



Appraisals as a key element of emotion

Psychology 1702
The Emotional Mind

Today's agenda

- Conclusion of Unit 1 - Appraisals

Announcements: College

- Sections start this week:

Section 1 Wednesdays 3:00 PM - 4:15 PM – William James 1305 – TF: Peter Aungle

Section 2 Thursdays 3:00 PM - 4:15 PM – William James B6 – TF: Diya Dharmendran

Section 3 Thursdays 4:30 PM - 5:45 PM – William James 303 – TF: Diya Dharmendran

Section 4 Fridays 10:30 AM - 11:45 AM – William James 1305 TF: Angelina Awad

Announcements: College

- Discussion Qs for section are available on Canvas
- College course: Paragraph submissions due next Monday (upload link on Week 4's Module)

WEEK 3 Feb 5-Feb 11

- Lecture
- [Lecture slides Feb 5](#)
- Readings
- [Reading - Keltner, Oatley, & Jenkins](#)
- Section
- [In Depth Discussion Guide](#)
- [Section discussion Qs - Inside Out](#)
- What's Due
- [In-Depth Discussion 1](#)
Feb 12 | 4 pts

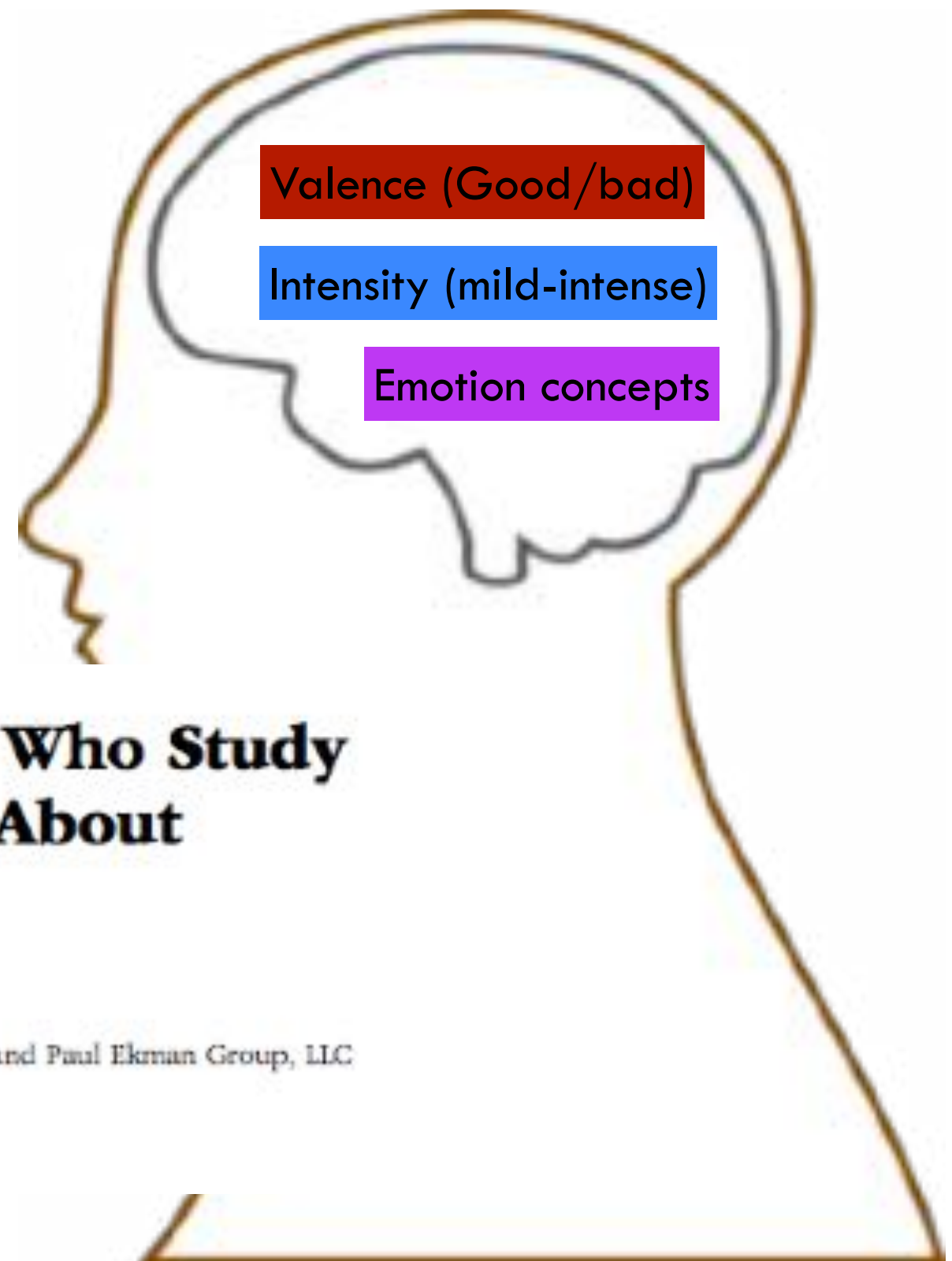
Announcements: DCE

- See “Announcements” page on Canvas for final reminders/walk through of the discussion assignment structure.

