

EKMAN'S 6 BASIC EMOTIONS

& How They Affect Our Behavior



HAPPINESS

1. Hopefulness & Optimism | 2. Gratitude
3. Smile and laughter | 4. Reduces stress & depression | 5. Increased satisfaction
6. Improves immune system | 7. Reduces risk of heart disease | 8. Increases life expectancy



SADNESS

1. Grief | 2. Hopelessness & disappointment
3. Depression | 4. Crying | 5. Loss of interest
6. Social Withdrawal | 7. Substance abuse
8. Increases mortality risk



FEAR

1. Survival mechanism | 2. Alerts for threats & danger
3. Activates fight-flight-freeze response | 4. Chills, trembling or sweating | 5. Chest pain & upset stomach | 6. Rapid heartbeat & breathing
7. Tense, nervous & panic-stricken | 8. Repeated exposure reduces anxiety



ANGER

1. Aggressive, multi-faceted, unpleasant feeling
2. Coping mechanism for threats & dangers | 3. Hostility, agitation, frustration & antagonism | 4. Activates fight-or-flight response | 5. Frowning, teeth grinding, clenching fists, yelling | 6. Increased cardiac activity & breathing rate | 7. Affects decision making skills



DISGUST

1. Disease-avoidance mechanism | 2. Avoidance of toxic substances | 3. Severe displeasure | 4. Nausea & vomiting | 5. Rapid heartbeat & breathing, GI problems | 6. Evolutionary and adaptive behavior
7. Revulsion towards food, death & social stimuli
8. Evolutionary & adaptive behavior



SURPRISE

1. Reaction to unexpected stimulus | 2. Lack of conscious awareness | 3. Activates attention & curiosity
4. Activates fight-flight-freeze response | 5. Physically freeze for 1/25th of a second | 6. Physiological startle response | 7. Widening eyes, gasping & screaming
8. Reduced heart rate, deeper breathing

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Emotion Explained

**Johnny J. R. Fontaine, Klaus R.
Scherer, Cristina Soriano**



Emotion Explained:

Emotion Explained Edmund T. Rolls, 2005 What produces emotions Why do we have emotions How do we have emotions Why do emotional states feel like something This book seeks explanations of emotion by considering these questions Emotion continues to be a topic of enormous scientific interest This new book a successor to *The Brain and Emotion* OUP 1998 describes the nature functions and brain mechanisms that underlie both emotion and motivation *Emotion Explained* goes beyond examining brain mechanisms of emotion by proposing a theory of what emotions are and an evolutionary Darwinian theory of the adaptive value of emotion It also shows that there is a clear relationship between motivation and emotion The book also examines how cognitive states can modulate emotions and in turn how emotions can influence cognitive states It considers the role of sexual selection in the evolution of affective behaviour It also examines emotion and decision making with links to the burgeoning field of neuroeconomics The book is also unique in considering emotion at several levels the neurophysiological neuroimaging neuropsychological behavioural and computational neuroscience levels *Emotion and Decision Making Explained* Edmund T. Rolls, 2014 What produces emotions Why do we have emotions How do we have emotions Why do emotional states feel like something What is the relation between emotion and reward value and subjective feelings of pleasure These are just some of the questions considered in this book written by a leading neuroscientist in this field On Understanding Emotion Norman K. Denzin, Emotions fleeting insubstantial changeable and ambiguous seem to defy study and analysis Nothing is more complex mysterious and subject to conflicting theories and interpretations than human emotion Yet the central importance of emotion in human affairs is undeniable Emotions affect all levels of life personal organizational political cultural economic and religious Emotions give meaning to life Emotional disturbances can destroy that meaning How should emotions be studied How can an understanding of the inner feelings of individuals illuminate important social interactions and human developments In his book Norman Denzin presents a systematic in depth analysis of emotion that combines new theoretical advances with practical applications Based on an intensive critical examination of classical and modern theoretical research and on revealing personal interviews in which ordinary people express their emotional lives he builds a new framework for understanding ordinary emotions and emotional disturbances Denzin analyzes how people experience joy and pain love and hate anger and despair friendship and alienation and examines the personal psychological social and cultural aspects of human emotion to provide new perspectives for understanding human experience and social interactions He offers new insights on the role of emotions in family violence and recommends ways of helping people escape from recurring patterns of violence And in criticizing current conceptions of emotionally disturbed people he reveals the nature of their inner lives and the ways they perceive and relate to others In sum this book presents new insights on human relationships and human experience It is now available in paperback for the first time with a new introduction by the author Norman K Denzin is professor of sociology cinema studies and interpretive theory at the

