

CONTENTS

PREFACE, xi

ACKNOWLEDGMENTS, xiii

1 • MINDS, BODIES, AND EMOTIONS, 1

The New Cognitive Psychology	3
Psychology and the Common Language	5
Psychology and Physiology	8
The Mind-Body Problem—An Inconvenient Fiction	10
A Psychology of Emotion	12

2 • THE PSYCHOLOGY OF EMOTION: PAST AND PRESENT, 15

What Is Emotion?	16
Themes and Variations. The New Century. The Two Aspects of Emotion.	
The Organic Tradition	20
James—and Lange, and Others. The Jamesian Critics. Viscera and Cognition. Psychophysiology.	
The Mental Tradition	34
Fundamental-Emotion Theories. Conflict—Now You See It, Now You Don't. Contemporary Conflict Theories.	

3 • THE HUMAN MIND, 49

The Structure of Mind	50
Organization and Structure. Mental Structure—Conscious and Unconscious.	
The Structure of a Cognitive-Interpretive System	53
Schemas: The Basic Units of Mind. Automaticity and Activation. Attention. Schema Complexity and Change. Beyond the Schema. Cognition and Conditioning.	
Meaning Analysis	70
Preconscious State-of-the-World Knowledge.	

Action Systems and Their Structures	76
The Organization of Action. Organized Action Sequences. Goals. Teleology.	
4 • THE CONSTRUCTION OF CONSCIOUSNESS, 86	
Conscious Contents and Processes	89
A Constructivist View of Consciousness	90
The Construction of Consciousness. Meaning Analysis and Consciousness.	
The Limited Capacity of Consciousness.	
Consciousness—A Special Problem for Mental Theory	101
The Uses and Adaptive Functions of Consciousness	103
The Limitation of Conscious Capacity and the Flow of Consciousness	108
Conscious Stopping.	
Dreaming	112
Consciousness and Emotion	114
5 • MIND AND EMOTION, 117	
Mental Organization and Emotion	117
Arousal. Meaning Analysis and Cognitive Evaluation. Consciousness.	
The Construction of Emotion	119
Mastery and the Appraisal Loop.	
Meaning Analysis and Emotion	126
Consciousness and Emotion	128
Repression	130
Feelings, Moods, and Other Uncertainties	131
6 • AUTONOMIC AROUSAL: ITS USES AND FUNCTIONS, 133	
The Autonomic Nervous System	134
Adaptive Consequences of Arousal	139
Arousal, Efficiency, and Attention.	
The Functional Physiological Stimulus	143
Autonomic Perception	144
Autonomic Imagery.	
Autonomic Generality	147
Autonomic Arousal and the Potentiation of Affect	148
The Conditions of Autonomic Arousal	150
7 • BIOLOGY AND THE EMOTIONS, 156	
Determinism and Potential	156
Aggression	160
Facial Expression	165
Future Rapprochements with Biology	170

8 • DISCREPANCY AND INTERRUPTION: OCCASIONS FOR EMOTIONS, 171

The Consequences of Interruption Persistence and Completion. Response Substitution. The Problem of Completion.	173
---	-----

Emotional Consequences of Interruption The Effects of Interruption. Interruption of Consummatory Behavior. Disruption as a Consequence of Interruption. The Organization of Emotional Sequences. The Joys of Completion. An Example of Emotion and Interruption. Interruption and Close Relationships. Cognitive Interruption.	176
---	-----

9 • VALUE: SOURCE OF EMOTIONAL QUALITIES, 190

Approaches to Value	192
Sources of Value Innate Values. Personal and Cultural Predication. Structural Evaluations.	193
Value, Interest, and Familiarity Value and Familiarity.	205
Value—Cultural and Individual	208
Models of Affective Structure	209
Cultural Variation in Emotional Experience	214
Value and Consciousness	216
Conclusion	218

10 • ANXIETY AND EMOTION, 220

Theoretical Positions Psychoanalytic Theory. Learning Theory. Existentialist Theory.	222
The Measurement of Anxiety	228
Anxiety, Pain, and Inhibition Fundamental Distress.	230
Anxiety and Interruption	238
Anxiety, Helplessness, and Hopelessness	244

11 • STRESS AND EMOTION, 249

Short-term Effects of Stress: Stress and Thought Cognitive Efficiency. Coping with Stress. The Strange and the Unusual. Problem Solving, Memory, and Stress.	250
Long-term Effects of Stress: Life Stress Life Stress and Interruption. The Effects of Stress.	263

12 • IMPLICATIONS AND EXTENSIONS, 269

The Development of Emotion The Development of Cognitive-Evaluative Processes. Psychoanalytic Theory and Emotional Development. The Development of Autonomic-Visceral Functions.	269
--	-----

Emotion and Memory	275
Changing Mental Structures	278
The Psychotherapy of Everyday Life.	
Personality, Pathology, and Individual Differences	283
Personality Scales. Psychopathy. Emotional Involvement.	
Sex—A Different Emotion?	291
Speculations about Aesthetics and Creativity	296

REFERENCES, 301

NAME INDEX, 321

SUBJECT INDEX, 327