

Part 1:

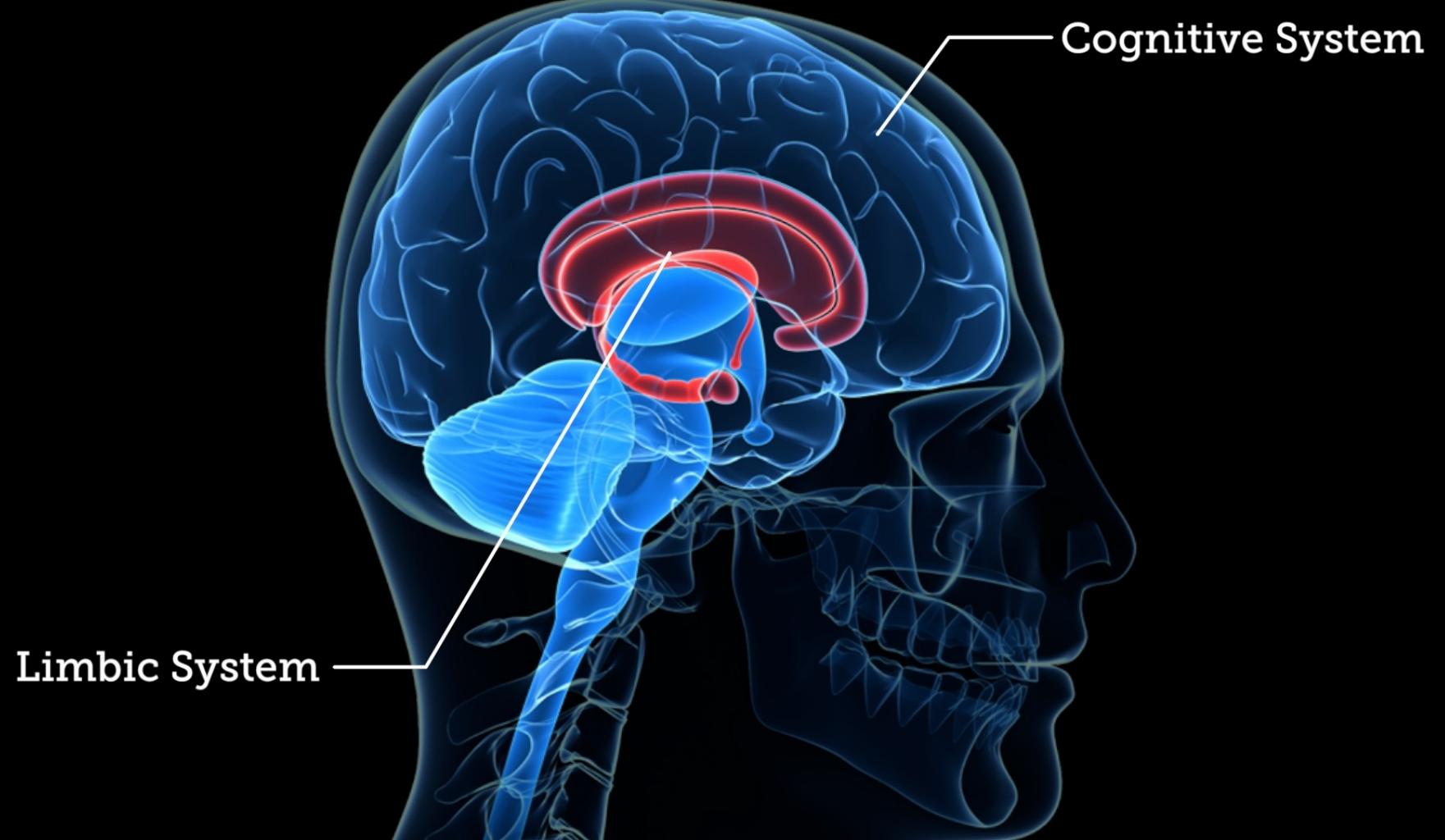
Two Systems



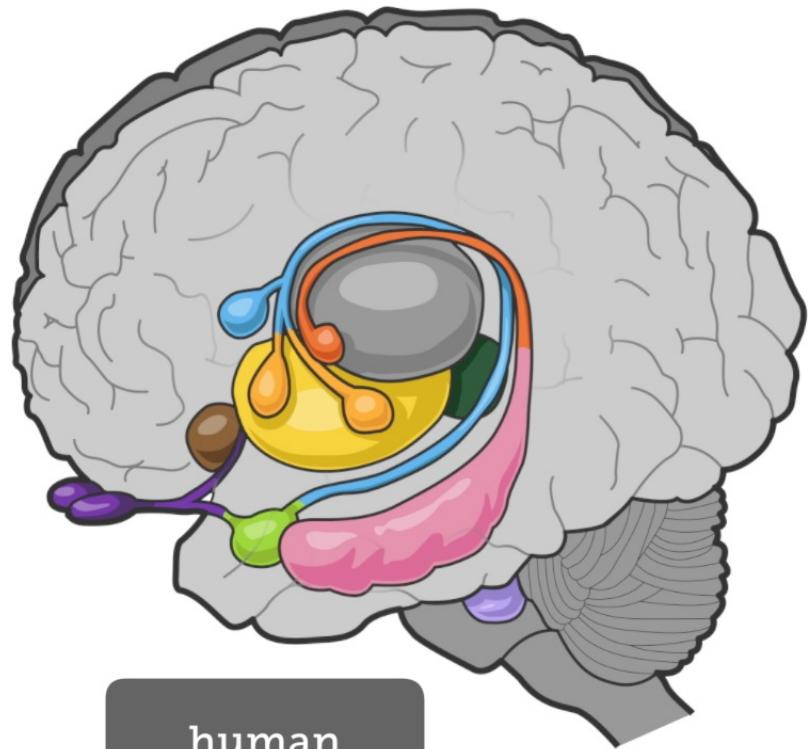
Blaise Pascal (1623-1662)

