

AI-00374 Frisson vs Awe

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What is Frisson? What is the physiology of frisson? What is the concept of origin? What are related psychological explanations of frisson? How to trigger frisson? What are the positive and negative aspects of frisson? Aside from music, where can I find triggers for frisson? Is frisson similar to feeling in awe?

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Frisson is a strong emotional response characterized by a sudden shiver or tingling sensation, often accompanied by goosebumps. It's commonly triggered by emotional stimuli such as music, art, or inspiring stories. The physiology involves the release of dopamine, causing hair follicles to contract and resulting in the physical sensations.

The exact origin of frisson isn't fully understood, but it's thought to be related to the body's fight-or-flight response, with emotional arousal playing a key role. Psychological explanations include the triggering of intense emotions, memories, or a sense of transcendence, which can lead to the physical sensations.

To trigger frisson, you can expose yourself to emotionally charged stimuli like powerful music, moving stories, or thought-provoking art. Positive aspects include the intense emotional experience and a sense of connection, while negative aspects might involve overwhelm or discomfort in some cases.

Aside from music, triggers for frisson can be found in inspiring speeches, awe-inspiring landscapes, poignant literature, and even acts of kindness. Frisson shares similarities with feeling in awe, as both involve intense emotional responses to something profound or extraordinary.

Remember that individual experiences with frisson can vary widely, and not everyone might experience it in the same way or in response to the same stimuli.

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Certainly!

Frisson is often described as a fleeting and intense experience, and its effects can differ from person to person. It's important to note that while music is a common trigger, other forms of art, literature, films, or even personal experiences can also evoke this response. The power of frisson lies in its ability to evoke deep emotions and a strong sense of connection to something greater than oneself.

The concept of frisson is closely related to the concept of "aesthetic chills" or "musical chills," which have been studied in the field of psychology. Researchers have explored how individual personality traits, emotional sensitivity, and personal experiences can influence the likelihood and intensity of experiencing frisson. It's also worth mentioning that some people might be more prone to experiencing frisson than others.

While frisson is generally considered a positive and enriching experience, it's important to be mindful of your own emotional responses and any potential discomfort.

Sometimes, extremely intense or overwhelming frisson experiences could potentially lead to negative feelings or emotional distress in some individuals.

In summary, frisson is a complex emotional and physiological response that can be triggered by various emotionally charged stimuli. It's a unique and powerful experience that connects emotions, physical sensations, and personal experiences, often leading to a profound sense of connection and awe.

More

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Of course!

Frisson often occurs when there's a combination of factors at play. These factors can include unexpected twists in a story, moments of climax or resolution, a sense of beauty or harmony, and a feeling of connection to the content or the creator. The brain's reward system, involving the release of dopamine, contributes to the pleasurable sensations experienced during frisson.

Interestingly, frisson is not limited to positive emotions. Some individuals might also experience it in response to negative or bittersweet emotions, such as sorrow or nostalgia. This adds another layer of complexity to understanding the triggers and effects of frisson.

In addition to music and the arts, frisson can also be triggered by experiences in nature, such as witnessing a breathtaking sunset or standing on a mountaintop. Acts of kindness, displays of courage, and even moments of profound insight can evoke frisson as well.

While frisson itself is a transient experience, the emotions and thoughts it evokes can linger and have a lasting impact. People often seek out frisson-inducing experiences intentionally, as they provide a sense of connection, inspiration, and emotional depth.

It's important to explore and embrace the aspects of life that resonate with you emotionally, whether they lead to frisson or other forms of meaningful engagement. These experiences contribute to a richer understanding of yourself, your emotions, and your connection to the world around you.

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Certainly, I'd be happy to continue!

Frisson also ties into the concept of transcendence, where individuals feel like they're moving beyond their ordinary state of being and connecting to something greater. This sensation of being transported to a different emotional or mental plane is a central part of the frisson experience.

While music is a prominent trigger for frisson due to its ability to elicit strong emotions and stimulate the brain's reward system, other mediums like visual art, literature, and even virtual reality experiences can also evoke frisson. Virtual reality, for instance, can provide immersive environments that trigger emotional and sensory responses, leading to frisson-like sensations.

It's important to keep in mind that frisson is a deeply personal experience. What triggers it and the intensity of the response can vary significantly from person to person. Some individuals might be more attuned to experiencing frisson, while others might not experience it as frequently or intensely.

