1. Emotions
   1. Definitions
      1. Patterns of reactions that involve physiological changes, expressive behaviors, and cognitive interpretations
   2. How do you know what you’re feeling?
      1. It’s your cognitive interpretation
   3. Why do we have emotions?
      1. We require them to survive, hunger, thirst, sex drive, etc
   4. Emotions have evolved over time to serve an adaptive purpose
      1. Fear has helped us learn to not go into dangerous situations
      2. If mothers didn’t bond then they would not motivated to keep their babies nearby then the babies wouldn’t survive
   5. Emotions are essential to our survival
   6. Physiological changes
      1. If the amygdala is over stimulated it can result in extreme anger
      2. If you suffer damage to your amygdala you might not be able to experience fear when you should
   7. Two theories of emotion
      1. James-Lange theory
         1. Proposes that something in the environment causes a physiological change that we then interpret as an emotion
         2. Simply an awareness of the physiological change
         3. Stimuli -> physiological changes -> emotional experience
         4. They use paralyzed patients to see if they can feel butterflies even if paralyzed from the neck down
      2. Cannon-Bard theory
         1. Implies that feelings and physiological change occur simultaneously
            1. Stimuli -> simultaneous physiological changes and emotional experience
   8. Nonverbal communication
      1. Nonverbal communication
         1. Any communication, intentional or unintentional, without words
         2. Body language
         3. Eye gaze/contact
            1. Gaze can signal either intimacy or threat depending on context
            2. Pupillometry

Your pupil size can also be affected by emotions

They become dilated (bigger) when you’re viewing pictures that you find interesting/attractive.

If you alter a photo to make the pupils larger then people will rate that photo as better

* + - 1. Use of touch
      2. Tone of voice
         1. It’s not what is said, but the way it is said
      3. Gestures
         1. Illustrators

Gestures that emphasize verbal communication

Ie when you talk and move your hands all the time

It’s emphasizing what you’re doing

* + - * 1. Emblems

Gestures that have specific culturally-defined meanings

It’s going to vary from one culture to another

Peace sign, A-OK, hook-em horns,

* + - 1. Functions of nonverbal communication
         1. Express emotions, convey attitudes, facilitate verbal communication
         2. Display rules

Dictates when and what kind of emotional expression people are supposed to display

* + - 1. **Encoding**
         1. Ability to send nonverbal communication to others
      2. **Decoding**
         1. Ability to interpret nonverbal communication of others
      3. Deception detection
         1. Detecting when people are lying
    1. Facial expressions
       1. The most studied non-verbal behavior
       2. Cross-cultural agreement about primary emotions
       3. Most obvious indicator about you
       4. Communicate emotions in ways that are understood by everyone in the world
       5. Blind people express the same facial expressions as non-blind
       6. Innate feature of humans
       7. Facial EMG (Electromyography)
          1. Records all muscle activity in face
          2. Can detect real vs fake smile
          3. A real smile is your full face(forehead, eyes, etc)