University of Illinois Urbana Champaign He was awarded the George Herbert Mead Award for Lifetime Achievement from the Society for the Study of Symbolic Interaction He is the author of several books including *The Alcoholic Society Children and Their Caretakers* *Hollywood Shot by Shot* *Sociological Methods* and *The Values of Social Science* all available from Transaction

Components of emotional meaning Johnny J. R. Fontaine, Klaus R. Scherer, Cristina Soriano, 2013-08-01 Publications on emotion and the affective sciences in general have exploded in the last decade Numerous research teams and individual scholars from many different disciplines have published research papers or books about many different aspects of emotions and their role in behaviour and society However One aspect of emotional research that has been somewhat neglected is the way in which emotional terms translate into other languages When using terms like anger sadness fear disgust and joy for so called basic emotions as well as terms like shame guilt pride regret and contempt for more complex emotions it is naturally assumed that the emotion terms used for research in the native language of the researchers and translated into English are completely equivalent in meaning However this is not generally the case In many cases there is no direct one to one relationship between an English term and a term in an alternative language In fact there can be significant differences in the way that these seemingly similar emotional terms can be applied across various languages with important implications for how we review and appraise this work This book presents an extensive cross cultural and cross linguistic review of the meaning of emotion words adopting a novel methodological approach Based on the Component Process Model the authors developed a new instrument to assess the meaning of emotion terms This instrument the GRID questionnaire consists of a grid of 24 emotion terms spanning the emotion domain and 142 emotion features that operationalize five emotion components Appraisals Bodily reactions Expressions Action tendencies and Feelings For the operationalization of these five emotion components very different emotion models from the Western and the cultural comparative emotion literature were taken into account Components of Emotional Meaning includes contributions from psychological cultural comparative and linguistic perspectives demonstrating how this new instrument can be used to empirically study very different research questions on the meaning of emotion terms The implications of the results for major theoretical debates on emotion are also discussed For all researchers in the affective sciences this book is an important new reference work

The Brain, Emotion, and Depression Edmund T. Rolls, 2018-07-25 There are myriad questions that emerge when one considers emotions and decision making What produces emotions Why do we have emotions How do we have emotions Why do emotional states feel like something What is the relationship between emotion reward value and subjective feelings of pleasure How is the value of good represented in the brain Will neuroeconomics replace classical microeconomics How does the brain implement decision making Are gene defined rewards and emotions in the interests of the genes Does rational multistep planning enable us to go beyond selfish genes to plans in the interests of the individual The Brain Emotion and Depression addresses these issues providing a unified approach to emotion reward value economic value decision making

and their brain mechanisms The evolutionary adaptive value of the processes involved in emotion the neural networks involved in emotion and decision making and the issue of conscious emotional feelings are all considered The book will be valuable for those in the fields of neuroscience neurology psychology psychiatry biology animal behaviour economics and philosophy from the advanced undergraduate level upwards and for all interested in emotion and decision making

Introduction to EEG- and Speech-Based Emotion Recognition Priyanka A. Abhang, Bharti W. Gawali, Suresh C.