“We arrive at truth,
not by reason alone,
but also by the heart.”





The limbic system is similar across the animal kingdom.



human



mouse

TED W.

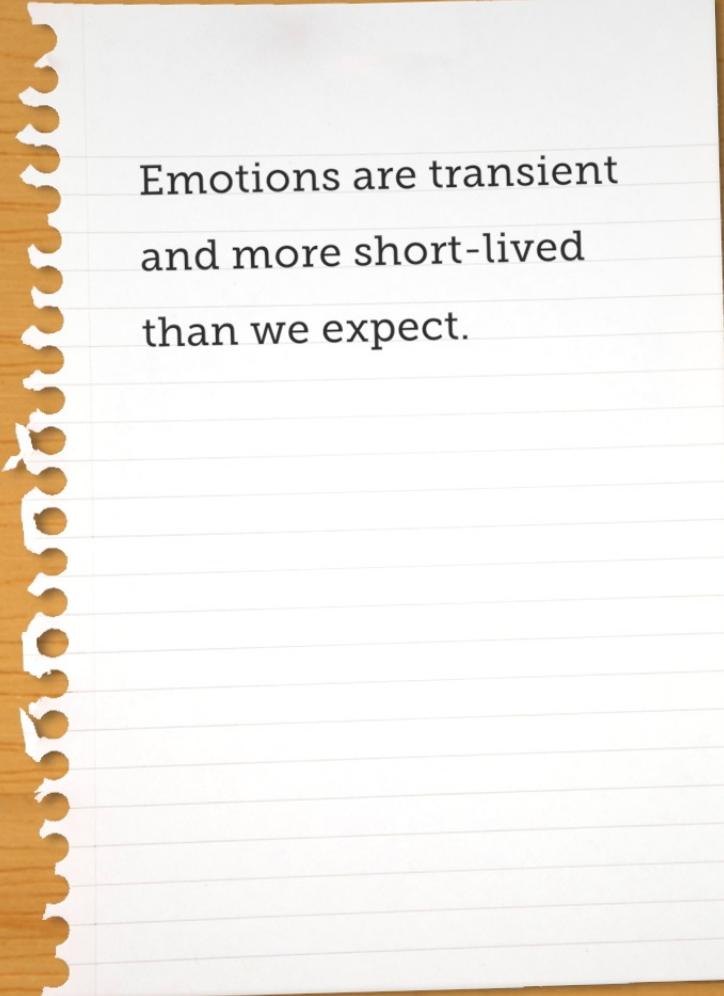
qualia /'kwälēä/ plural of quale

Noun

The internal and subjective component of sense perceptions,
arising from stimulation of the senses by phenomena

From your experience,
how do you think
emotions actually work?





Emotions are transient
and more short-lived
than we expect.

Our happiness fades more quickly than we expect.

