

Individual emotions



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Image source
1

Basic emotions

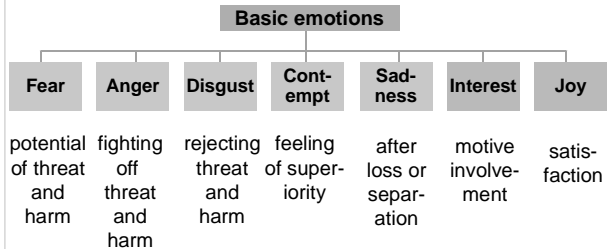
4

Individual emotions

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

2

Basic emotions



Arise in response to significant life events

Based on Reeve (2015, pp. 406-414)

5

Outline – Individual emotions

20 emotions in 3 categories

Basic (7)

- Fear
- Anger
- Disgust
- Contempt
- Sadness
- Joy
- Interest

Self-conscious (5)

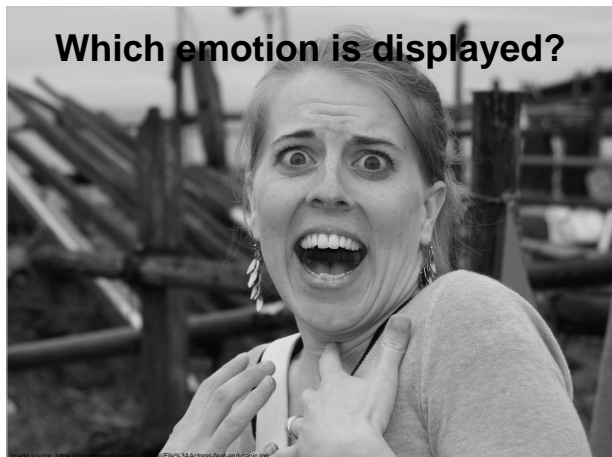
- Shame
- Guilt
- Embarrassment
- Pride
- Triumph

Cognitively complex (8)

- Envy
- Gratitude
- Disappointment
- Regret
- Hope
- Schadenfreude
- Empathy
- Compassion

Based on Reeve (2015, p. 404) **3**

Which emotion is displayed?



Fear

1. Arises from interpretation that the situation is dangerous, i.e.:
 1. **Situational threat**
(esp. threat of physical or psychological harm)
 2. **Perceived vulnerability**
(perception that one can do little to cope)
2. Trembling, perspiring, looking around, etc.
3. Serves as a warning signal and motivates defense (flight or freeze)
4. Supports learning new coping skills

Based on Reeve (2015, p. 406) **7**

Anger

1. Caused by encountering **obstacles in goal pursuit**, particularly where perceived as illegitimate restraint, 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. Can motivate change for the better but can also lead to aggression and damage.

Based on Reeve (2015, pp. 407-408) **10**

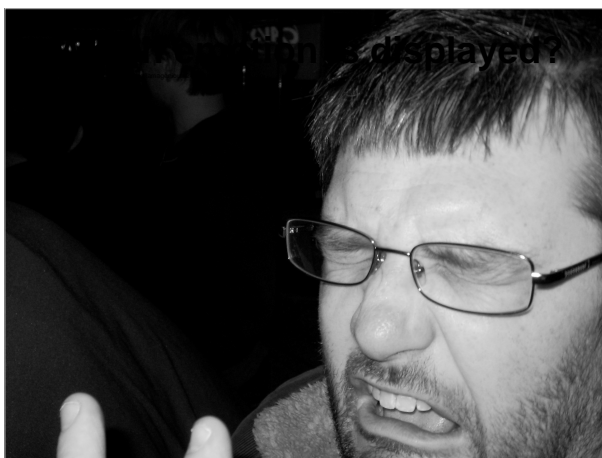
Allies of fear

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

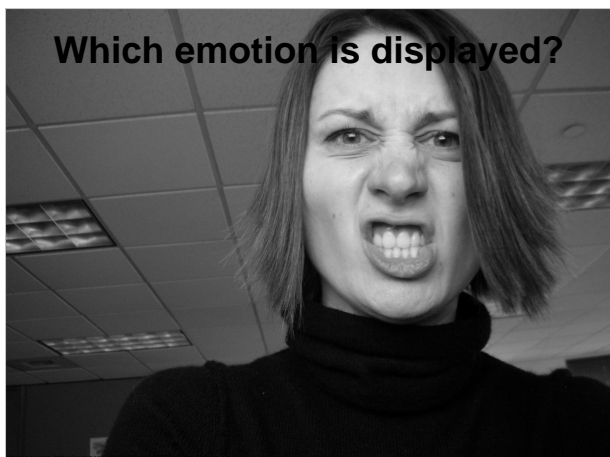
Post-traumatic Stress Disorder: long-term trauma arising from experience of extreme danger; elicits intense fear.

