General Psychology
Ch. 13: Emotion Outline

I. Terms
A. Emotion

II. General Theories of Emotion
A. James-Lange Theory
B. Cannon-Bard Theory
C. Facial Feedback Hypothesis
D. Schachter’s Two-Factor Theory
E. Two Dimensions of Emotion
   1. Emotion valence
   2. Low vs. high arousal

III. Understanding Emotion (cognitive, physiological, behavioral components)
A. Cognitive
B. Physiological (Arousal)
   1. Reticular formation
   2. Limbic system (hypothalamus & amygdala) –
   3. Cerebral cortex
   4. ANS
      a. Lie detection tests
C. Behavioral (Expressive)
D. Universals of Emotion
   1. 6 basic emotions

IV. Experienced Emotion
A. Fear
   1. Learning fear
   2. Biology of fear
B. Anger
   1. Catharsis
      a. Catharsis hypothesis
   2. Best way to handle anger
C. Happiness
   1. Subjective well-being
   2. The adaptation-level principle
   3. The relative deprivation principle
   4. Predictors of happiness