

Guided Reading Activity

12-3

networks**Motivation and Emotion****Lesson 3 Emotions****Review Questions: Outlining**

Directions: Read the lesson and complete the outline below. Refer to your textbook to fill in the blanks.

I. Expressing Emotions

- A. Drive, or motivation, refers to the needs, desires, or mental calculations that lead to _____ behavior, and the feelings associated with these decisions are called _____.
- B. _____ is the ability to perceive and understand emotions and to use that information in _____.
- C. The three parts of emotions are _____, _____, and _____.
- D. Carroll Izard and James A. Russell conducted studies that show that there are universally recognized _____ for different _____.
- E. The facial feedback hypothesis states that our emotions are defined when our _____ interprets feedback from the movement of _____.
- F. Emotional reactions can serve different _____ functions and may be perceived differently in other _____.

II. Physiological Theories

- A. William James and Carl Lange believed that emotions are experienced after they are triggered by _____.
- B. Critics of the James-Lange theory argue that the theory leaves out the influence of _____ on emotions, and that emotions are not caused by _____, but accompany them.
- C. The part of the brain involved in emotional experience is the _____.
- D. The _____ test is more accurate than a polygraph because it tests people's physical response to _____ facts about a crime.

Guided Reading Activity *cont.*



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III. Cognitive Theories

- A. When you interpret your _____ state to label your emotions, you are using a cognitive approach.
- B. Stanley Schachter and Jerome Singer's experiment demonstrated that people take emotional cues from their _____ when they cannot explain their physical reactions.
- C. The cognitive appraisal theory proposes that you _____ a situation and have an emotional reaction to it based on your own _____ experience.
- D. In the opponent-process theory, the body uses two systems to regulate emotions: the _____ to energize the body, and the _____ to calm the body.

Summary and Reflection

Directions: Summarize the main ideas of this lesson by answering the question below.
Describe three theories or studies that relate emotions to physiological states.

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