Basic emotion theory



Constructionist emotion theory

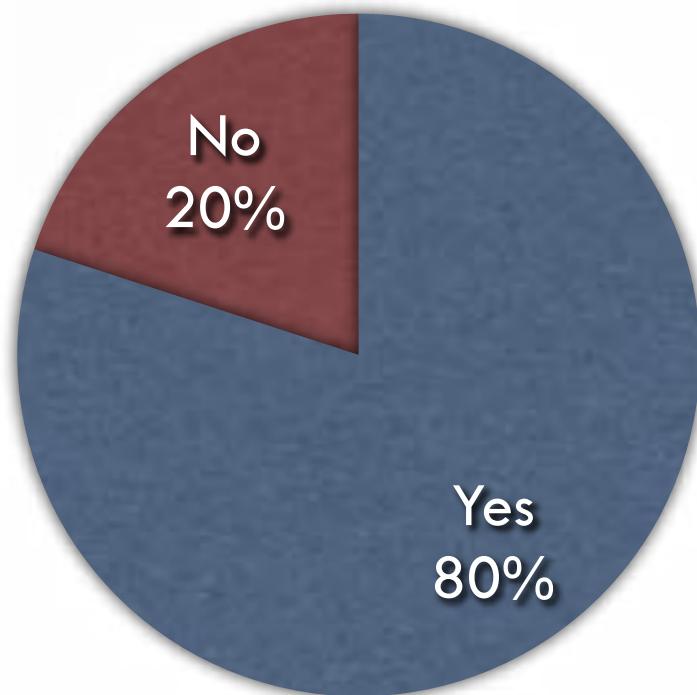


**What Scientists Who Study
Emotion Agree About**

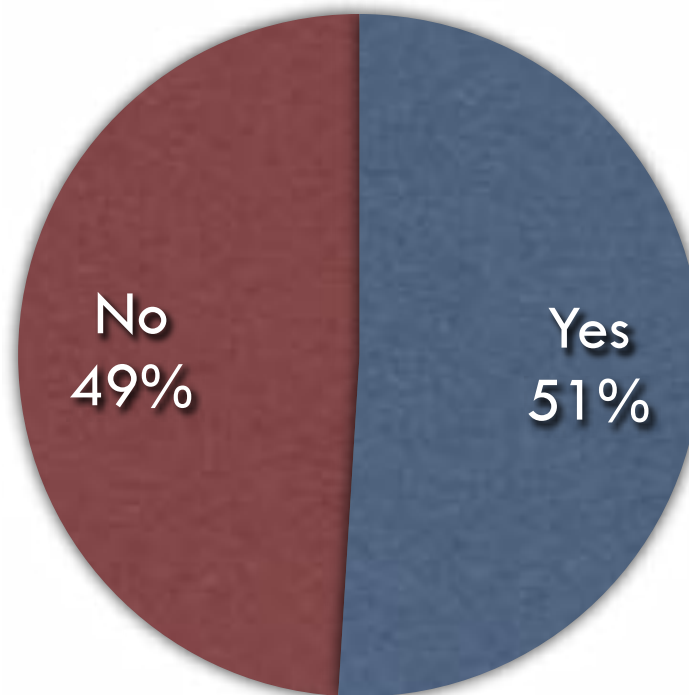
Paul Ekman

University of California, San Francisco and Paul Ekman Group, LLC

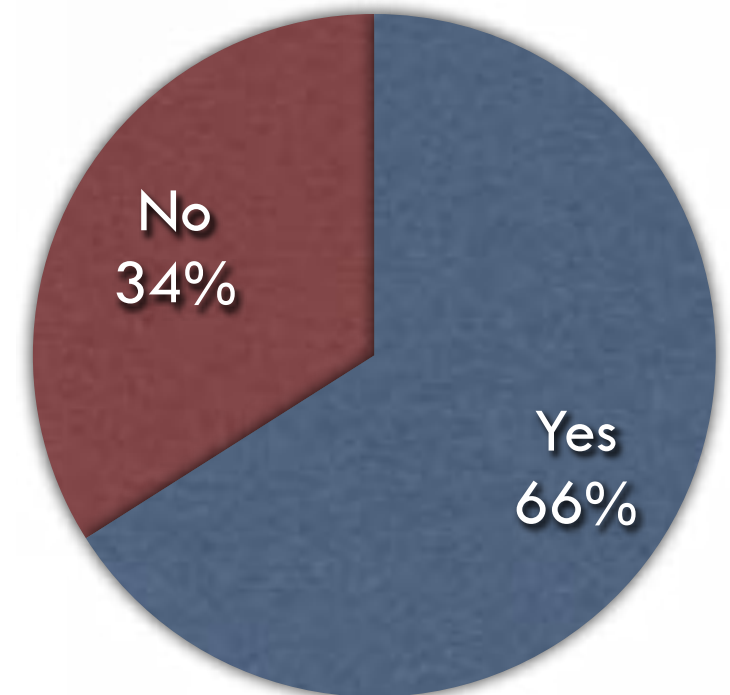
Is there compelling evidence for universal expressions of emotion?



Is there compelling evidence for universal physiological markers of specific emotions?

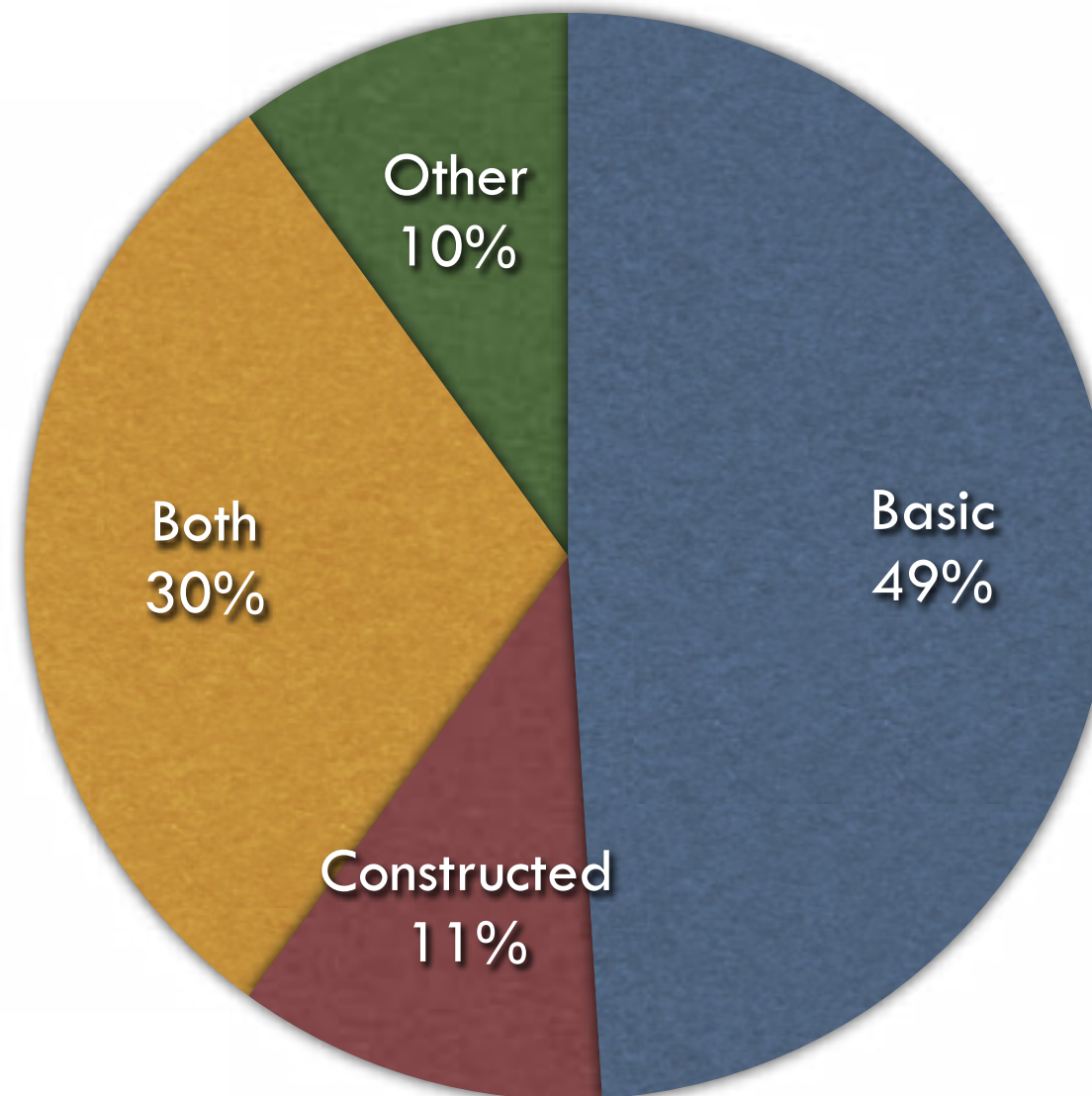


Is there compelling evidence for universal triggers of emotion?



Ekman, 2016
Surveyed ~250 emotion scientists

Which of the following best captures your orientation toward emotion research?



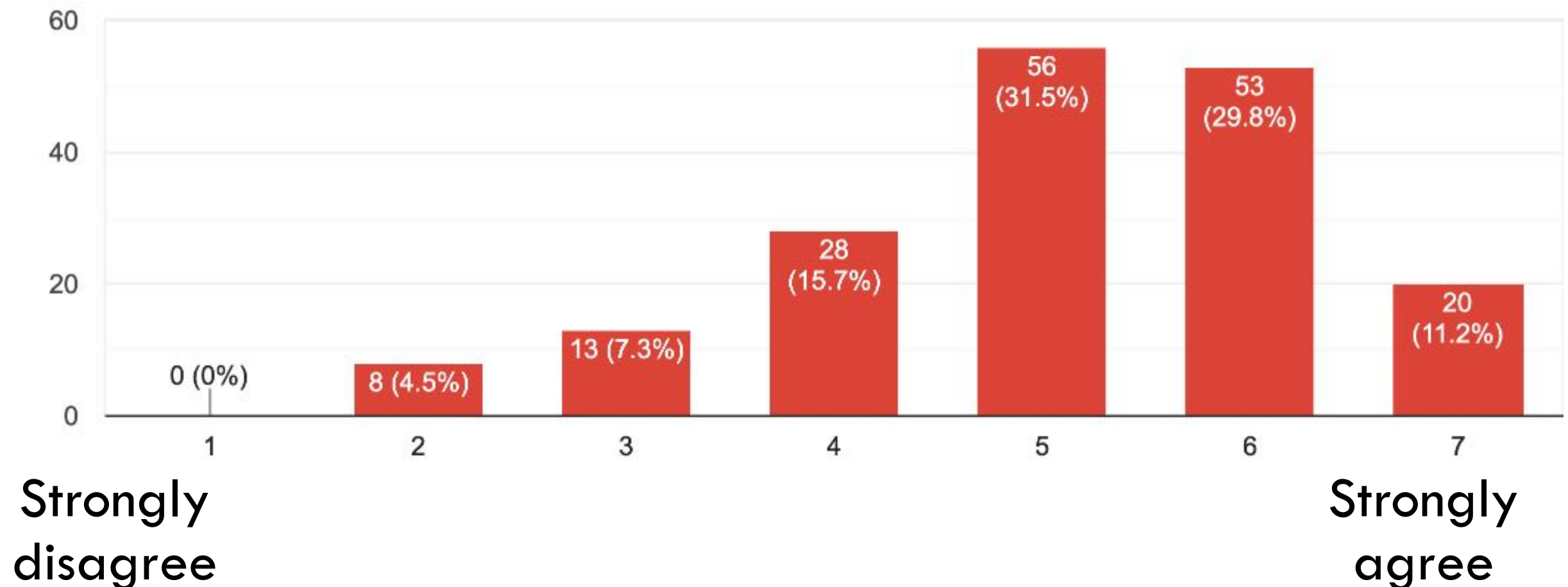
Ekman, 2016
Surveyed ~250 emotion scientists

Good or bad? It depends.