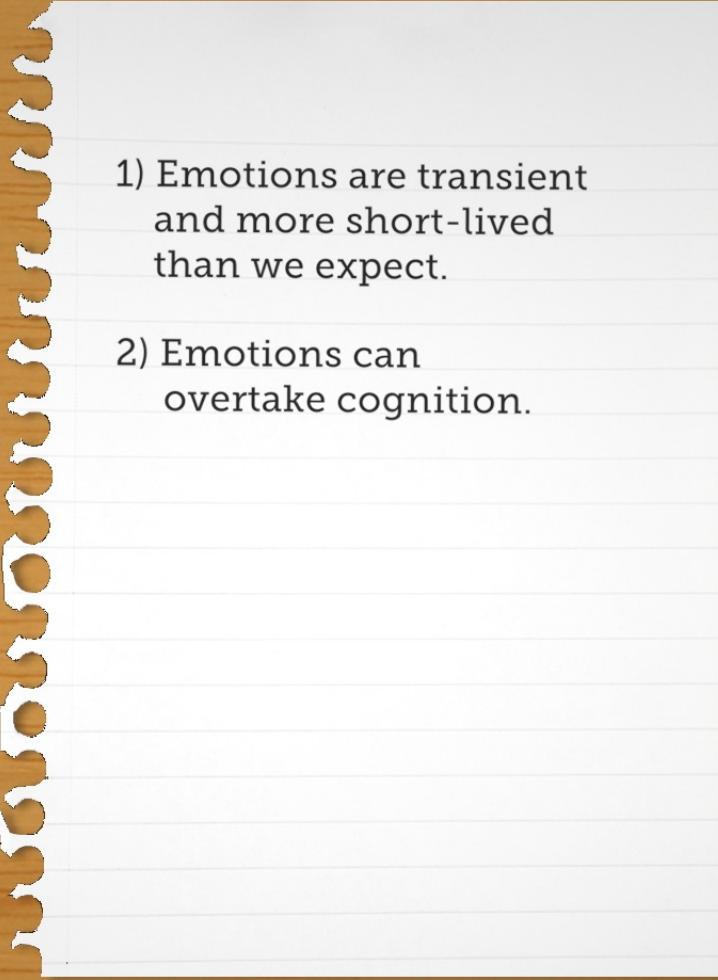


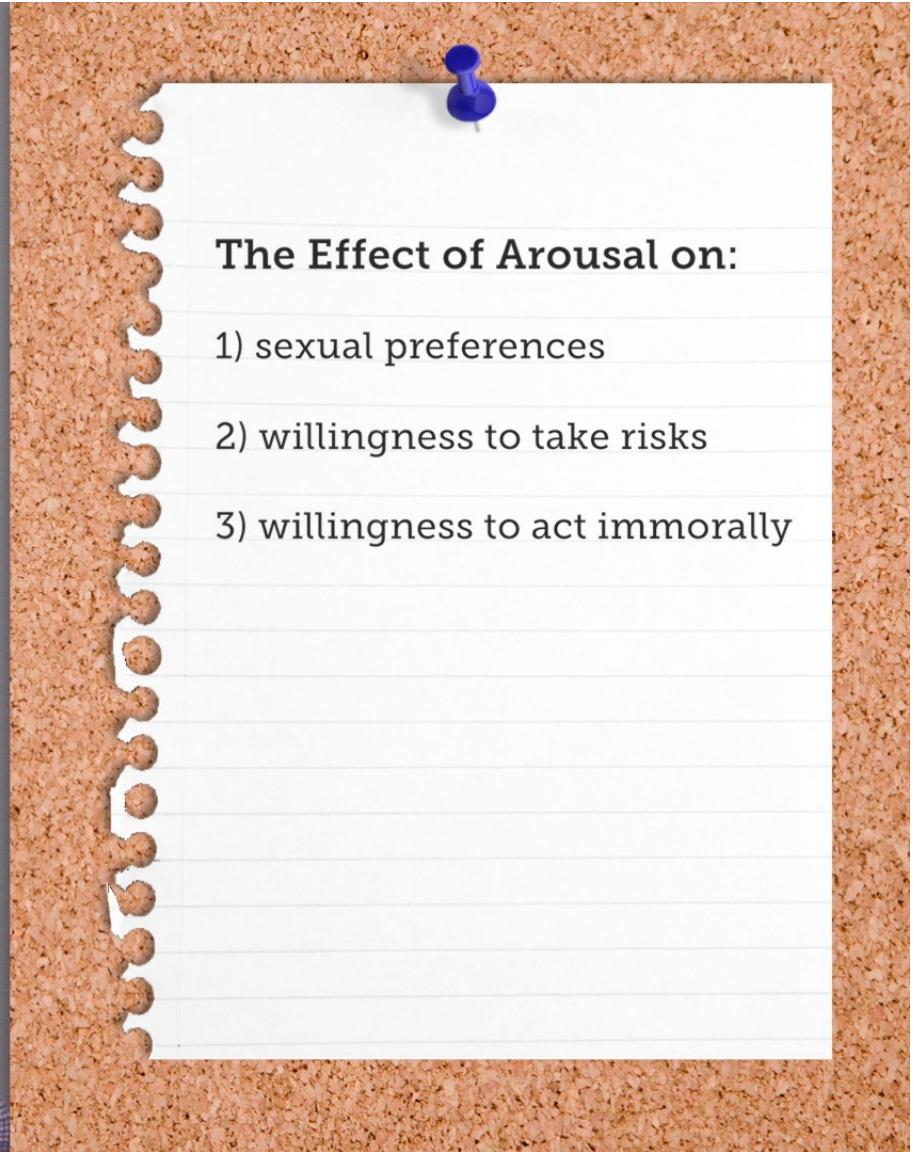


Dan Gilbert
Harvard University

Affective Forecasting:

- Professors were asked how getting tenure would affect their happiness.
- They thought that getting tenure would make them happy for a very long time, and not getting tenure would cause long-term misery.
- In fact, they adapted back to their previous state rather quickly.

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- 1) Emotions are transient and more short-lived than we expect.
 - 2) Emotions can overtake cognition.



"Cold" Condition

Men predicted that when they were sexually aroused, they would:

- be uninterested in quirky sexual behaviors
- always practice safe sex
- not act immorally toward women



Those in the aroused condition were more likely to engage in:

- 1) "quirky" behavior
- 2) risky behavior
- 3) immoral behavior

Predictions about behavior in "hot" states are largely off the mark.



People who sign purity pledges have high rates of sexually transmitted infections.