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

Based on Reeve (2015, p. 407) **8**



Which emotion is displayed?



Disgust

1. Primitive function is to prevent consumption of, or contamination by, offensive substances.
2. Motivates us to get rid of or get away from contaminated or spoiled objects.
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 (2015, pp. 408-410) **12**

Which emotion is displayed?



Image source: https://commons.wikimedia.org/wiki/File:PSM_V36_D104_Facial_expression_of_contempt.jpg

13

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) **16**

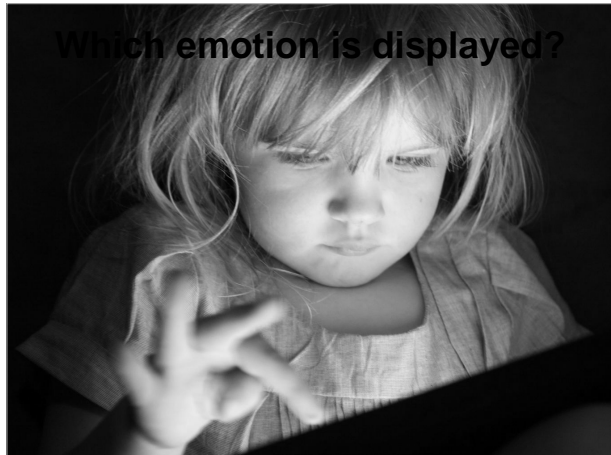
Contempt

1. Arises from a sense of being morally superior to another person.
2. An inherently social emotion - it only occurs during social interactions.
3. Functions to maintain the social hierarchy.
4. Signals one's dominance and superiority over another.

Based on Reeve (2015, p. 410)

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Which emotion is displayed?



Which emotion is displayed?

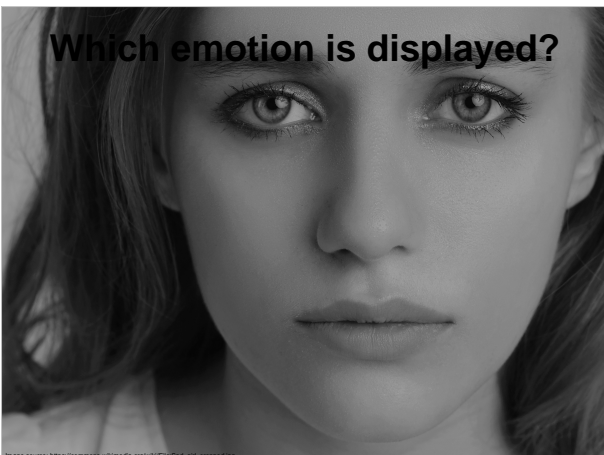


Image source: https://commons.wikimedia.org/wiki/File:Sad_girl.jpg

Interest

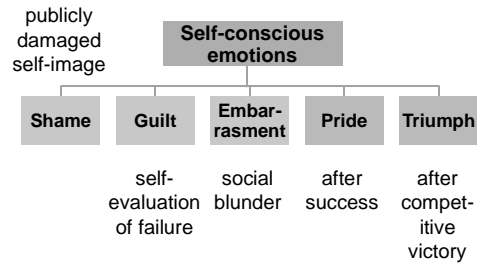
1. Creates urge to explore, investigate, seek, manipulate and extract info from objects around us.
2. Most prevalent emotion in day-to-day functioning.
3. Motivates environmental engagement and promotes learning, skill development, knowledge acquisition and achievement.
4. Replenishes personal resources. 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) **18**

Which emotion is displayed?



Self-conscious emotions



Arise from cognitive evaluations of the self

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

22

Joy

1. 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)

20

Which emotion is displayed?



