• Barlow (2000) distinguishes fear from anxiety (different mood and anxiety disorders are either more fear or anxiety based).
  o The triple vulnerabilities distinguish the different phenotypes of fear and anxiety disorders & how they affect patients. Common (1) generalized biological vulnerability (neurotic temperament) & (2) generalized psychological vulnerability (whether you feel in control or not which may be influenced by parenting) underlie d/o's - (3) specific vulnerability determines which type of d/o is developed (i.e., fear or anxiety).
• Panic is more related to fear than anxiety. Anxiety is anticipatory, fear is in the moment and a response (flight or flight).
• Gray (1990) systems for cognition and emotions are distinct but interact so much it is hard to distinguish between the two. I.e., drugs can affect both systems
  o Aligns with Lazarus

Chapter 16 – Consciousness
• Consciousness is the “normal mental condition of the waking state of humans characterized by the experience of perceptions, thoughts, feelings, awareness of the external world and often in humans...self-awareness” (Coleman, 2001, p.160)
  o Heterogenous: idea of access to self-awareness
• Pinker’s Model, 1997
  o Sentience: Our subjective experience or phenomenal awareness, only accessible to the one experiencing it
  o How do we know if other people are experiencing it the same way?
  o Access to information: Ability to report the content of the subject experiences without the ability to report on the processes producing that experience
  o Self-knowledge: Conscious awareness of ourselves
• The Problems – Chalmers (1995)
  o Easy: Understanding our ability to discriminate and categorize environmental stimuli, integrate info, access our internal states, and deliberate control of behavior
  o Hard: The question of how physical processes in the brain give rise to the subjective experience
• Functions of consciousness
  o Humphrey (1983): Humans developed conscious awareness of themselves so that they could put themselves in someone else’s position to achieve social goals
    ▪ Essentially theory of mind
  o Baars (1988)
    ▪ Consciousness involves: adaptation and learning, recruiting motor systems to organize and carry out mental and physical