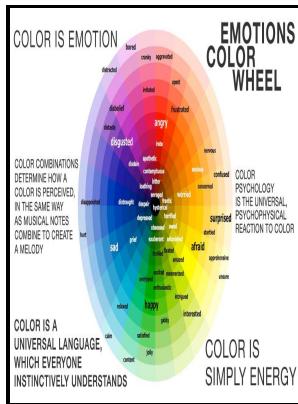


Psychology of emotions

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The Ekman's' Atlas of Emotions

The fifth core emotion is another topic. Being afraid of a shark swimming alongside you is fitting, because the shark is dangerous. Cultural display rules can work in a number of different ways.

Emotion: Theories of Emotion

But the truth is that in every emotion there is a bit of reason and in every thought there is a bit of feeling.

Theories of Emotions: Notes on 3 Theories of Emotions

These are rules that are learned early in life that specify the management and modification of our emotional expressions according to social circumstances. Nonverbal cue Description Examples Proxemics Rules about the appropriate use of personal space Standing nearer to someone can express liking or dominance. In each case we follow our motivations because they are rewarding.

What Are Emotions?

We experience these responses as arousal. Evolutionary Theories More than a century ago, in the 1870s, Charles Darwin proposed that emotions evolved because they had adaptive value. While plentiful research suggests that many facial expressions are universal, such as a frown to indicate sadness, sociocultural norms and individual upbringings play a role in our behavioral responses.

Emotions and Types of Emotional Responses

Your fear promotes understanding because it prompts you to determine whether the situation is truly dangerous, and whether you should care that much about giving a brilliant toast.

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