In essence, frisson is a multifaceted phenomenon that involves the interplay of emotions, physiology, and personal experiences. It enriches our connection to art, music, nature, and moments of profundity, offering a unique and powerful way to engage with the world and our own emotions.

List 20 examples of sources or triggers for frissons

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Certainly, here are 20 examples of sources or triggers for frissons:

1. **Powerful Music:** Especially when there's a crescendo or emotional climax.
2. **Moving Movie Scenes:** Emotional or inspirational moments in films.
3. **Poignant Literature:** Reading passages that evoke deep emotions.
4. **Awe-Inspiring Nature:** Witnessing breathtaking landscapes or natural phenomena.
5. **Acts of Kindness:** Seeing or experiencing acts of compassion and empathy.
6. **Inspiring Speeches:** Powerful or motivational words from a speaker.
7. **Artistic Performances:** Watching a skilled dancer, actor, or performer.
8. **Memorable Life Moments:** Personal experiences that are emotionally charged.
9. **Surprising Plot Twists:** Unexpected turns in a story or narrative.
10. **Aesthetic Visuals:** Beautiful and captivating images or artwork.
11. **Displays of Courage:** Witnessing someone overcome challenges or fears.
12. **Meaningful Conversations:** Engaging in deep and profound discussions.
13. **Thought-Provoking Quotes:** Reading quotes that resonate on a profound level.
14. **Spiritual or Religious Experiences:** Moments of connection to a higher power.
15. **Acts of Selflessness:** Observing people putting others' needs before their own.
16. **Nostalgia:** Reminders of the past that evoke strong emotions.
17. **Cultural Traditions:** Participating in rituals that hold personal significance.
18. **Unexpected Discoveries:** Coming across something that resonates unexpectedly.
19. **Witnessing Creativity:** Seeing the birth of an innovative idea or creation.
20. **Epiphanies and Insights:** Moments of sudden understanding or realization.

These triggers can elicit a range of emotions, from joy and inspiration to nostalgia and introspection, ultimately leading to the experience of frisson. Keep in mind that what causes frisson can be highly individual and may vary based on personal preferences and experiences.

From Bard

Frisson is a psychophysiological response to rewarding stimuli that often induces a pleasurable or otherwise positively-valenced affective state and transient paresthesia (skin tingling or chills), sometimes along with piloerection (goose bumps) and mydriasis (pupil dilation). It is also known as aesthetic chills or psychogenic shivers.

The physiology of frisson is not fully understood, but it is thought to involve the release of dopamine, a neurotransmitter associated with pleasure and reward. It is also thought to involve the activation of the sympathetic nervous system, which is responsible for the fight-or-flight response.

The concept of origin of frisson is that it is an evolutionary adaptation that helps us to experience and appreciate beauty and art. When we experience something that is beautiful or moving, it releases dopamine, which makes us feel good. This helps us to remember and seek out these experiences in the future.

There are a number of related psychological explanations of frisson. One theory is that it is a form of social bonding. When we experience frisson together with others, it creates a sense of shared excitement and emotion. This can help to strengthen our relationships with others.

Another theory is that frisson is a way of coping with negative emotions. When we experience something that is sad or scary, frisson can help to regulate our emotions and make us feel better.

There are a number of ways to trigger frisson. Some common triggers include:

- Listening to music
- Watching movies or TV shows
- Reading poetry or literature
- Looking at art or nature
- Experiencing physical danger or excitement
- Practicing science or mathematics
- Having close personal relationships

The positive aspects of frisson include:

- It can make us feel good
- It can help us to bond with others
- It can help us to cope with negative emotions
- It can enhance our appreciation of beauty and art

The negative aspects of frisson are rare and mild, and may include:

- A feeling of dizziness or lightheadedness
- A feeling of sadness or anxiety
- A feeling of being overwhelmed

Aside from music, other triggers for frisson include:

- Speeches
- Sports competitions
- Religious ceremonies
- Achieving a personal goal
- Helping someone in need

Frisson is similar to feeling in awe in that both experiences involve a sudden surge of positive emotions. However, frisson is typically triggered by a specific stimulus, such as music or art, while awe is often triggered by a more general experience, such as a beautiful sunset or a moving speech.

I hope this answers your questions.

Keywords

1. Frisson
2. Violation of expectations
3. The moment
4. 715 songs playlist Spotify
5. Sweet anticipation Huron