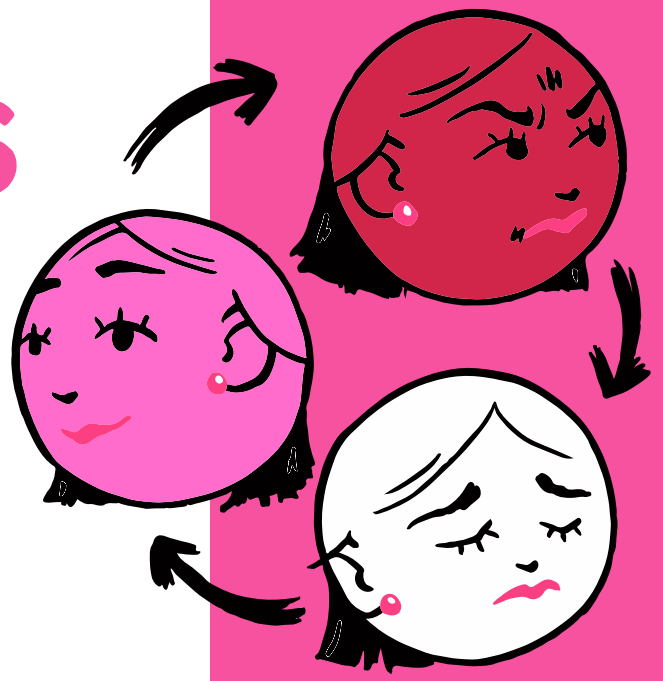


HOW EMOTIONS AFFECT BEHAVIOR



Emotions: "emotions are conscious mental reactions subjectively experienced as strong feelings"



Feelings: Feelings are the interpretations we give to the emotions. They are personal perceptions and explanations for the emotions we are feeling.

3 COMPONENTS TO EMOTIONS

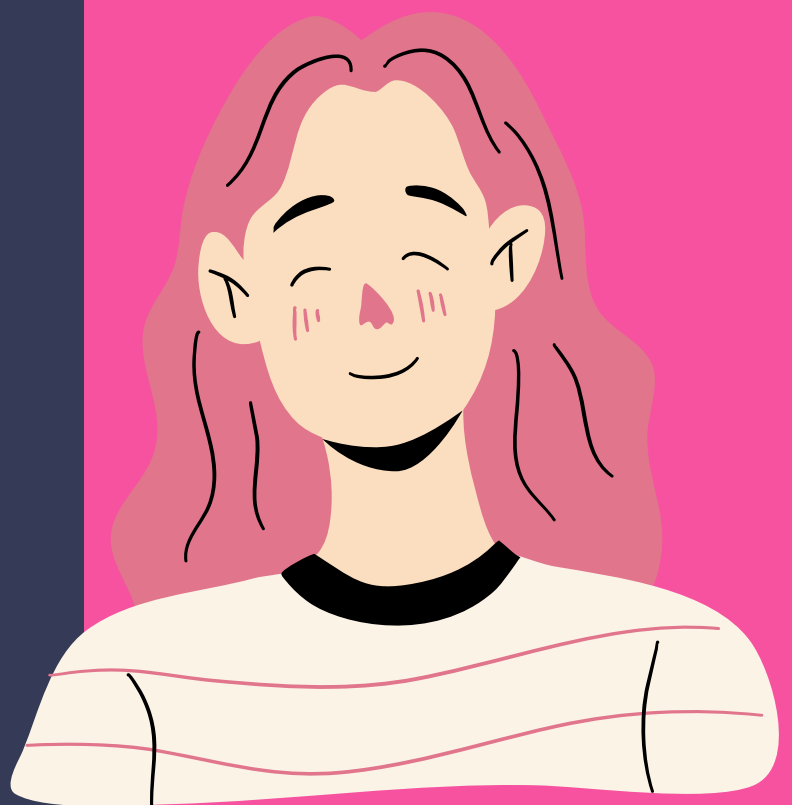
Subjective: your perceived experience of the emotion

Physiological: body's reaction to the emotion

Expressive: how you behave in response to the emotion

STANDARD THEORY

Standard Theory is the most probable explanation for behavioral reactions to emotions





The theory looks at evolution where past behavior may cause physical harm or death.

This behavior causes an emotional response in others and is therefore avoided in the future.

THEORY 2: EMOTION AND LEARNING

The theory claims that we behave firstly, then experience the emotion which leads to reflection and possibly a learning moment.



Memories or events are better stored in the brain when it has a strong emotional connotation.

The researches argue that people learn to anticipate emotional outcomes to certain behaviors.



Knowing which behaviors will result in negative emotions will cause us to reconsider our behavior to have a more positive and beneficial outcome.