Module 56: Theories and Physiology of Emotion

What makes it easy for our feelings to hijack our thinking?
The amygdala sends more neural projections up to the cortex than is receives back.

Lazarus conceded that some emotional responses do not require conscious thinking.

Table 56.1 Summary of Emotion Theories

Theory	Explanation of Emotions	Example
James-Lange	Emotions arise from our awareness of our bodily responses to emotion-arousing stimuli: stimuli- arousal- emotion	We observe our heart racing after a threat and then we feel afraid
Cannon-Bard	Emotion-arousing stimuli trigger our bodily responses and simultaneous subjective experience	Our heart races at the same time that we feel afraid
Schachter-Singer	Our experience of emotion depends on two factors: general arousal and a conscious cognitive label	We may interpret our arousal as fear or excitement, depending on the context
Zajonc; LeDoux	Some embodied responses happen instantly, without conscious appraisal	We automatically feel startled by a sound in the forest before labeling it as a threat
Lazarus	Cognitive appraisal (is it dangerous or not?)- sometimes without our awareness- defines emotion	The sound is "just the wind"

What is activated when we experience negative social emotions such as lust, pride, and disgust?
Insula

Positive moods tend to trigger more activity where?
Frontal lobe

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