



emotions

"[Emotions] are not triggered; you create them. They emerge as a combination of the physical properties of your body, a flexible brain that wires itself to whatever environment it develops in, and your culture and upbringing, which provide that environment."

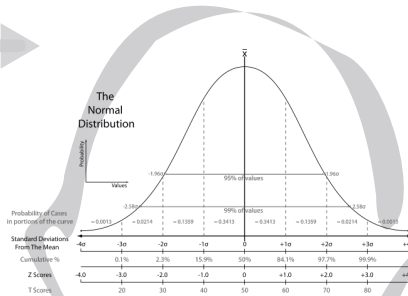
- Lisa Feldman Barrett

stimulus

object or event that elicits a response in the organism (sensory input) via **perception**

context

the current **situation** compared with previous similar experiences



'emotion'

concepts

developed through experience, blended with beliefs to form models for the brain to deal with sensory input c.f. **perspective**

affect

the experience of feeling. mediates an organism's interaction with stimuli. via **interoception**

For every emotion we think of as 'biological', *universal*, there is at least one culture that doesn't have a concept & therefore doesn't really experience (feel) that particular emotion. Conversely many cultures 'feel' emotions that we have no concept for & therefore do not 'feel'.

emotional paradox

People have vivid, intense "emotional" experiences & perceive emotions in others. Yet neuroscientific & psychophysiological evidence does not support the existence of such experience. Instead **affect** is interpreted & emotions constructed by various brain networks acting in tandem.

the impulse (urge) to act e.g. towards or away from the stimulus

motivational intensity

valence

arousal

subjective evaluation of an experienced state (positive - negative)

activation of the sympathetic nervous system.

theory of constructed emotion