Mehrotra, 2016-03-23 Introduction to EEG and Speech Based Emotion Recognition Methods examines the background methods and utility of using electroencephalograms EEGs to detect and recognize different emotions By incorporating these methods in brain computer interface BCI we can achieve more natural efficient communication between humans and computers This book discusses how emotional states can be recognized in EEG images and how this is useful for BCI applications EEG and speech processing methods are explored as are the technological basics of how to operate and record EEGs Finally the authors include information on EEG based emotion recognition classification and a proposed EEG speech fusion method for how to most accurately detect emotional states in EEG recordings Provides detailed insight on the science of emotion and the brain signals underlying this phenomenon Examines emotions as a multimodal entity utilizing a bimodal emotion recognition system of EEG and speech data Details the implementation of techniques used for acquiring as well as analyzing EEG and speech signals for emotion recognition

The Emotions Peter Goldie, 2002-08 Peter Goldie opens the path to a deeper understanding of our emotional lives through a lucid philosophical exploration of this surprisingly neglected topic He illuminates the phenomena of emotion by drawing not only on philosophy but also on literature and science He considers the roles of culture and evolution in the development of our emotional capabilities He examines the links between emotion mood and character and places the emotions in the context of such related phenomena as consciousness thought feeling and imagination He explains how it is that we are able to make sense of our own and other people's emotions and how we can explain the very human things which emotions lead us to do A key theme of *The Emotions* is the idea of a personal perspective or point of view contrasted with the impersonal stance of the empirical sciences Goldie argues that it is only from the personal point of view that thoughts reasons feelings and actions come into view He suggests that there is a tendency for philosophers to over intellectualize the emotions and investigates how far it is possible to explain emotions in terms of rationality Over intellectualizing can also involve neglecting the centrality of feelings and Goldie shows how to put them where they belong as part of the intentionality of emotional experience directed towards the world from a point of view Goldie argues that the various elements of emotional experience including thought feeling bodily change and expression are tied together in a narrative structure To make sense of one's emotional life one has to see it as part of a larger unfolding narrative The narrative is not simply an interpretative framework of a life it is what that life is Goldie concludes by applying these ideas in a close study of one particular emotion jealousy This fascinating book gives an accessible but penetrating

exploration of a subject that is important but mysterious to all of us Any reader interested in emotion and its role in our understanding of our lives will find much to think about here

Handbook of Emotions Michael Lewis, Jeannette M. Haviland-Jones, Lisa Feldman Barrett, 2010-11-03 Widely regarded as the standard reference in the field this handbook comprehensively examines all aspects of emotion and its role in human behavior The editors and contributors are foremost authorities who describe major theories findings methods and applications The volume addresses the interface of emotional processes with biology child development social behavior personality cognition and physical and mental health Also presented are state of the science perspectives on fear anger shame disgust positive emotions sadness and other distinct emotions Illustrations include seven color plates

Kant's Theory of Emotion D. Williamson, 2015-04-01 Williamson explains defends and applies Kant's theory of emotion Looking primarily to the Anthropology and the Metaphysics of Morals she situates Kant's theory of affect within his theory of feeling and focuses on the importance of moral feelings and the moral evaluation of our emotions

Handbook of Research on Synthetic Emotions and Sociable Robotics: New Applications in Affective Computing and Artificial Intelligence Vallverdú, Jordi, Casacuberta, David, 2009-05-31 This book focuses on the integration of emotions into artificial environments such as computers and robotics Provided by publisher

