

02.12.20

Dimensions of Emotions

An emotion can be understood in terms of 3 dimensions →

i) Arousal — it indicates the change in the energy level of our body because of an emotion.

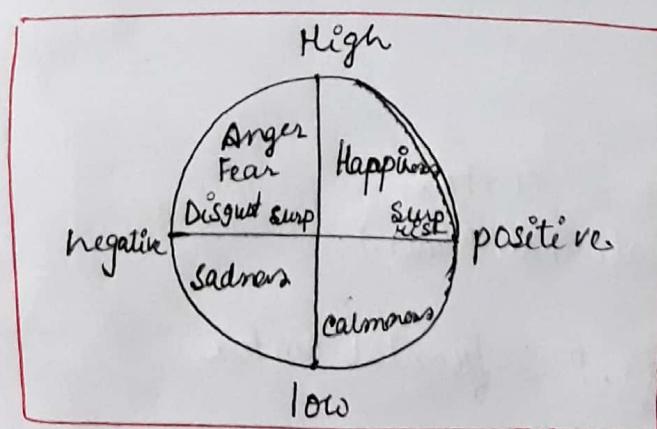
e.g. in Happiness, arousal level is high.
in Sadness it is less.

ii) Valence — it is our subjective evaluation of an emotion.

It can be positive or negative.

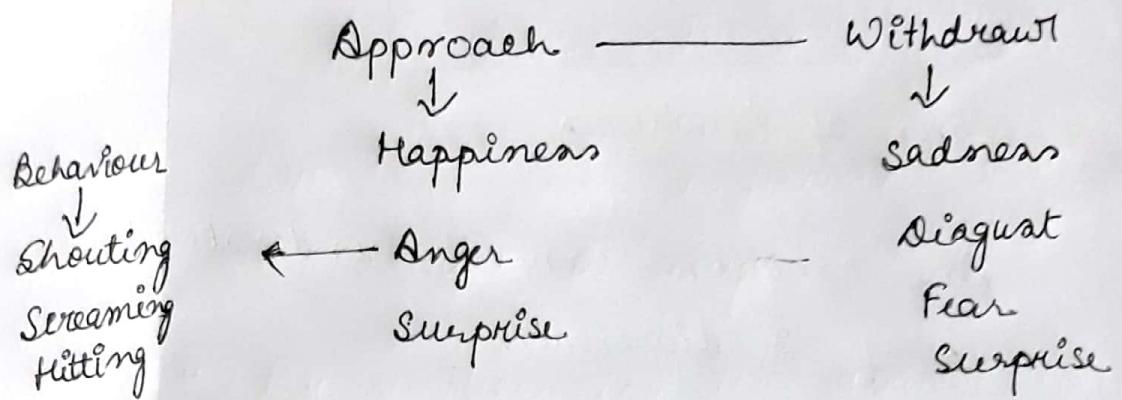
↓
Happiness

↓
Sadness
Fear
Anger



iii) Action tendency →

every emotion creates a tendency in us to act in a certain manner. Emotions can be approach or withdrawl emotions.



Structure of Human Brain

I) Brain Stem

II) Limbic System
(Emotional Brain)

a) Amygdala — it is the centre of our emotional experience & memory

b) Thalamus — Relay centre of our brain.

III) Neo — Cortex
(Rational Brain)

q) Pre-frontal cortex

Mechanism of Emotional Experience

- i) Emotional Response : Very fast.
- less accurate (as unprocessed / unintelligent response)
- ii) Rational-Emotional Response : Delayed.
- more accurate (processed / Intelligent response)

In harmful/problematic situations

	Threat	Response	Consequences
Mistakes 1	✓	✗	Death
Mistakes 2	✗	✓	Alive although energy is lost. <u>(Anxiety)</u>

Emotional Hijack

Anc Amygdala controls our brain.
we lost our Moral sense & can't decide
what is right or wrong.
So, crimes occur.

