

Individual emotions



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Image source
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Individual emotions

Reading:
Reeve (2015)
Ch 14
(pp. 404-428)

- 20 emotions in three sections:**
- Basic emotions (7)
 - Self-conscious emotions (5)
 - Cognitively complex emotions (8)

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Outline – Individual emotions

- **Basic emotions**
 - Fear
 - Anger
 - Disgust
 - Contempt
 - Sadness
 - Joy
 - Interest
- **Self-conscious emotions**
 - Shame
 - Guilt
 - Embarrassment
 - Pride
 - Triumph
- **Cognitively complex emotions**
 - Envy
 - Gratitude
 - Disappointment and regret
 - Hope
 - Schadenfreude
 - Empathy
 - Compassion

Based on Reeve (2015, p. 404) 3

Basic emotions

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Basic emotions

potential of threat and harm

Basic emotions



Fear: fighting off threat and harm
Anger: rejecting threat and harm
Disgust: after threat and harm
Sadness: motive involvement
Interest: satisfaction
Joy: satisfaction

Negative emotion theme

- Response to threat and harm

Positive emotion theme

- Response to involvement and satisfaction

Based on Reeve (2009, pp. 312-317)

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Fear

1. Arises from the person's interpretation that the situation is dangerous. Caused by combination of:
 1. **Situational threat** (esp. threat of psychological or physical harm)
 2. **Perceived vulnerability** (perception that one can do little to cope)
2. The most common fear-activation situations are rooted in the anticipation of physical or psychological harm.
3. Motivates defense (flight or stillness) – warning signal
4. Trembling, perspiring, looking around, nervous tension

Based on Reeve (2009, p. 313)

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Fear allies

Anxiety: does not have a identifiable threat and creates a state of undirected arousal and tension.

Post-traumatic Stress Disorder: arises from an experience of extreme danger that elicits intense fear and long-term trauma.

Phobias: are fears of specific situations, events, bodily injury, animals, and places.

Based on Reeve (2015, p. 407)

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Anger

1. Caused by obstacles in goal pursuit: Perceived illegitimate **restraint** or betrayal of trust, rejection, unwanted criticism, lack of consideration by others, or cumulative annoyances.
2. Key function: Motivation to overcome obstacles by asserting and keeping control.
3. The most passionate emotion - energises, strengthens, fight/flight, increases sense of control.
4. People who express anger generally get more respect and status following a wrong.
5. Anger can motivate change for the better but can also lead to aggression and damage.

Based on Reeve (2015, pp. 407-408)

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Disgust

1. Disgust's primitive function was to prevent consumption of offensive substances.
2. Disgust involves feeling motivated to get rid or get away from a contaminated or spoiled object.
3. **Domains:** Food, bodily waste, animals, sexual behaviors, poor hygiene, contact with death or corpses, violations of the exterior body (gore, deformity), poor hygiene, contact with unsavory people, and moral offenses (e.g., child abuse, incest, infidelity).
 - Object of disgust depends on learning and culture – infants only show disgust for bitter or sour taste
 - Motivates positive coping behaviours to prevent or avoid contamination sources.

Based on Reeve (2009, pp. 408-410)

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Contempt

1. Contempt arises from a sense of being morally superior to another person.
2. Contempt is an inherently social emotion, because it occurs only during social interactions.
3. The function of contempt is to maintain the social hierarchy.
4. Contempt signals one's dominance and superiority over another.

Based on Reeve (2015, p. 410)

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Sadness

1. Most negative emotion, arising from experiences of separation or failure.
2. Turns attention inward, promoting personal reflection.
3. Motivates behaviour to alleviate distressful circumstances.
4. Indirectly facilitates social cohesiveness (to prevent separation).
5. Combined with rumination, may lead to depression which impairs problem solving, distracts attention, stimulates negative thinking, and erodes social supports.