Knowing Emotions Rick Anthony Furtak, 2018-02-01 How do our emotions enable us to know When Pascal noted that the heart has its own reasons he implied that our rational faculty alone cannot grasp what is revealed in affective experience Knowing Emotions seeks to explain comprehensively why human emotions are more than physiological disturbances but experiences capable of making us aware of significant truths that we could not know by any other means Recent philosophical and interdisciplinary research on the emotions has been dominated by a renewal of the debate over how best to characterize the intentionality of emotions as well as their bodily character Rick Anthony Furtak frames this debate differently however arguing that intentionality and feeling are not two discrete parts of affective experience but conceptually distinguishable aspects of a unified response His account captures how an emotion's phenomenal or felt quality what it is like relates to its intentional content what it is about Knowing Emotions provides a solid introduction to the philosophy of emotion before delving into the debates that surround it Furtak draws from a wide range of analytic and Continental philosophers including Sartre Merleau Ponty Kierkegaard and Nietzsche among others and bolsters his analysis with empirical evidence from social psychology neuroscience and psychiatry Perhaps most importantly Furtak investigates all varieties of affective experience from brief episodes to moods and emotional dispositions loves and other longstanding concerns and overall patterns of temperament and affective outlook Ultimately he argues that we must reject the misguided aspiration to purify ourselves of passion and attain an impersonal standpoint Knowing Emotions attempts to clarify what kind of truth may be revealed through emotion and what can be known not despite but precisely by virtue of each person's idiosyncratic perspective

Emotion Explained Edmund T. Rolls, 2005 What produces emotions Why do we have emotions How do we have

emotions Why do emotional states feel like something This text seeks explanations of emotion by considering these questions

Methods and Assessment in Culture and Psychology Michael Bender, Byron G. Adams, 2021-02-18 Significant advancements in methodologies and statistical techniques in cross cultural psychological research abound but general practice education and most researchers in psychology rarely use them This leads to misinterpretations misrepresentations and prejudice The authors expertly demonstrate the importance of methodological rigor to safeguard appropriate inferences about similarities and differences particularly when methods have not been developed in the cultural contexts where they are used The book features acculturation and identity including contributions on remote acculturation religiosity and organizational contexts It also covers individual differences and evaluates methodological progress in educational assessment emotions motivation and personality Methodological and psychometric perspectives on equivalence and bias as well as measurement invariance in cross cultural research are a central theme From study design to data interpretation it is essential for psychology and the social sciences in general to adopt methods and assessment procedures that are more rigorous for culture comparative studies

Mormonism and the Emotions Mauro Properzi, 2015-05-21 Mormonism and the Emotions An Analysis of LDS Scriptural Texts is an introductory Latterday Saint LDS theology of emotion that is both canonically based and scientifically informed It highlights three widely accepted characteristics of emotion that emerge from scientific perspectives namely the necessity of cognition for its emergence the personal responsibility attached to its manifestations and its instrumentality in facilitating various processes of human development and experience In analyzing the basic theological structure of Mormonism and its unique canonical texts the objective is to determine the extent to which LDS theology is compatible with this three fold definition of emotion At this basic level of explanation the conclusion is that science and Mormon theology undoubtedly share a common perspective The textual investigation focuses on unique Mormon scriptures and on their descriptions of six common emotions hope fear joy sorrow love and hate For each of these emotional phenomena the extensive report of textual references consistently confirms an implied presence of the outlined three fold model of emotion Thus the evidence points to the presence of an underlying folk model of emotion in the text that broadly matches scientific definitions Additionally the theological examination is enlarged with a particular focus on the Mormon theology of atonement which is shown to play a significant role in LDS understandings of emotions A broad exploration of such areas as epistemology cosmology soteriology and the theological anthropology of Mormonism further contextualizes the analysis and roots it in the LDS theological worldview

Emotionomics Dan Hill, 2010-10-03 I believe that emotion is where it s at Tom Peters For far too long emotions have been ignored in favour of rationality and efficiency but breakthroughs in brain science have revealed that people are primarily emotional decision makers Many companies have not yet accepted that fact much less acted on it In this fully revised edition Emotionomics will help you to understand emotions in terms of business opportunities both in the marketplace and in the workplace In today s highly competitive marketplace

