

## Theories of Emotion with Analysis

Theory	Event	Response 1	Response 2	Suggestions	Problems
"Common Sense"	Event → (See a snake)	Emotional response  (Get scared)	Act  (Run)	<ul style="list-style-type: none"> <li>We feel an emotion and this causes us to act</li> </ul>	<ul style="list-style-type: none"> <li>Sometimes we act before we feel the emotion</li> </ul>
James - Lange  (William James and Carl Lange)	Event → (See a snake)	Physiological response → (Heart beats fast) We run	Emotional response  (Get scared)	<ul style="list-style-type: none"> <li>We act and this causes us to feel an emotion</li> <li>Different patterns of arousal in the autonomic system produce different emotions</li> <li>Physical arousal appears before the emotion is perceived</li> <li>Suggests that the autonomic nervous system (ANS) plays the most prominent part</li> </ul>	<ul style="list-style-type: none"> <li>Each emotion has to have a distinct pattern of bodily changes</li> <li>Arousal patterns are similar for many emotions</li> <li>Leaves out cognitive interpretation of the event</li> <li>Emotion still occurs even when ANS is nullified</li> <li>ANS reactions too slow to be the source of fast emotional reactions</li> </ul>
Cannon - Bard  (Walter Cannon and Philip Bard)	Event → (See a snake) →	Emotional response (Get scared) Physiological response (Heart beats fast)  We run		<ul style="list-style-type: none"> <li>Physiological changes between emotions are not distinct enough to explain emotions</li> <li>One does not cause the other</li> <li>Suggests that bodily response and psychological response are independent</li> </ul>	<ul style="list-style-type: none"> <li>Leaves out cognitive interpretation of the event</li> <li>Evidence that bodily and psychological responses are not independent</li> </ul>
Schachter - Singer "Two Factor"  Lazarus	Event	Physiological response  Cognitive appraisal	Interpretation of environment determines emotional response	<ul style="list-style-type: none"> <li>Emotions are due to the joint effect of physiological arousal and cognitive appraisal</li> <li>Arousal without obvious cause should lead to a neutral feeling</li> </ul>	<ul style="list-style-type: none"> <li>Arousal states (ANS) for emotions are not identical</li> <li>Some emotional experiences may not require appraisal</li> <li>Arousal without obvious cause does not lead to a neutral feeling</li> </ul>