

## Chapter 13: From Social Cognition to Affect

1. Deciding what is an emotion and what is not is difficult when emotions are required to have rigid definitions. Explain how considering emotional prototypes solves this issue?
  - a) Taking on a prototype view, instead of demanding clear-cut definitions, we think instead of fuzzy sets of related ideas. When attempting to identify an emotion, then, people look at the various traits' degree of fit in different fuzzy sets of emotions. The prototype view is useful when considering how we identify our emotions.
2. Explain what the James-Lange view and the Cannon view of emotion are. What is the key difference between these views?
  - a) The James-Lange view of emotion argues that physiological patterns unique to each emotion reveal to us what we are feeling. Basically, our physical responses cause our emotions.
  - b) The Cannon view of emotions argues that physiological arousal is too diffuse to account for all the different emotions people have. Moreover, this view argues that the autonomic system responds too slowly to account for the speed of emotional response.
  - c) The key difference here is that the James-Lange view sees emotion as emerging from physiological patterns where the Cannon view claims it is not possible for physiological patterns to account for emotions, given that they surface quickly and have incredible variety.
3. Briefly describe the facial feedback hypothesis. Do you believe this hypothesis is an accurate characterization of emotional processing? Cite research or trends in research in support of your conclusion.
  - a) This hypothesis argues that feedback from facial expressions influences emotional experiences and behavior. Thus, people's emotions are especially affected by childhood development and upbringing: one's social context influences the facial expressions people have and thereby the emotions they can feel.
  - b) The theory is controversial. Though there is some support from embodied cognition for the hypothesis (e.g., holding a pen in the mouth leading to higher ratings of humor), such support is limited to differentiating pleasant versus unpleasant experiences and perhaps arousal. Outside of this, there are many reported failures to replicate feedback findings and small effects across studies.
4. Describe Zillman's excitation transfer theory and Schachter and Singer's theory of emotion. Describe one similarity and one difference between these two theories.
  - a) Zillman's excitation transfer theory argues that arousal influences emotion with or without people's conscious knowledge that they are aroused.
  - b) Schachter and Singer's theory of emotion argues that emotion results when people label, interpret, and identify physiological arousal for which they have no immediate other explanation.

- c) Both of these theories suppose that arousal influences emotions.
  - d) The key difference between these theories is that, according to Zillman, people do not need to be aware of their arousal in order for it to affect their emotions. According to Schachter and Singer, on the other hand, people must be aware of their arousal if it is going to affect their emotions because arousal only affects emotions when it is consciously perceived and interpreted.
5. Certain theories of emotion refer to interruptions. Define an interruption and explain its significance to Mandler's arousal-plus-mind theory and Berscheid's hypothesis.
- a) An interruption refers to the disruption of an expected perceptual pattern or a goal-directed behavior sequence.
  - b) Mandler theorized that interruptions spur varying levels of arousal, depending on the complexity of the pattern/sequence that is interrupted. Arousal then determines the intensity of the emotion that one feels—the emotion deriving from one's interpretation of the interruption as positive or negative.
  - c) Berscheid's hypothesis relates to close relationships. Where the level of people's dependency on each other defines the closeness of their relationship, Berscheid theorized that the more intermeshed two people's daily and long-term goals are, the more seriously each can interrupt the other. That is, the more frequent, strong, diverse, complex, and long-term that people's dependencies are on one another, the more intensely that the interruptions of one affect the other.
6. Briefly explain the premise of research on affective forecasting and how it impacts people's emotions. Be sure to mention the psychological immune system and durability bias.
- a) The research on affective forecasting is based on the premise that people have expectations about how they will feel, and their emotions are impacted by those expectations. More specifically, this research indicates that people make wrong-headedly extreme affective forecasts of their own personal upcoming emotional weather.
  - b) People generally overestimate the impact of negative events. Moreover, people fail to consider the amount that their psychological immune system enables them to get past these negative events. People also fall prey to durability bias, where they expect negative events to affect them longer than they actually do.