The role of appraisals & how they work

How much does conscious thought contribute to experiencing an emotion?

178 responses

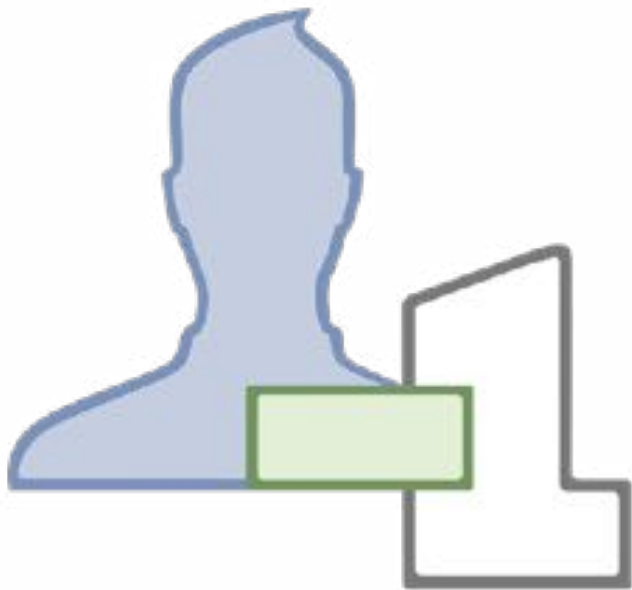


1. Eliciting Event

- Emotions don't come out of nowhere

Antecedent

- Often sudden
- Often specific
- Sometimes object focused, sometimes internally focused
- Always goal-relevant



Social group status



Survival



*Resources
Self-efficacy*

Cognitive Appraisal

- Appraisals are **psychological evaluations of emotional significance**.
- Idiosyncratic based on stable and transient factors.
- Allows us to explain why one stimulus could evoke a wide range of responses within and across people.



Richard Lazarus
1960s-1990s

“I think that startle, pain, and pleasure are best thought of as innate reflexes rather than emotions. These reactions to external stimuli are automatic and fairly rigid consequences of the way we are constructed physiologically, and very specific and concrete stimuli are capable of eliciting each reaction. **In contrast, no single stimulus is capable of eliciting any emotion regularly in all intact persons.**”

“Emotions constitute a very different kind of adaptational process from reflexes. In the evolution of complex and intelligent species, whose adaptation came to **depend greatly on the ability to learn from experience, emotions make possible much greater variability and flexibility than either reflexes or physiological drives.** Moreover, human emotions are often predicated on complex social structures and meanings that define what is harmful or beneficial and, therefore, **require judgment**, the ability to learn from experience and the ability to distinguish subtle differences that signify different **consequences** for well-being. Appraisal is thus a key factor in the evolution of adaptational processes, including emotion.”

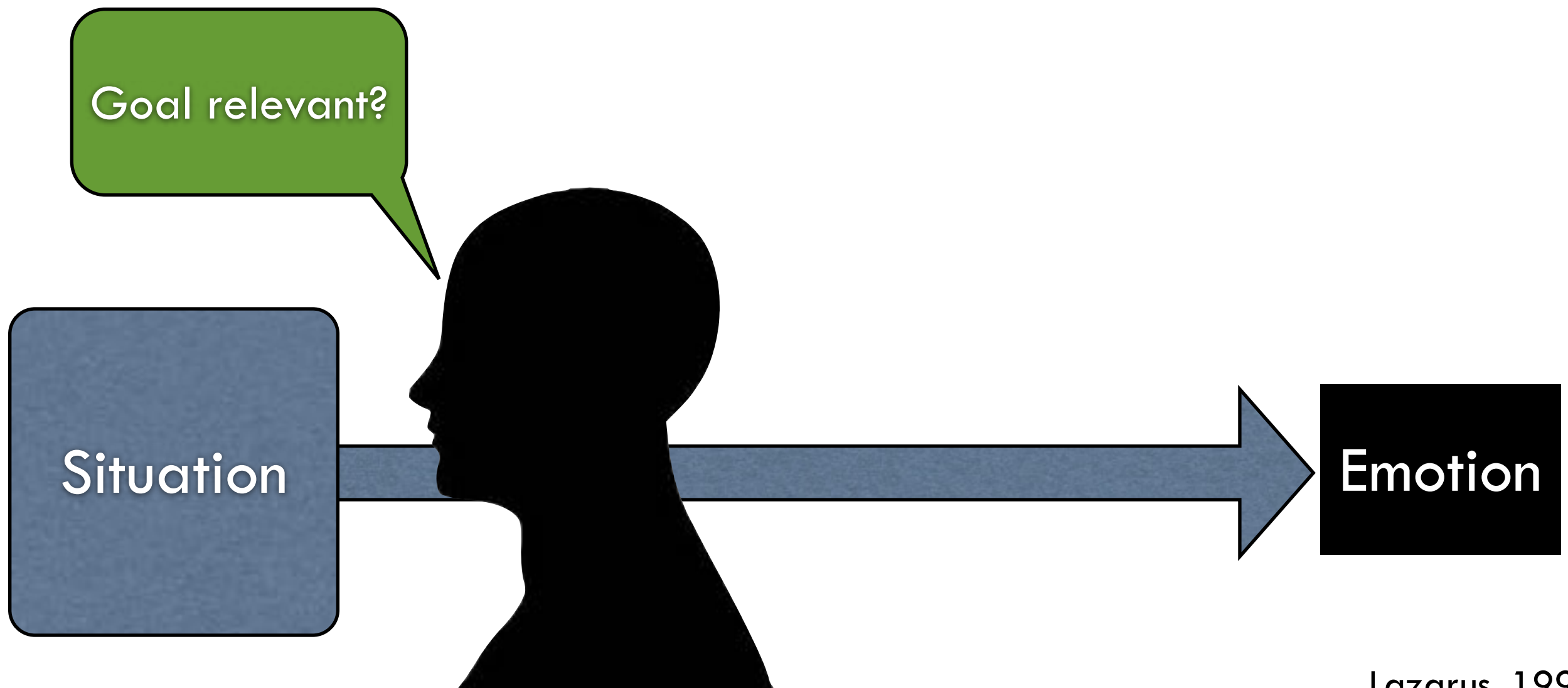
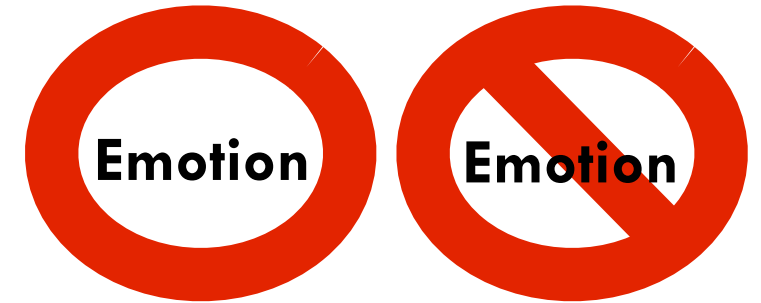
-Lazarus, 1991

Appraisal dimensions

Question:

Is something at stake for me?

Outcome:

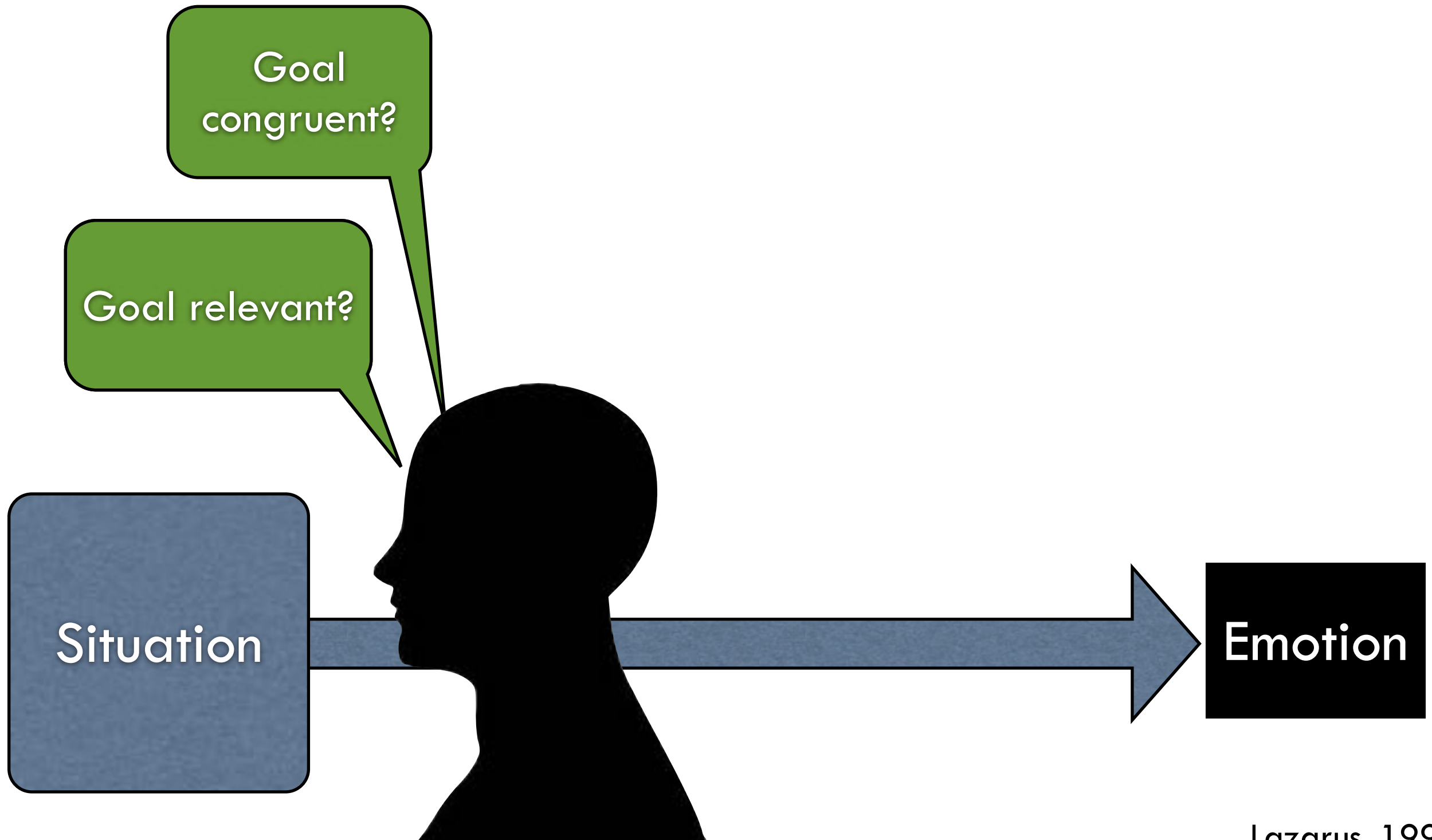
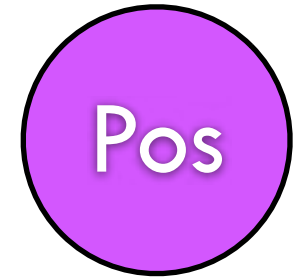
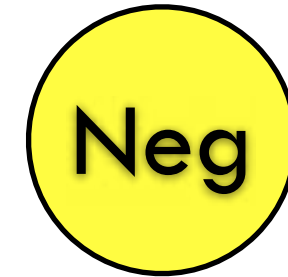


Appraisal dimensions

Question:

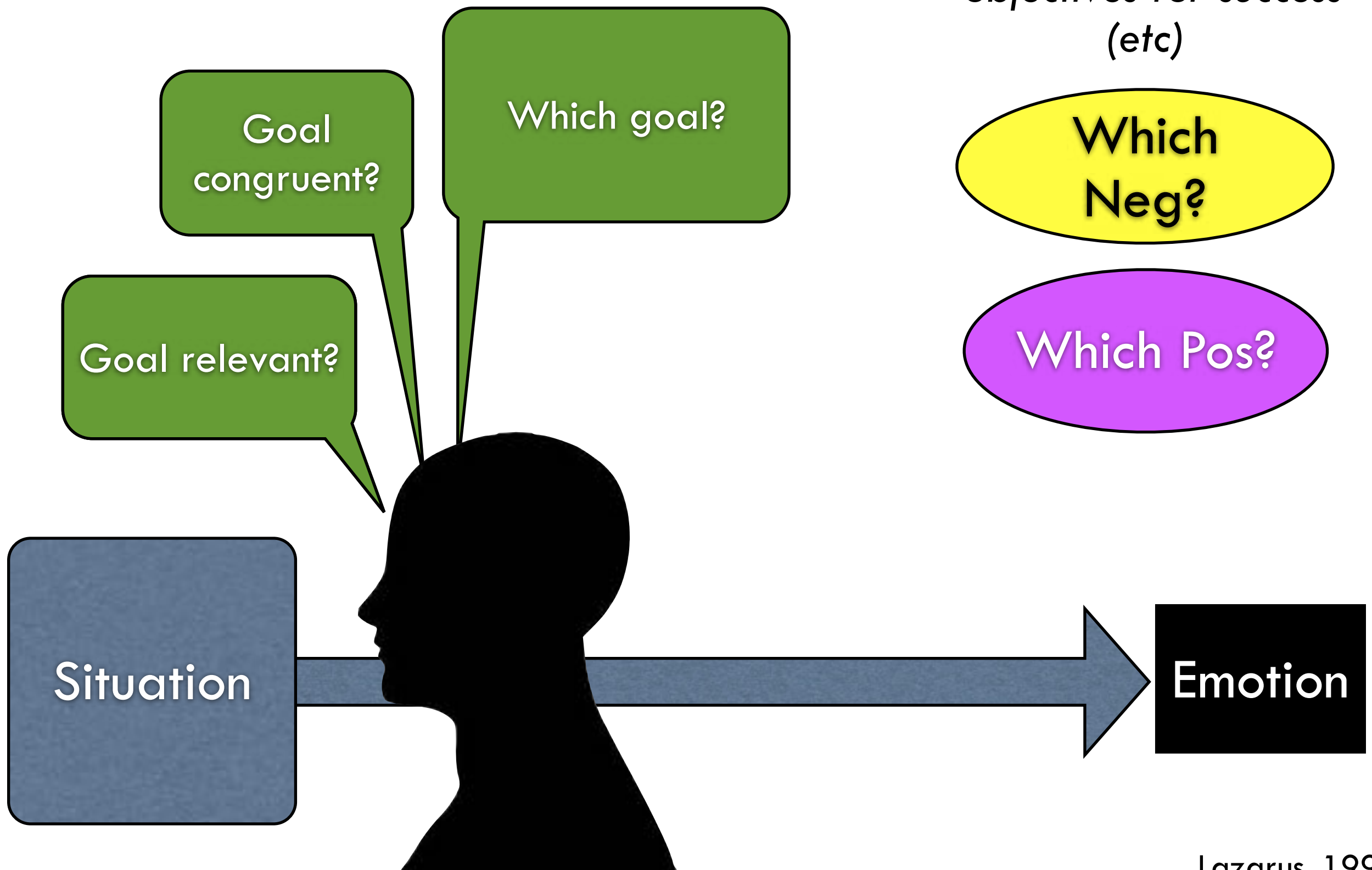
*Harmful or
beneficial to me?*

Outcome:



Primary Appraisal:
“What does this mean for me?”

Relevant to my:
-safety
-morality
-objectives for success
(etc)



Lazarus's primary appraisals:

Particular emotions tied to particular goals

Anger	Wronged
Fear	Danger
Anxiety	Uncertainty
Guilt	Moral transgression
Shame	Failed to reach goal
Sadness	Loss
Envy	Wanting what others have
Jealousy	Resentment
Disgust	Contamination
Happiness	Reaching goal
Pride	Taking credit for goal-directed beh.
Relief	Removal of goal incongruence
Hope	Yearning for better
Love	Affection
Compassion	Helping

Secondary appraisals
modify intensity:

- Self-relevance
- Attribution of self as cause
- Expectation of change

No need to memorize!

Goal relevant?

Situation

Yes

This person plays a role in my life that is important.

Found out that roommate is moving

have no relationship with them

Goal relevant?

Goal
congruent?

