

- Emotions – Feelings that add meaning and intensity to experiences
 - Robert Plutchik
 - 8 Basic Emotions
 - (When emotions are combined, emotional experience is heightened)
 - Fear
 - Surprise
 - Sadness
 - Disgust
 - Anger
 - Anticipation
 - Joy
 - Acceptance
- 3 Major Theories of emotion
 - James – Lange Theory (William James and Carl Lange)
 - Perceive a stimulus that causes a biological change, which is interpreted by the brain, which in turn determines the emotion
 - Stimulus -> Physiological Response -> Brain -> Emotion
 - Most adhered to Theory
 - Cannon-Bard Theory (Walter Cannon and Philip Bard)
 - Brain interprets emotion @ the same time that the body is changing
 - Stimulus -> Brain and Physiological Response -> Emotion
 - Schachter-Singer Two Factor Theory (Stanley Schachter and James Singer)
 - Cognitive Theory of Emotion
 - Emotional experience depends on one's perception or judgment of the situation
 - Stimulus -> Physiological Response and environmental cues ->Brain -> Emotions
- Nonverbal Communication of Emotion
 - Voice Tone
 - Facial Expression
 - Most obvious
 - Body Language
 - Personal Space
 - Explicit Acts (Acts without explanation)
- Aggression (Emotional AND Motivational)
 - Humans commit more aggressive acts toward each other than any other animal
 - Theories of Aggression
 - Freud's Instinct Theory
 - Have an inborn aggression that builds up and causes internal tension, which needs to be released
 - Catharsis – Release of instinctual energy
 - Frustration-Aggression Theory

- Does not believe aggression is inborn
- Believes people will only become aggressive as a result of aversive circumstances which lead to frustration
- Social Learning Theory (Bandura)
 - People are aggressive only if they have learned that it is to their benefit