**Chapter Eight**

**Emotion**



**\*Emotion:** the “feeling” aspect of consciousness, characterized by a certain physical

 arousal, a certain behavior that reveals the emotion to the outside world, and an

 inner awareness of feelings.

**Theories of Emotion**

1. **Common Sense Theory of Emotion**: a stimulus leads to an emotion, which then

leads to bodily arousal.



1. **James-Lange theory of emotion**: physiological reaction leads to the labeling of an

 emotion.



1. **Cannon-Bard theory of emotion**: physiological reaction and the emotion are

 assumed to occur at the same time.



1. **Cognitive arousal theory:** both the physical arousal and the labeling of that arousal based on cues from the environment must occur before the emotion is experienced.