Situation

Yes

No

*My relationship with this
person ended too soon.*

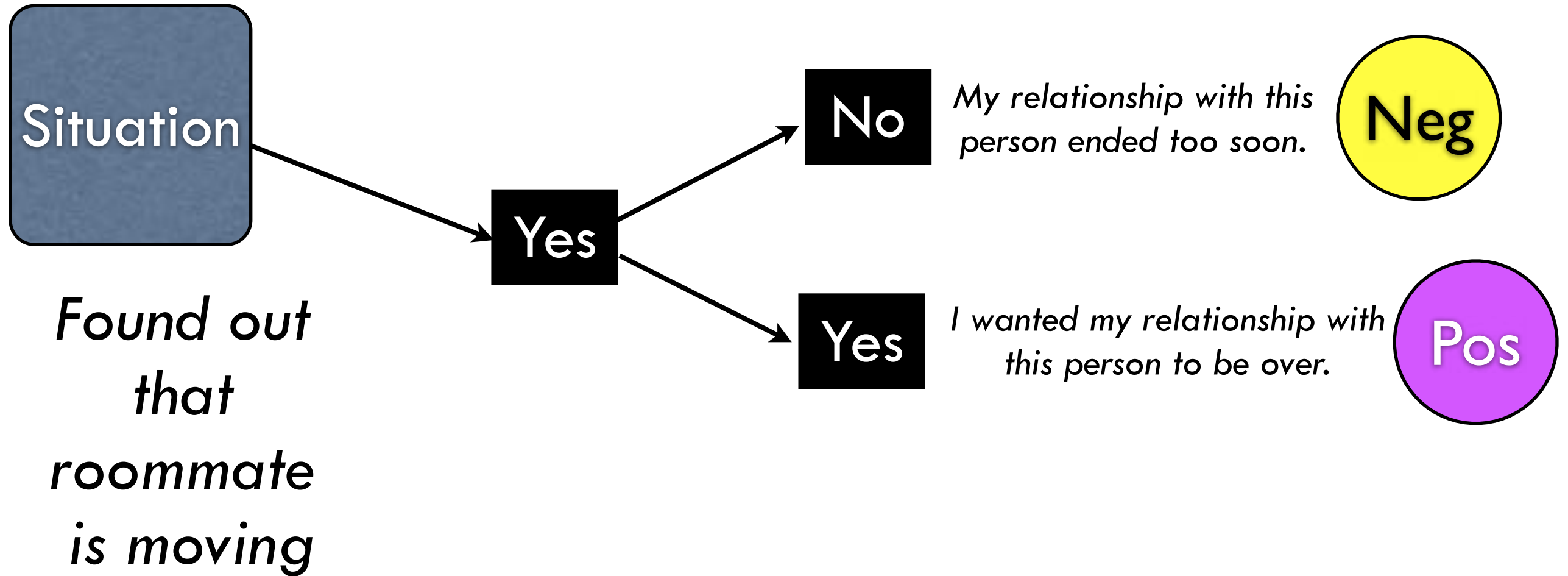
Neg

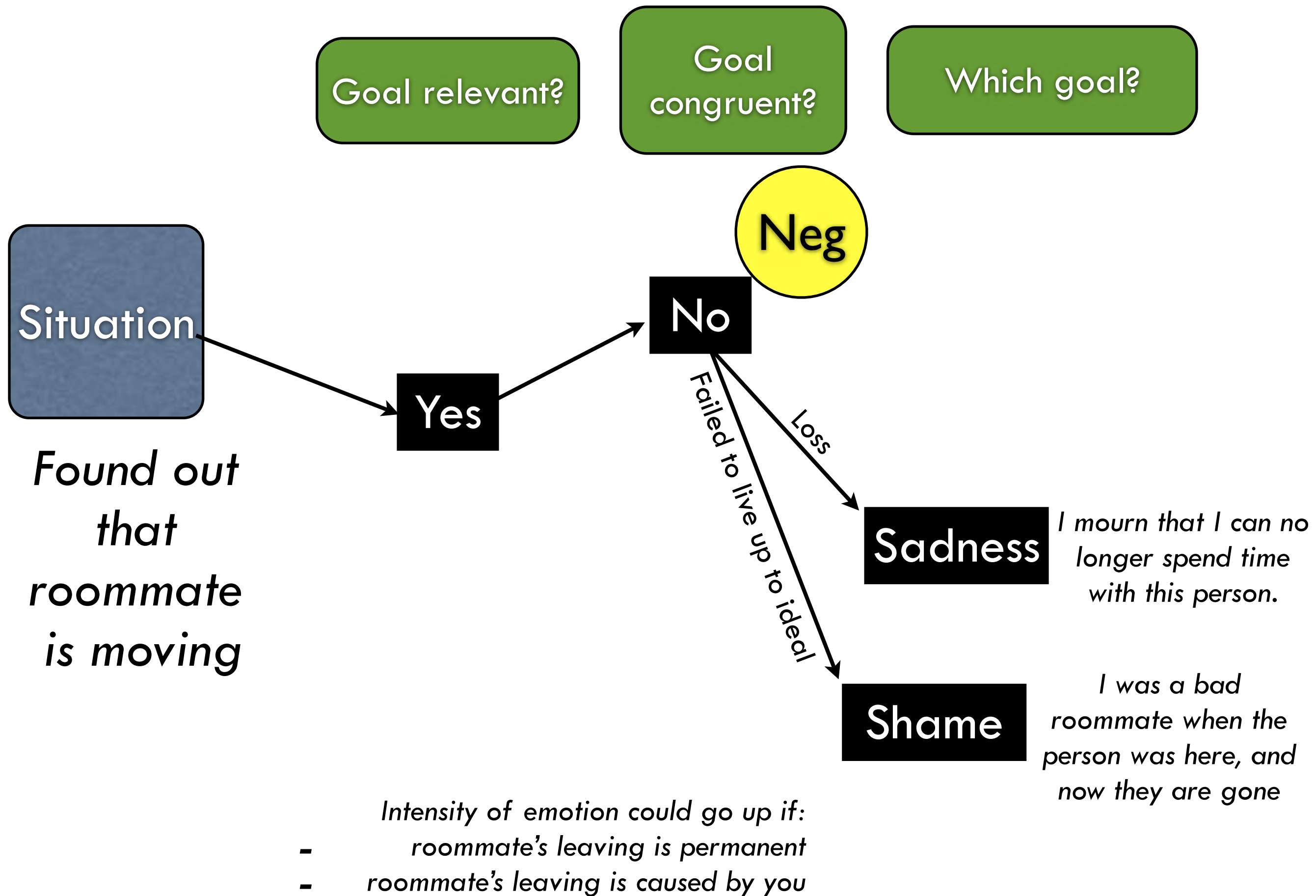
Yes

*I wanted my relationship with
this person to be over.*

Pos

*Found out
that
roommate
is moving*





Goal relevant?

Situation

No

Yes

*Standing in
line at the
store to buy
an important
medication,
and it is
taking a
really long
time*

Goal relevant?

Goal
congruent?

