

AI-01189 Affective Realism

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Explain the concept of affective realism in psychology . List 20 examples.

Affective Realism: A Deeper Dive

Affective realism is a psychological phenomenon where people tend to overestimate the extent to which their emotions reflect the objective reality of a situation. In simpler terms, we often believe that our feelings are a more accurate representation of the world than they actually are.

20 Examples of Affective Realism

1. **Emotional Shopping:** When feeling sad, we might buy more than we need, believing it will make us feel better.
2. **Fear of Flying:** The fear of flying can be exaggerated due to the emotional impact of news reports about plane crashes.
3. **Overestimating Popularity:** If we feel popular in a certain group, we might assume that everyone else feels the same way.
4. **Relationship Satisfaction:** During a honeymoon phase, we might overestimate the long-term viability of a relationship.
5. **Fear of Public Speaking:** The anticipation of public speaking can feel overwhelming, leading to a belief that the audience will perceive us negatively.
6. **Regret Over Missed Opportunities:** The emotional pain of regret can make us believe that we made the wrong choice more often than we actually did.
7. **Gambling Addiction:** The thrill of winning can lead to an overestimation of future success, fueling addictive behavior.

8. **Confirmation Bias:** We tend to seek information that confirms our existing beliefs, even if it's biased.
9. **Groupthink:** When in a group, we might conform to the majority opinion to avoid feeling excluded or rejected.
10. **Overestimating Our Abilities:** We often believe we are more capable than we actually are.
11. **Underestimating Risks:** When feeling optimistic, we might downplay potential risks or dangers.
12. **Overestimating Our Attractiveness:** We often have a more positive view of our appearance than others do.
13. **Fear of Rejection:** The fear of being rejected can lead us to avoid social situations or opportunities.
14. **Feeling Overwhelmed:** When feeling stressed, we might believe that we are incapable of handling our responsibilities.
15. **Mood-Congruent Memory:** We tend to recall memories that match our current emotional state.
16. **Cognitive Dissonance:** We may change our beliefs to align with our actions or decisions.
17. **The Halo Effect:** Positive impressions in one area can lead to positive impressions in others.
18. **The Horns Effect:** Negative impressions in one area can lead to negative impressions in others.
19. **The Dunning-Kruger Effect:** People with low abilities often overestimate their competence.
20. **The Spotlight Effect:** We believe others are paying more attention to us than they actually are.

These examples illustrate how our emotions can influence our perceptions and judgments, often leading to inaccurate assessments of reality. Understanding affective realism can help us recognize and challenge these biases in our own thinking and behavior.