion. The text is annoying at first. The more you think about it the more angry you get. | Exact opposite of the James-Lange Theory.  You experience an emotion BECAUSE you thought about it.  Stimulus🡪 Think about it = Emotion |
| Schachter and Singer’s Two-factor theory | You ask your crush to the prom | You have a bodily reaction when your SNS fires off. Your heartbeat increases and so does your breathing. | You think about the situation. You know you aren’t afraid; this is a potentially good thing. After thinking about it you realize you have feelings for this person and that you are excited and not afraid. | It is the combination of the two above theories. You experience an emotion because you a.) had a bodily reaction AND b.) you thought about it.  Stimulus🡪 Bodily Reaction + Think about it = Emotion |
| Cannon Bard Theory | Stimulus like fear again | OK this is not a theory of emotion. Rather it says you have a bodily reaction and then you experience the emotion at the same time. This theory exists to argue tat the two ARE NOT CONNECTED AND HAPPEN SIMULTANEOUSLY. It is a refutation of the James-Lange Theory | Nothing | Bodily reaction and emotions happen at the SAME time but are not related. |

Key   
 = VT = Ex  
 = VP

Opponent Process Theory of Emotion

Emotions happen in pairs like Fear and Relief. When you are most fearful, you are least relieved. When you are most relieved you are least fearful.