Situation

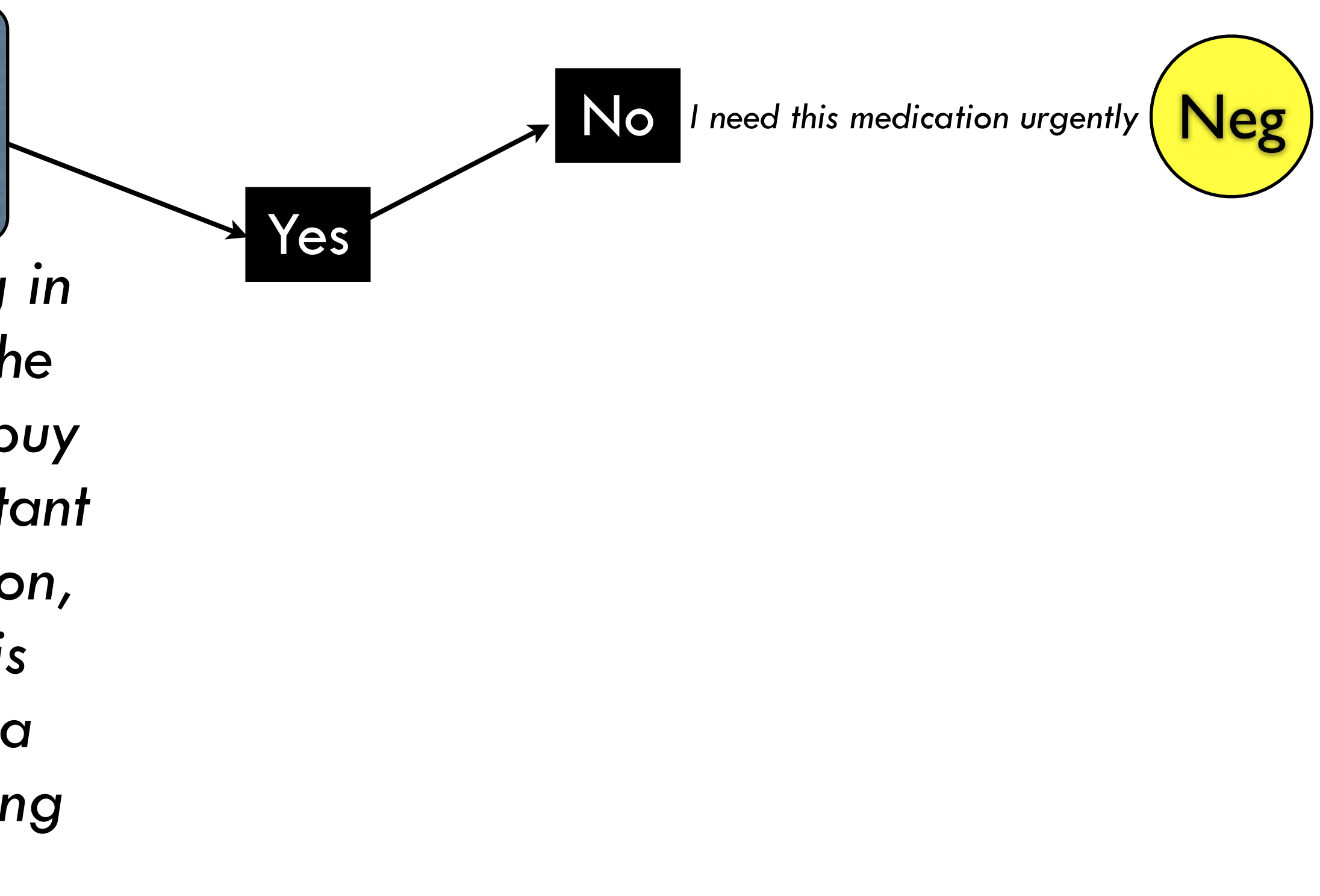
Yes

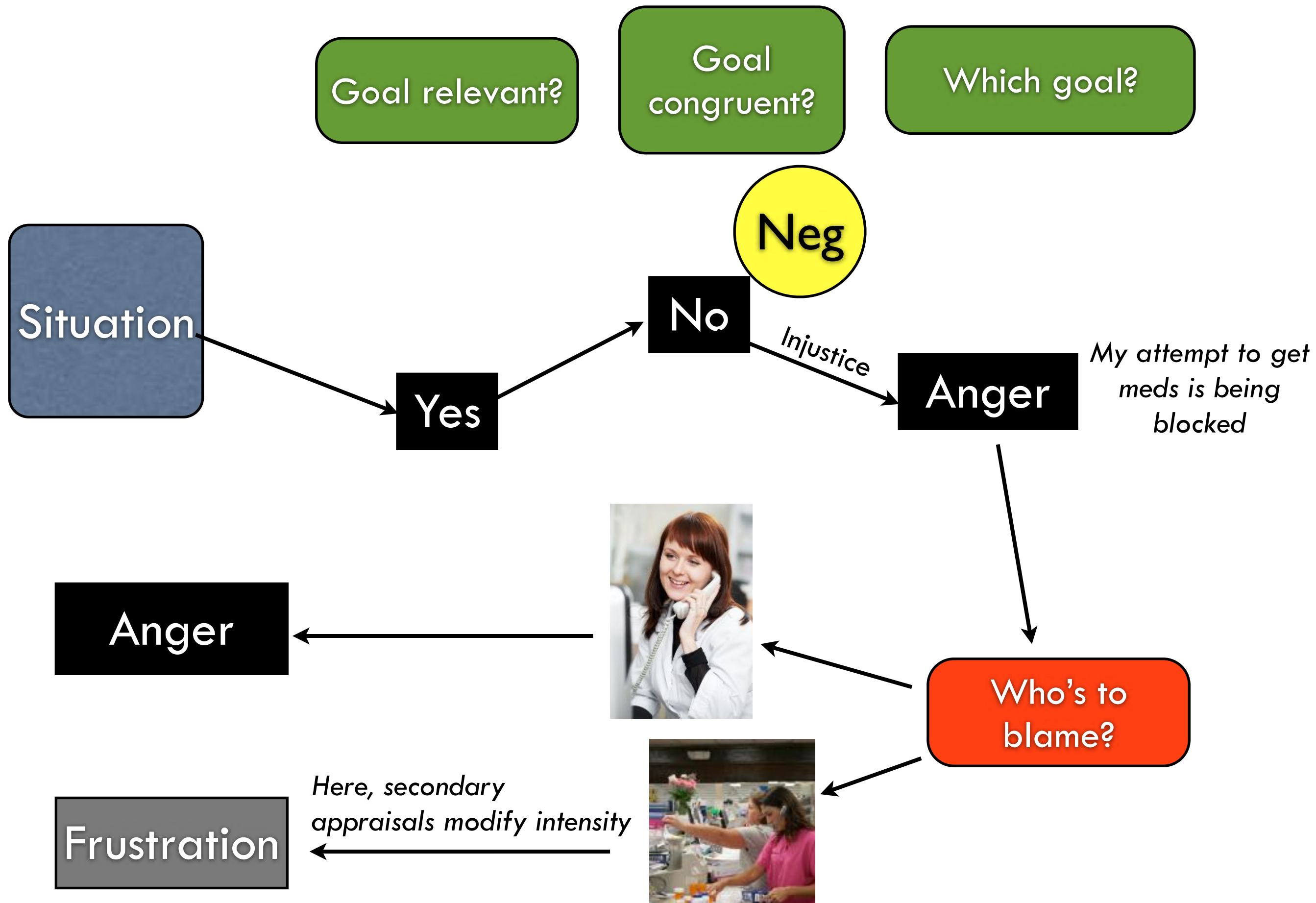
No

I need this medication urgently

Neg

*Standing in
line at the
store to buy
an important
medication,
and it is
taking a
really long
time*



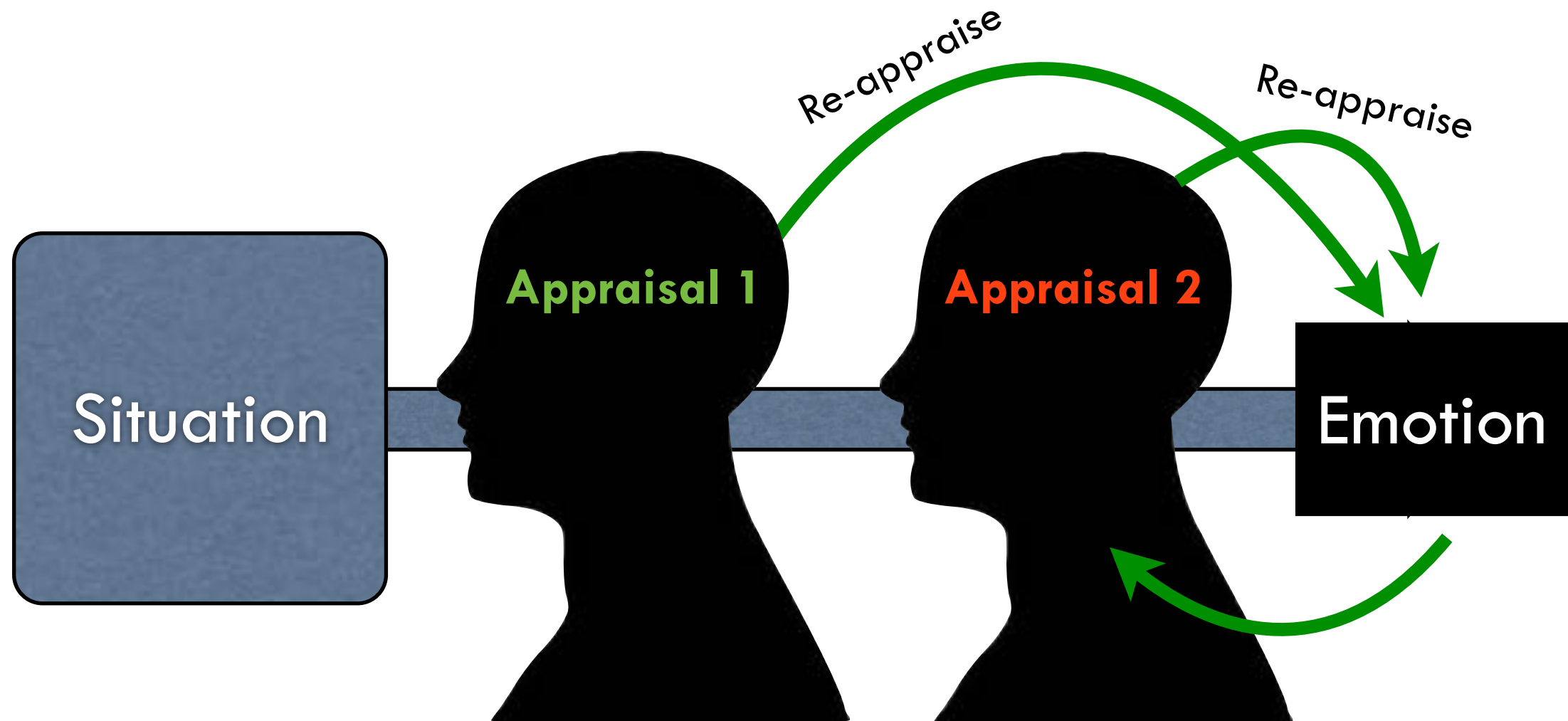


Important aspects of appraisals:

- Although we often discuss appraisals in words, they are not necessarily assumed to occur as an 'internal dialogue' or even as a conscious processes.

