Com 220 – 002

Wednesday, February 24, 2016

Day 1 - Ch 7 Emotions

Quizlet: <https://quizlet.com/_21jr0s>

Test 1 grades are in and they aren't good.

Makeup option.

For every question you missed, the topic is outlined, find the definition and write it down.

Then, go to her office with your test sheet with the wrong answers and your new definitions, and prove to her that you've learned the material. You can get half of what you missed back. Next Friday (March 4th)

Emotions

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Chapter 7: Emotions and Communication 

<<Audio 1.mp4>>

Interactive View of Emotions

* Cultural rules and understandings shape what people feel and how they do or do not express their feelings.
  + **Framing Rules**- emotions and
    - What emotions go with what situations
      * You're supposed to be happy at a wedding
        + Even when you're at a wedding where you have a strong feeling that they shouldn't be together, you still know you're supposed to be happy so you act happy
  + How does culture affect what you feel like is acceptable?
    - You should be patriotic
* situations (wedding?)
  + **Feeling Rules**- right to feel
    - What is okay to feel?
    - Learned through interacting with other people
    - (won a trip to Disney)
      * Someone wins a trip to Disney and you entered the contest too, and you're like "Aw man"
        + It's offensive not to be happy for other people
    - **Deep acting**
      * Being taught what to feel in certain situations (subset of feeling rules)
    - **Surface acting**
      * So and so gave you a present, you need to smile and say "Thank you"
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Obstacles to Effective Communication

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* Social Expectations
  + What does society teach us?
    - Be polite
    - Put on a happy face
    - Fake it til you make it
  + Men?
    - Men can show aggression
    - Men shouldn't be aggressive towards women
    - "Everybody Loves Kostya"
      * Russian interpretation of Everybody Loves Raymond
      * Raymond is kind of ran by the women in his life
        + This is culturally bizarre to Russians
  + Women
    - Sugar and spice?
    - More likely to backstab or talk behind another person's back than men
      * This is likely because women are taught to be nice pretty much all the time

Vulnerability

* Information changes perception- self-protection
  + Have you ever told someone you liked them and been rejected?
* **Chilling Effect**-suppress complaints or anger because we fear a more powerful person could punish us.

Vocab

|  |  |
| --- | --- |
| Framing rules | What emotions are supposed to go with what situations |
| Chilling effect | Restraining expression of feelings (particularly negative ones) |
| Cognitive labeling view of emotions | Models how we interpret an event and then relate it to our emotions |
| Counterfeit emotional language | Language that seems to express emotions, but does not actually describe what a person is feeling (Ex: "Why can't you just leave me alone?") |
| Deep acting | Being taught what to feel in certain situations (subset of feeling rules) |
| Emotional intelligence | Ability to recognize feelings, judge which feelings are appropriate in which situations, and to communicate those feelings effectively |
| Emotions | Our experience and interpretation of internal sensations as they are shaped by physiology, perceptions, language, and social experiences |
| Emotion work | The effort we invest to make ourselves feel what our culture defines as appropriate and not to feel what our culture defines as inappropriate in particular situations. |
| Feeling rules | What is okay to feel in certain situations |
| Interactive view of emotions | The theory that social rules and understandings shape what people feel and how they express and withhold feelings. |
| Organismic view of emotions | organismic view of emotions The theory that external phenomena cause physiological changes that lead us to experience emotions. Also called the James–Lange view of emotions. |
| Perceptual view of emotions | The theory that subjective perceptions shape the meanings of external phenomena and the emotions we associate with them. Also called appraisal theory. |
| Rational-emotive approach to feelings | approach to feelings Using rational thinking to challenge and change debilitating emotions that undermine self-concept and self-esteem. |
| Self-talk | Intrapersonal communication that affects our feelings and behaviors. social comparison Comparing ourselves with others in order to form judgments of our own talents, abilities, qualities, and so forth. |
| Surface acting | So and so gave you a present, you need to smile and say "Thank you" (subset of feeling rules) |

Memorize diagrams:

Cognitive labeling view of emotions:

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Externa 
Event 
Physiological 
Response 
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