**Emotions**

Facial Action coding system (FACS) by Ekman and Friesen: mapping facial muscle motions—which ones, how much, what combination, how?

Return to Neutral—revert from strong emotion back to neutral. Adaptation level phenomenon

Relative Deprivation—upward/downward comparison.

Emotional Contagion—pick up on the emotions of others and “catch” the emotions.

Motor Mimicry: when you pick up on the facial motions of others and mimic them.

Emotions:

Anger—

Natural reaction to [the perception of a need not being met.

Better to express or suppress? It depends.

Anger is linked to health. Directly linked to cardiovascular health. But not only to heart health.

Fear—

If you’re scared already, then you’re more likely to be startled.

Four Basic facts about fear:

1. Fear can be an emotional reflex
2. Fear can be classically conditioned
3. Fear interacts with mental processes
4. The Amygdala does not play a direct role in producing the emotional feel of fear

Happiness—

There are benefits to being happy:

1. Money literally causes happiness (coming from poverty). But can’t buy happiness (more doesn’t help).
2. Social support
3. Marriage
4. Feel good—>Do good

Expressing emotion:

Cultural display rules

How and what is OK to display?

Body Language

Nonverbal communication

Gestures are very culturally determined

(Thumbs up is fuck you in Middle east)

Emotional Intelligence:

2 Sides of emotional intelligence:

* Perceiving emotions

Reading cues (facial, body, tonal, etc.

Imitation of emotions

* Regulating Emotions

Frontal lobe activation (inhibition)

Better to work on emotions than on just behaviours.

Good regulation=good life

Not so good regulation=problems

Thinking: *“Cogito, ergo sum” —René Descartes*

Mostly philosophy, but the mechanics are psych

Mental Manipulation of information

“Inner Speech”—but not necessarily words.

“Mental Images”

Mental contents that arise from stored information rather than perception of external stimuli. “Seeing in your mind’s eye.”

* Limited spatial extent
* Limited field of vision
* Limited resolution

Other senses can be extant in “the mind’s eye”

What you see is what you get

There are neural/physiological parallels