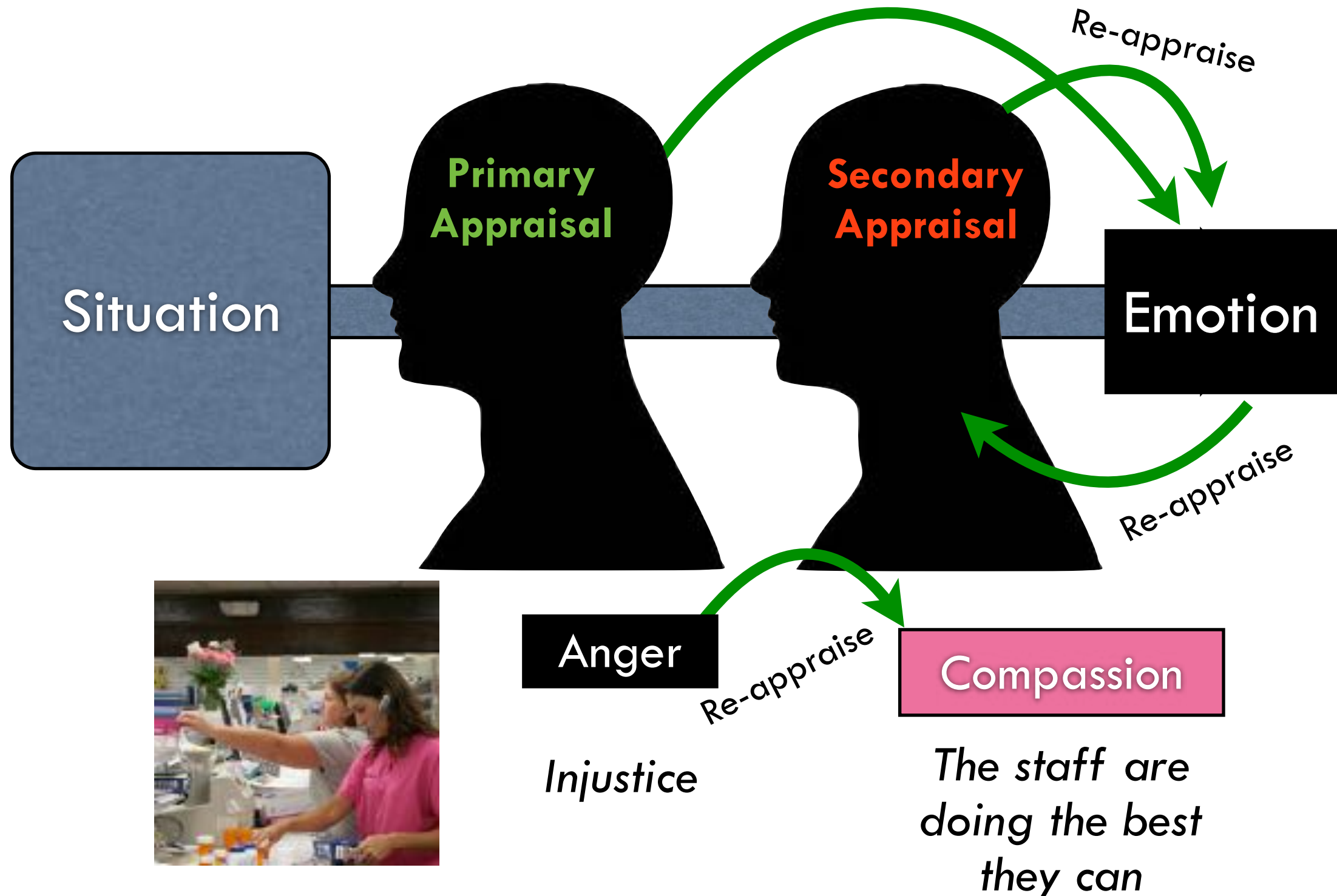
Important aspects of appraisals:

- Appraisal is a continual process - emotional responses can keep changing accordingly.



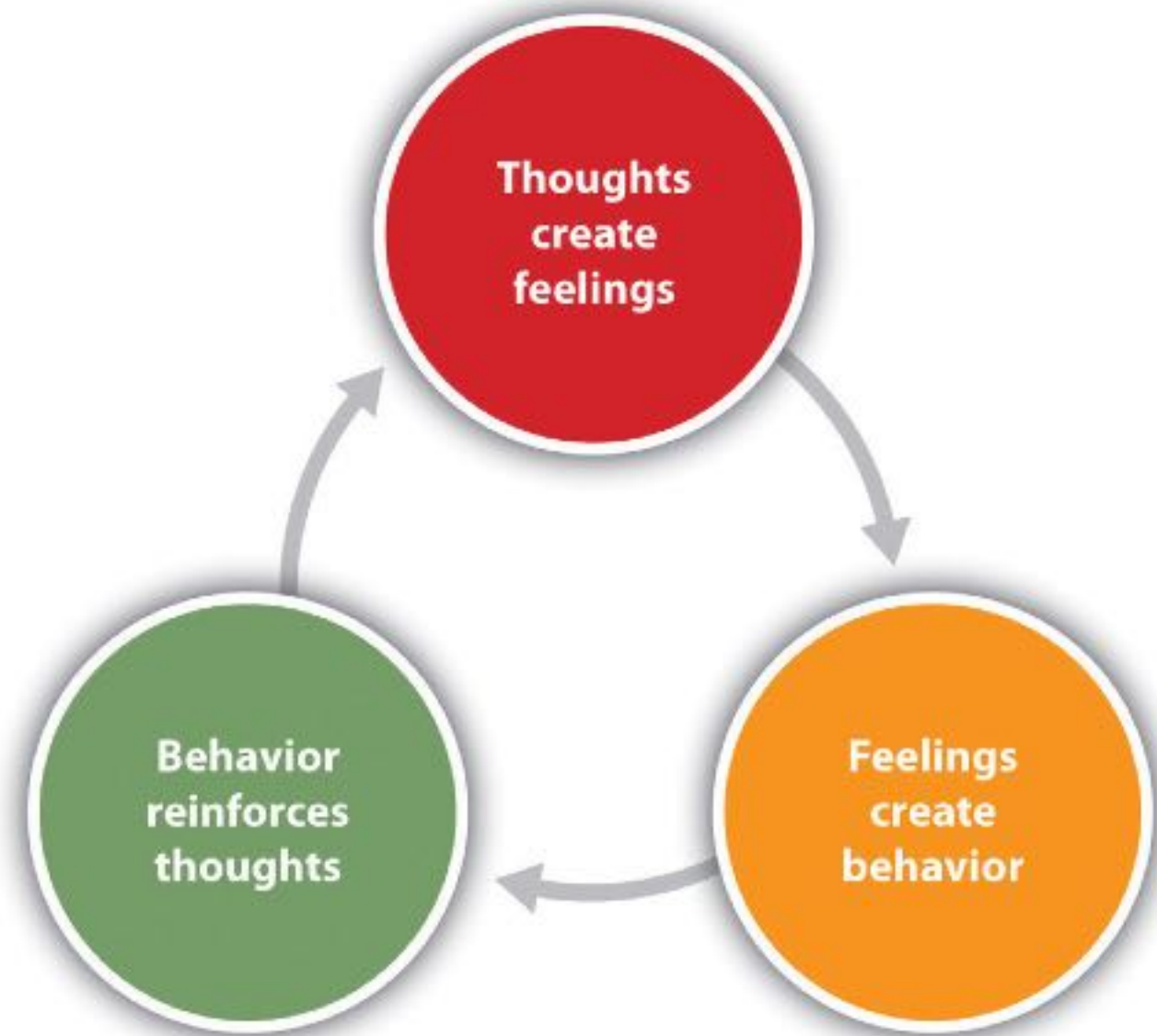
Important aspects of appraisals:

- Appraisal is a continual process - emotional responses can keep changing accordingly.



