

EMOTION

EMOTION

*Why do we feel
emotions?*

EMOTION

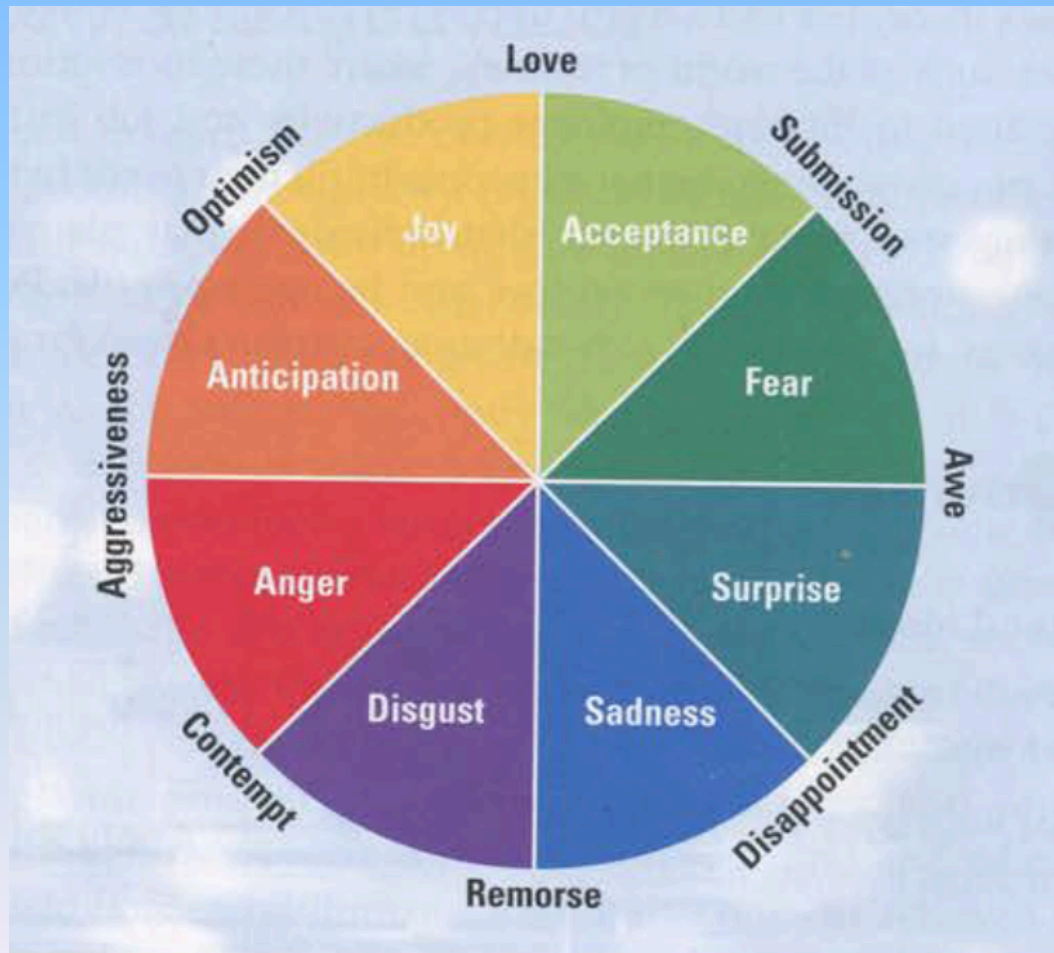
1. They motivate our behavior.

- We seek pleasurable experiences that give us positive feelings and avoid those that give us negative feelings.

2. They are a survival strategy.

- Facial expressions associated with anger are a signal of danger – “fight or flight” response.

Model of Emotions – Robert Plutchik



EMOTION

Emotions are made up of three major components:

1. Cognitive – the mental state; the conscious feeling

2. Physical – the physical characteristics that accompany emotional reactions

3. Behavioural – expressing the emotion through actions, withdrawal, body language or facial expressions

EMOTION

Three factors who shape who we are emotionally:

- 1. *Heredity*** (nature) – facial expressions and physiological responses (increased heart rate) are innate to some extent
- 2. *Learning*** (nurture) – 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. *Maturity*** – emotional feelings and reactions develop and change over a lifetime

LOVE

Two major forms of love:

1. Passionate Love

- 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
- Lonely when apart
- Excited when they're together
- May be short-lived
- May burn out and turn into compassionate love

LOVE

2. Companionate Love

- 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.

LOVE

Robert Sternberg's 3 major ingredients of love:

1. *Passion* – butterflies in stomach, euphoria, excitement

2. *Intimacy* – feeling to talk about anything, being understanding and patient

3. *Commitment* – needing one another, being loyal

LOVE

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

- ***Romantic*** – believe in love at first sight and abiding passion
- ***Game-playing*** – enjoy the chase more than the catch
- ***Companionate*** – relationships tend to last a long time; value friendship
- ***Possessive*** – very emotional, suffer from jealousy and worry
- ***Pragmatic*** – want a practical and rational relationship, compatibility is seriously considered
- ***Altruistic*** – gentle and caring without expecting a lot in return