THEORIES OF EMOTION

James – Lange Theory

- The bodily states internal changes or overt movements precede the emotion that is felt. Perception – motor reaction- visceral arousal-emotion

Cannon – Bard’s Thalamic Theory

- The nervous impulses coming into the hypothalamus from the receptors stimulate that center to send impulses to the cortex and viscera simultaneously.
- Perception- hypothalamic arousal- emotional

Cognitive Theory of Emotion

The phases in the emotional process are:

- perception of the emotional producing situation
- a stirred up bodily state which is ambiguous
- interpretation and labeling of the bodily state that fits the perceive situation

Emotional Intelligence

- Is a person’s competence and skill at reading the meaning of nonverbal displays of emotions.
- These are people who are sensitive to body language, get along well with others, and are likeable themselves.