Based on Reeve (2015, pp. 410-411)11

Joy

1. Joy is a positive feeling that makes life pleasant and balances negative affect.
2. Arises from experiencing desirable outcomes (e.g., task success, achievement, getting what we want, pleasant surprise)
3. Creates urge to play and be creative; energises, enthuses, makes optimistic, increases willingness to engage in tasks and relationships
4. Also "soothes" → creates pleasant well-being which helps to dissipate distress

Based on Reeve (2015, pp. 411-412)

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Interest

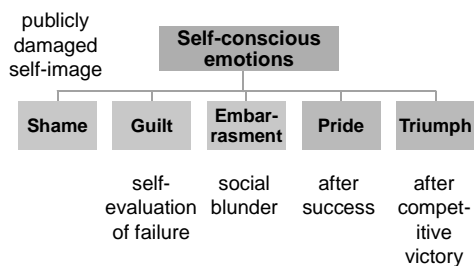
1. Creates urge to explore, investigate, seek, manipulate and extract info from objects around us.
2. Most prevalent emotion in day-to-day functioning.
3. Motivates environmental engagement and promotes learning, skill development, knowledge acquisition and achievement.
4. Replenishes personal resources. When people engage in a learning task with the motivational support of interest, they often experience a vitality that energises further engagement.

Based on Reeve (2015, pp. 412-413)

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Self-conscious emotions

Self-conscious emotions



Based on Reeve (2015, pp. 414-418)

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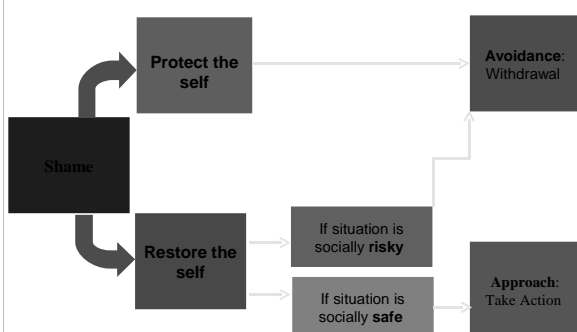
Shame

- Powerful; associated with inferiority, worthlessness, and a damaged self-image.
- Function: To provide immediate feedback about how well one's self stands up to moral and performance-based standards.
- Arises after the violation of standards associated with morality and competent functioning.
- Moral and performance failures signal that something is wrong with the self.

Based on Reeve (2015, pp. 414-415)

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Shame



Based on Reeve (2015, Figure 14.1 Duel motivational model of shame, p. 415) 17

Guilt

- Arises after the person evaluates his/her behaviour as a failure. Signals that one's behaviour has caused harm, loss, or distress to a relationship partner.
- Focus is on the worth of the self's behaviours and actions and what can be done to undo the harm.
- Guilt-generated behaviors often involve making amends and apologizing to undo the distressing consequences of the behaviour.

Based on Reeve (2015, pp. 415-416)

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Embarrassment

- Signals that “something is amiss” and that some aspects of the self need to be hidden or carefully self-monitored.
- Can occur:
 - after a social blunder that is committed in front of an audience, suggesting some deficiency.
 - during positive social situations such as being congratulated.
- Functions to appease the audience by taking action to repair the negative self-impression.

Based on Reeve (2015, pp. 416-417)

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Pride

- Positive aspect: Arises from one’s success and promotes:
 - Achievement behaviour
 - Authentic and heartfelt self-esteem
 - Prosocial behaviours such as volunteering and altruism.
- Negative aspect: Associated with narcissism and contributes to:
 - Aggression
 - Relationship conflict
 - Antisocial behaviour such as manipulating others.

Based on Reeve (2015, pp. 417-418) 20

Triumph

- Emotional reaction that follows victory in a competitive situation.
- Signals dominance and social power over the defeated.

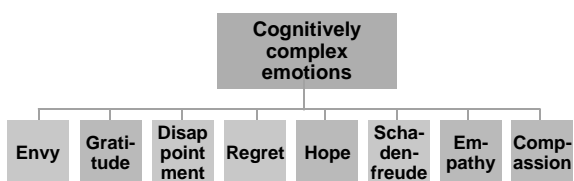
Based on Reeve (2015, p. 418)

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Cognitively complex emotions

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Cognitive complex emotions



Based on Reeve (2015, pp. 418-426)

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Envy

- A painful emotion caused by the good fortune of others
- **Benign envy:** aims at improving one’s position and leads to constructive behaviour aimed at moving up to the superior position held by the envied person.
- **Malicious envy:** aims at improving one’s position by pulling down the envied person and leads to destructive behaviour.