where many products look alike it is the emotional benefit that can make the difference At the same time companies with engaged productive work forces will undoubtedly achieve competitive advantage Dan Hill's book draws on insights gathered through facial coding the single best viable means of measuring and managing the emotional response of customers and employees to help you to leverage emotions for business success in terms of branding product design advertising sales customer satisfaction leadership and employee management Emotions matter and Emotionomics will help you to step closer to customers and employees but step ahead of your competitors *Collective Emotions* Christian von Scheve, Mikko Salmella, 2014-01-30 Although collective emotions have a long tradition in scientific inquiry for instance in mass psychology and the sociology of rituals and social movements their importance for individuals and the social world has never been more obvious than in the past decades The Arab Spring revolution the Occupy Wall Street movement and mass gatherings at music festivals or mega sports events clearly show the impact collective emotions have both in terms of driving conflict and in uniting people But these examples only show the most obvious and evident forms of collective emotions Others are more subtle although less important shared moods emotional atmospheres and intergroup emotions are part and parcel of our social life Although these phenomena go hand in hand with any formation of sociality they are little understood Moreover there still is a large gap in our understanding of individual emotions on the one hand and collective emotional phenomena on the other hand This book presents a comprehensive overview of contemporary theories and research on collective emotions It spans several disciplines and brings together for the first time various strands of inquiry and up to date research in the study of collective emotions and related phenomena In focusing on conceptual theoretical and methodological issues in collective emotion research the volume narrows the gap between the wealth of studies on individual emotions and inquiries into collective emotions The book catches up with a renewed interest into the collective dimensions of emotions and their close relatives for example emotional climates atmospheres communities and intergroup emotions This interest is propelled by a more general increase in research on the social and interpersonal aspects of emotion on the one hand and by trends in philosophy and cognitive science towards refined conceptual analyses of collective entities and the collective properties of cognition on the other hand The book includes sections on Conceptual Perspectives Collective Emotion in Face to Face Interactions The Social Relational Dimension of Collective Emotion The Social Consequences of Collective Emotions Group Based and Intergroup Emotion Rituals Movements and Social Organization and Collective Emotions in Online Social Systems Including contributions from psychologists philosophers sociologists and neuroscience this volume is a unique and valuable contribution to the affective sciences literature Genes, Brain, and Emotions Andrei C. Miu, Judith R. Homberg, Klaus-Peter Lesch, 2019 The study of emotions has rapidly expanded in recent decades incorporating interdisciplinary research on the genetic underpinnings and neural mechanisms of emotion This book offers a comprehensive account of this interdisciplinary field of research bridging psychology genetics and neuroscience Handbook of Emotions, Third Edition Michael

Lewis, Jeannette M. Haviland-Jones, Lisa Feldman Barrett, 2008-04-17 Widely regarded as the standard reference in the field this handbook comprehensively examines all aspects of emotion and its role in human behavior. The editors and contributors are foremost authorities who describe major theories, findings, methods, and applications. The volume addresses the interface of emotional processes with biology, child development, social behavior, personality, cognition, and physical and mental health. Also presented are state-of-the-science perspectives on fear, anger, shame, disgust, positive emotions, sadness, and other distinct emotions. Illustrations include seven color plates. *Psychological Perspectives of Organizational Commitment* Saurabh Kumar Tiwari, 2009 Study conducted among the selected personnel of North Eastern Railway India. What Emotions Really Are Paul E. Griffiths, 2008-04-15 In this provocative contribution to the philosophy of science and mind Paul E. Griffiths criticizes contemporary philosophy and psychology of emotion for failing to take in an evolutionary perspective and address current work in neurobiology and cognitive science. Reviewing the three current models of emotion, Griffiths points out their deficiencies and constructs a basis for future models that pay equal attention to biological fact and conceptual rigor. Griffiths has written a work of depth and clarity in an area of murky ambiguity, producing a much-needed standard at the border of science, philosophy, and psychology. As he presents his case, offering a forthright critique of past and present theories, Griffiths touches on such issues as evolution, social construction, natural kinds, categories corresponding with real distinctions in nature, cognition, and moods. While addressing specialists, the book will reward general readers who apply themselves to its remarkably accessible style. *Library Journal* *What Emotions Really Are* makes a strong claim to be one of the best books to have emerged on the subject of human emotion. Ray Dolan *Nature*

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