- a) Crimes of Passion
- b) Cold-Blooded Crime

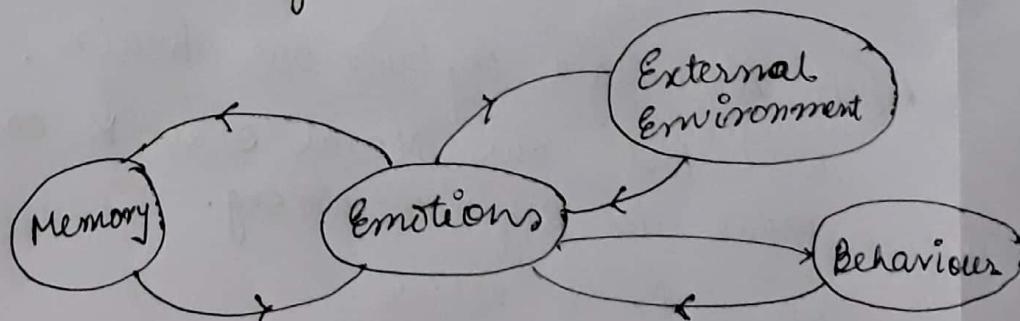
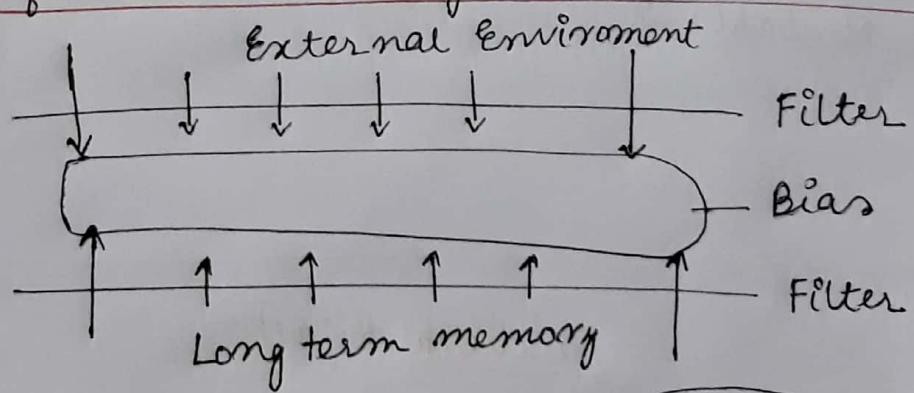
Emotions & Thought

Our emotions influence our thought in at least 2 ways:

- a) By influencing the availability of information to us.

We normally recall those information from our memory & notice those in our environment which are consistent with our present emotions & ignore those which are inconsistent.

Since we think in terms of these informations only so our emotions influence our thought.



To Jean Paul Sartre

Sartre → "Emotions are magical transformation of world 'in which we are living.'

* Emotions are self-confirming.

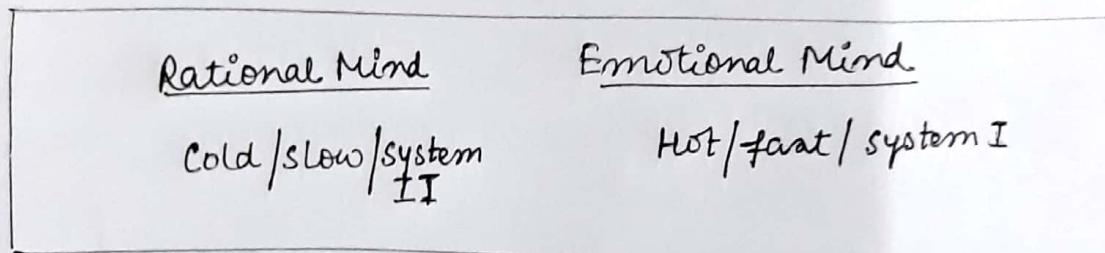
b) By influencing our thinking capacity or processing power.

Experience

↓
Magical
Number
 $\rightarrow 7 \pm 3$

Short
term
memory

(working
memory)



Emotions have the ability to control our immediate mind (working memory) where all the rational activity like thinking, planning, reasoning etc. take place. Stronger is the emotion, more of the working memory it will capture & less of it will be left for our rational thinking.

NOTES OF NEXT ONE HOUR LECTURE WILL BE UPLOADED SOON
SORRY FOR INCONVENIENCE!