- If our appraisals shape what emotions we experience, we should be able to harness them!

Cognitive-Behavioral Therapy





*My neighbor
scowls around me.*



*Check
appraisal
of situation:*



*My neighbor
scowls around me.*

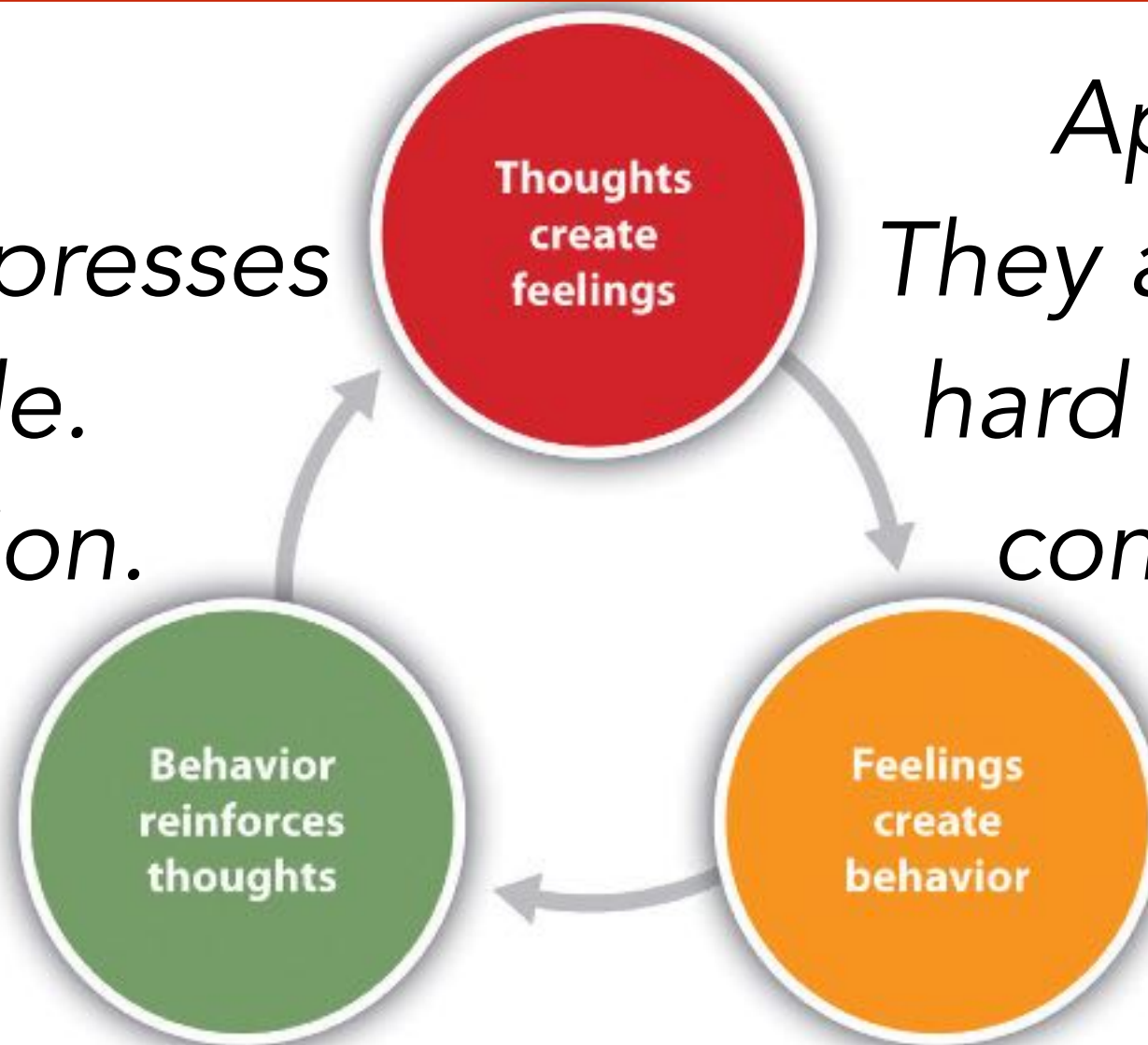
Cognitive-
Behavioral
Therapy

Teaches people to intervene on this cycle.



*My neighbor scowls around me
because they just lost someone
they are close to.*

*Neighbor expresses
gratitude.
Connection.*

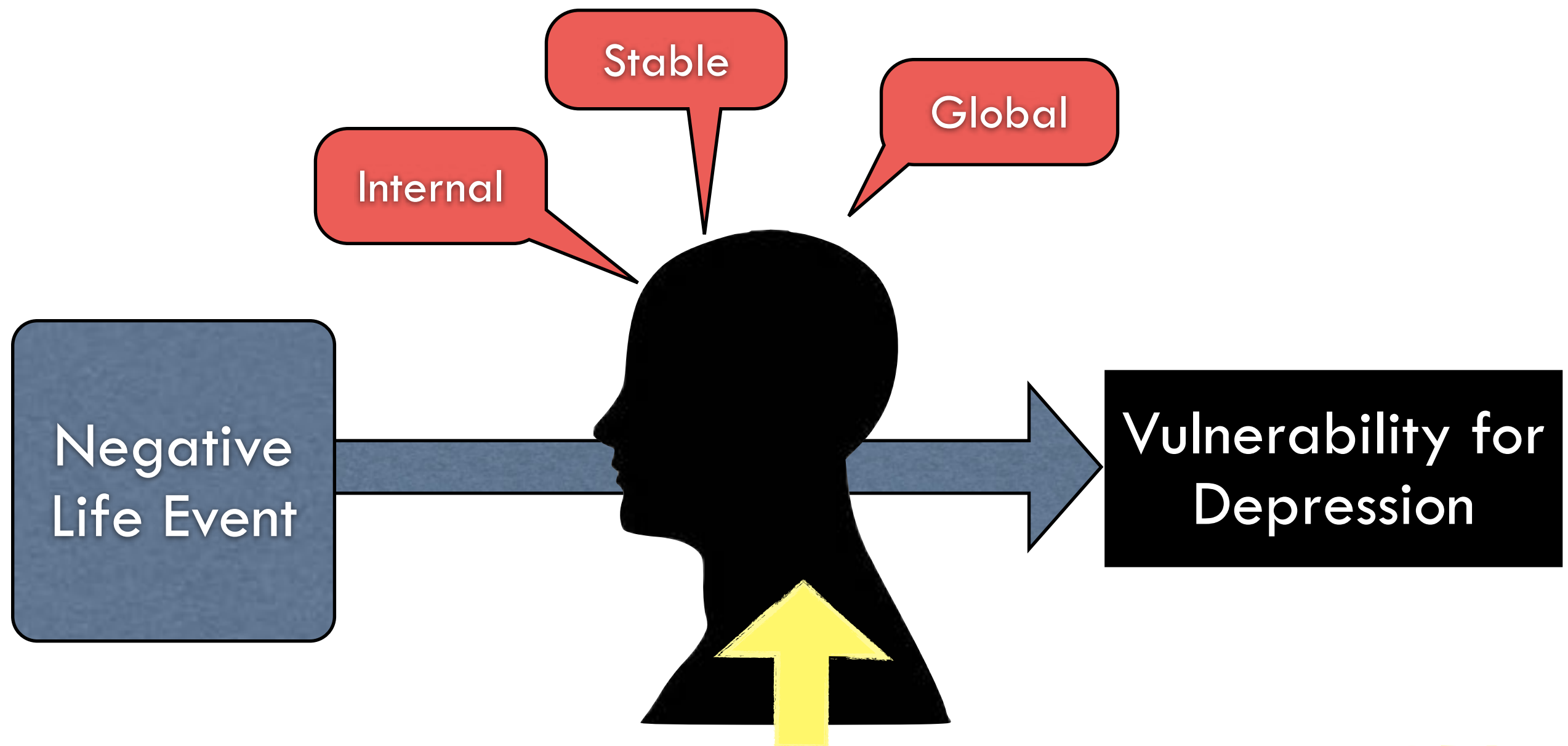


*Appraisal:
They are having a
hard time. I feel
compassion.*

*Help out
neighbor.*

Cognitive-
Behavioral
Therapy

Hopelessness theory of depression



Cognitive Behavioral Therapy:

1. Identify when making these appraisals
2. Promote external, changeable, situational appraisals
3. Mindfulness of relationship between appraisals & emotions