Image source: https://commons.wikimedia.org/wiki/File:Taurining_0001_cropped.jpg

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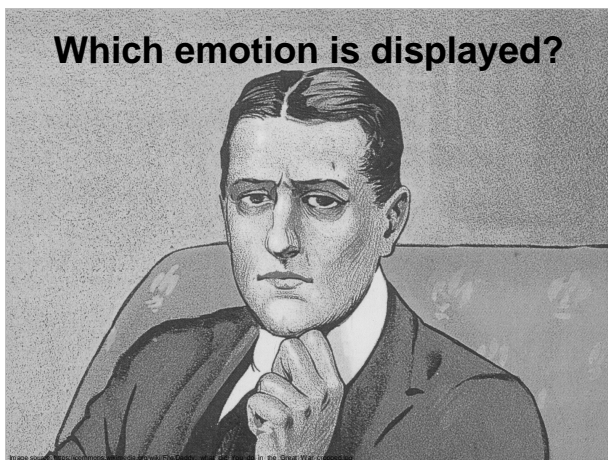
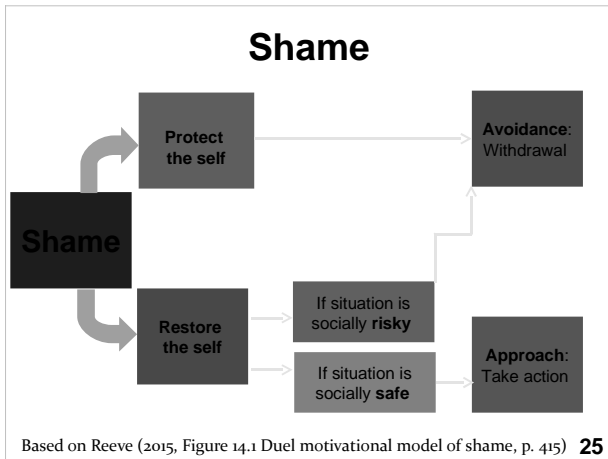
Self-conscious emotions

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Shame

- Powerful; arises from public demonstration of inferiority, perceived worthlessness, and a damaged self-image.
- Provides 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) 24



- ### Embarrassment
- Signals that “something is amiss” and that some part of the self needs to be hidden or more carefully self-monitored.
 - Occurs:
 - after a social blunder committed in front of an audience, suggesting some deficiency.
 - during positive social situations such as being congratulated.
 - Appeases the audience by motivating action to repair the negative self-impression.
- Based on Reeve (2015, pp. 416-417) **29**

- ### Guilt
- Arises after evaluating own behaviour as a failure which causes harm, loss, or distress to someone else.
 - 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 apologising to undo the distressing consequences of the behaviour.
- Based on Reeve (2015, pp. 415-416) **27**



Pride

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

Based on Reeve (2015, pp. 417-418) **31**

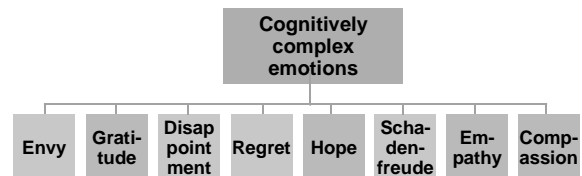
Cognitively complex emotions

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Which emotion is displayed?

Cognitive complex emotions

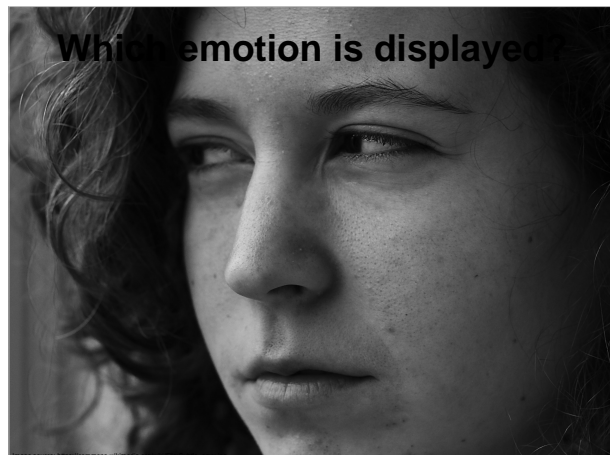


Based on Reeve (2015, pp. 418-426) **35**

Triumph

- Follows victory in a competitive situation.
- Victor displays strong, joyful, dominant body language.
- Signals dominance and social power over the defeated.
- Has an air of aggression, tension release, and taunting of opponent.

Based on Reeve (2015, p. 418) **33**



Which emotion is displayed?