Based on Reeve (2015, pp. 412-413)

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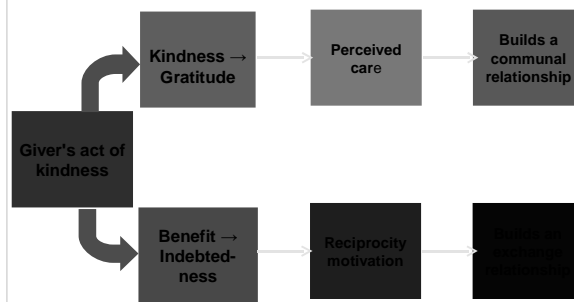
Gratitude

- Gratitude is a positive emotion towards a person upon receiving something of value through their generosity and prosocial behaviour. Facilitates “communal relationships”.
- However, acts of kindness can lead to a focus on what was received, leading to indebtedness which motivates reciprocity and contributes to “exchange relationships”

Based on Reeve (2015, pp. 412-413)

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Gratitude



Based on Reeve (2015, Figure 14.2 Sequence of relation-based events in gratitude versus indebtedness)

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Disappointment

- Arrives when comparing the outcome one received versus a better outcome that might have resulted from the same action.
- Example: I anticipated getting the job, but did not.

Based on Reeve (2015, pp. 412-413)

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Regret

- Arises with the non-occurrence of a desired outcome caused by a wrong behavior or bad choice.
- Example: I didn't study for the test and now I regret it.

Based on Reeve (2015, pp. 412-413)

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Different consequences of disappointment versus regret

	Disappointment	Regret
Feelings	I feel powerless. Moderate dislike of the outcome.	I should have known better. Strong dislike for the outcome.
Thoughts	My expectancy was disconfirmed.	I made a mistake.
Motivation	There is nothing I want to do.	I want a second chance. I want to undo what happened.
Action Tendency	There is nothing I want to do.	I want to correct my mistake.

Based on Reeve (2015, Table 14.2, p. 423)

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Hope

- Hope arises with a wish that a desired goal will be attained.
- Hope is rooted in the desire to attain some attractive goal.

Based on Reeve (2015, p. 423)

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Schadenfreude

- Entails taking pleasure in the misfortune.
- Typically arises when the other person is disliked, envied or resented.

Based on Reeve (2015, p. 423)

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Empathy

- Involves feeling what another person feels and has two principle antecedents:
 - **Mimicry**: one's own facial expressions, voice tone and posture matches the other person.
 - **Perspective-taking**: one imagines one's self in another's place.
- An experience of empathy heightens the perceptions of closeness toward the other and creates an approach-based prosocial motivational orientation.

Based on Reeve (2015, pp. 423-426)

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Compassion

- A positive emotion when it connotes caring and when the focus is on the another who is suffering.
- A negative emotion when it is tightly paired with distress and suffering and when the individual focuses on that personal distress.

Based on Reeve (2015, pp. 412-413)

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Summary: Basic (7)

- **Fear**: Motivates self-protection in face of perceived danger or threat
- **Anger**: Enderises one to overcome obstacle in goal pursuit
- **Disgust**: Repulsion against contaminated object
- **Contempt**: Feeling of moral superiority to maintain social order
- **Sadness**: Self-reflection following loss or separation
- **Joy**: Pleasure from desirable outcomes; motivates interaction and goal striving
- **Interest**: Curiosity which replenishes and motivates exploration, engagement and learning.

Based on Reeve (2015, pp. 426-427)

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Summary: Self-conscious (5)

- **Shame**: Violation of Violations of moral and competency standards
- **Guilt**: Realisation that one's behaviour caused, with desire to repair
- **Embarrassment**: Social blunder indicates something amiss with the self
- **Pride**: Arises from success; Authentic pride and Hubristic pride
- **Triumph**: Reaction to competitive victory; self-expression and dominance over another

Based on Reeve (2009, pp. 426-427)

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Summary: Complex (8)

- **Envy**: Arises from others' good fortune; Benign and Malicious
- **Gratitude**: Arises from receiving a gift from another; can lead to communal or exchange relations
- **Disappointment**: Non-occurrence of positive outcome: Leads to resignation and inertia
- **Regret**: Non-occurrence of positive outcome: Motivates making different decisions in future
- **Hope**: Wish that a desired goal be obtained; motivates persistence
- **Schadenfreude**: Pleasure at the misfortune of others
- **Empathy**: Feeling emotions of another; arises from mimicry and perspective-taking
- **Compassion**: Arises from other's suffering (negative) or overcoming suffering (positive)

Based on Reeve (2009, pp. 427) 36

Upcoming lectures



- **Individual differences**
 - Unconscious motivation (Ch 14)
 - Growth psychology (Ch 15)
- **Summary & conclusion (Ch 16)**

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References

- Reeve, J. (2015). *Understanding motivation and emotion* (6th ed.). Hoboken, NJ: Wiley.

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