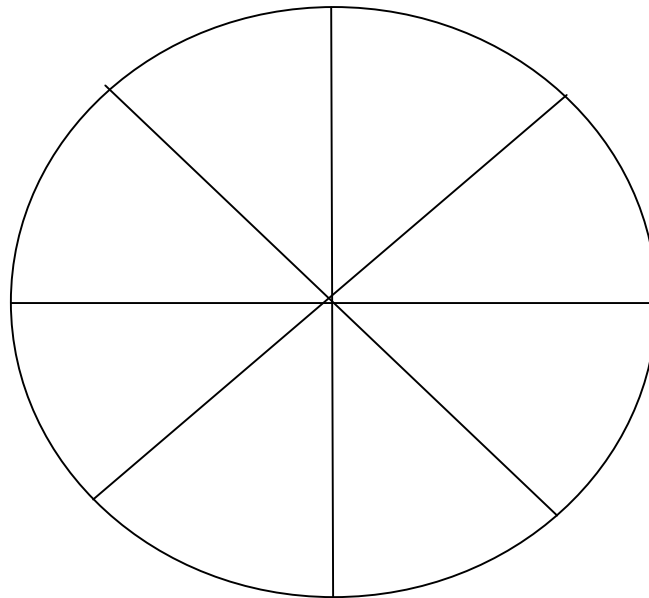


Emotion

Why do we feel emotions?

1. _____
We seek pleasurable experiences that give us positive feelings and avoid those that give us negative feelings.
2. _____
Facial expressions associated with anger are a signal of danger – “fight or flight” response.

Model of Emotions – Robert Plutchik



Emotions are made up of three major components:

1. _____ – the mental state; the conscious feeling
2. _____ – the physical characteristics that accompany emotional reactions
3. _____ – expressing the emotion through actions, withdrawal, body language or facial expressions

Three factors who shape who we are emotionally:

1. _____ – facial expressions and physiological responses (increased heart rate) are innate to some extent

2. _____ – life experiences provide models for us to follow in our emotional reactions to new situations; differences between men and women in how they are taught to express emotions
3. _____ – emotional feelings and reactions develop and change over a lifetime

Love

Two major forms of love:

1. _____

<ul style="list-style-type: none"> - Romance - Turmoil of intense emotions - The focus of one's life for a time - Crushes, infatuations, love at first sight - Tend to idealize each other 	<ul style="list-style-type: none"> - Lonely when apart - Excited when they're together - May be short-lived - May burn out and turn into compassionate love
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2. _____
 - Calmer and more enduring
 - Feels stable and reliable
 - Based on common interests and goals
 - Forms the basis of most long term relationships

In many relationships, both elements of love may be present.

Robert Sternberg's 3 major ingredients of love:

1. _____ – butterflies in stomach, euphoria, excitement
2. _____ – feeling to talk about anything, being understanding and patient
3. _____ – needing one another, being loyal

John Alan Lee's Love Attitude Scale – 6 distinct attitudes toward love (page 87)

1. _____ – believe in love at first sight and abiding passion
2. _____ – enjoy the chase more than the catch
3. _____ – relationships tend to last a long time; value friendship
4. _____ – very emotional, suffer from jealousy and worry
5. _____ – want a practical and rational relationship, compatibility is seriously considered
6. _____ – gentle and caring without expecting a lot in return