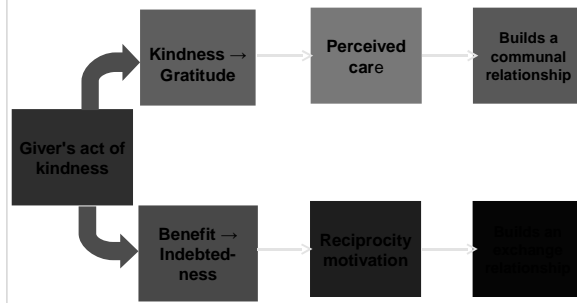
Envy

- 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



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

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Gratitude

- 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)

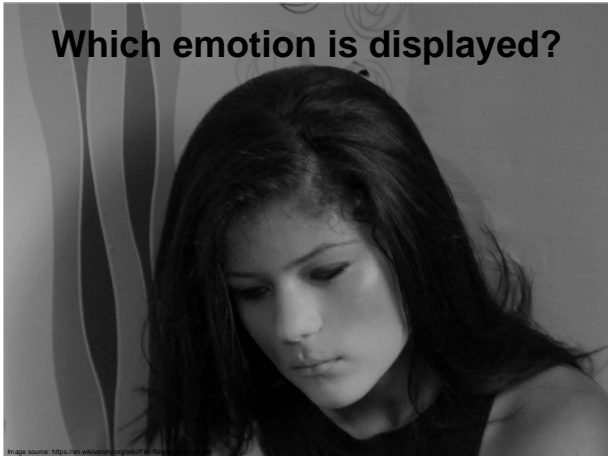
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Disappointment

- Occurs when comparing the outcome one received versus a better outcome that might have resulted from the same action.
- Examples:
 - "I anticipated getting a job I applied for, but didn't even get an interview."
 - "I thought she would go out with me, but she said no."

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.
- Examples:
 - “I didn’t study for the exam and now I regret it.”
 - “I didn't listen to what he was saying, and then he withdrew and broke up with me, which I regret.”

Based on Reeve (2015, pp. 412-413) **44**

Hope

- Arises with a wish that a desired goal will be attained.
- Rooted in the desire to attain some attractive goal.

Based on Reeve (2015, p. 423) **47**

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.

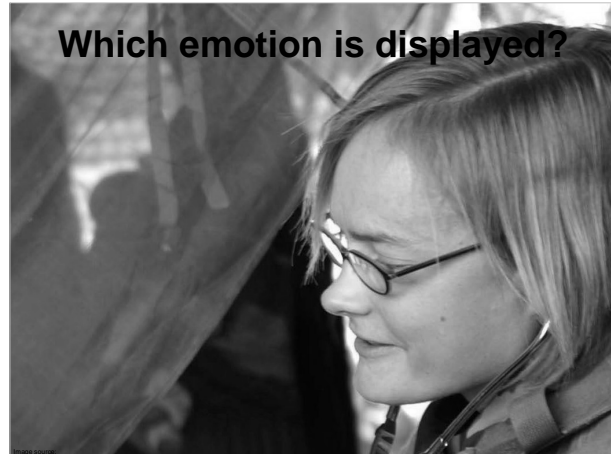
Based on Reeve (2015, Table 14.2, p. 423) **45**



Schadenfreude

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

Based on Reeve (2015, p. 423) **49**



Compassion

- A complex emotion because it can be positive or negative.
- Positive when it motivates acts of caring and when the focus is on the another who is suffering.
- Negative it is tightly paired with distress and suffering and when the individual focuses on that personal distress.

Based on Reeve (2015, pp. 412-413) **53**

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.
- Heightens perceptions of closeness toward the other and creates an approach-based prosocial motivational orientation.

Based on Reeve (2015, pp. 423-426) **51**

Summary: Basic (7)

- **Fear**: Motivates self-protection in face of perceived danger or threat
- **Anger**: Energises one to overcome obstacles 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:** Public violation of moral and competency standards
- **Guilt:** Realisation of harm that one's behaviour caused, with desire to repair
- **Embarrassment:** Social blunder indicating something amiss with the self
- **Pride:** Arises from success; Authentic pride vs. Hubristic pride
- **Triumph:** Reaction to competitive victory; expression of dominance over another

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

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References

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

Note: Image credits are in the slide notes

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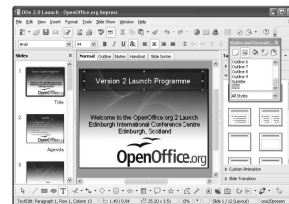
Summary: Complex (8)

- **Envy:** Arises from others' good fortune; Benign vs. Malicious
- **Gratitude:** Arises from receiving a gift from another; Communal vs. Exchange relations
- **Disappointment:** Non-occurrence of expected positive outcome: Leads to resignation and inertia
- **Regret:** Non-occurrence of expected 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 overcoming of suffering (positive) or suffering (negative)

Based on Reeve (2015, pp. 427) 56

Open Office Impress

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- Free and open source software.
- <http://www.openoffice.org/product/impress.html>



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Upcoming lectures

- **Individual differences**
- Unconscious motivation (Ch 15)
- Growth psychology (Ch 16)
- **Interventions & review** (Ch 17)



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