

# Contents

Preface	<i>page xi</i>
<b>1 Introduction</b>	<b>1</b>
1. 1 Emotional phenomena	1
1. 2 Overview of the present approach	4
<b>PART I ANALYSIS</b>	
<b>2 Emotional behavior</b>	<b>9</b>
2. 1 Expressive behavior and its explanation	9
2. 2 Relational interpretation of expressions	14
2. 3 Variants of relational behavior	24
2. 4 Behavior intensity, activation, and inhibition	32
2. 5 Smiling, laughing, and weeping	47
2. 6 Expression, emotion, communication, and mood	55
2. 7 Emotional expression as unlearned response	62
2. 8 Action tendencies and activation modes	69
2. 9 Emotional behavior generally	94
2.10 Emotions as intentional structures	98
2.11 The provenance of emotional behavior	103
2.12 Behavioral consequences of emotion	109
<b>3 Physiology of emotion</b>	<b>124</b>
3. 1 Introduction	124
3. 2 Autonomic variables related to emotions	126
3. 3 Temporal characteristics of autonomic responses	141
3. 4 The nature and function of autonomic responses	143
3. 5 Hormonal changes	146
3. 6 Electrocortical changes	152
3. 7 Muscle tension and tremor	153

3. 8	Physiological response patterns	155
3. 9	Arousal, emotion, and physiological change	168
3.10	Consequences of physiological response	174
<b>4</b>	<b>Emotional experience</b>	<b>176</b>
4. 1	Theoretical viewpoints	176
4. 2	The investigation of emotional experience	178
4. 3	The nature of "experience": reflexive and irreflexive consciousness	186
4. 4	Emotional experience as experience of the situation	193
4. 5	Emotional experience as experience of autonomic arousal	221
4. 6	Emotional experience as awareness of action and action tendency	231
4. 7	Hedonic quality	242
4. 8	The significance of emotion	245
4. 9	Intensity of emotional experience	247
4.10	Emotional experience: its structure and varieties	249
4.11	Definition of emotion and kinds of emotion	256

## PART II ANTECEDENTS

<b>5</b>	<b>Emotional stimuli, or situational antecedents</b>	<b>263</b>
5. 1	Theoretical viewpoints	263
5. 2	"Stimuli," events, and cognitive processes	267
5. 3	Unlearned emotional stimuli	271
5. 4	The elicitation of emotion	277
5. 5	The description of emotional stimuli	285
5. 6	Factors affecting emotional intensity	290
5. 7	Acquisition of emotion	303
5. 8	Loss and persistence of emotions	312
5. 9	The stimulus reception process	324
<b>6</b>	<b>Concerns and other dispositional antecedents</b>	<b>333</b>
6. 1	Dispositional sources of emotion	333
6. 2	Concerns	335
6. 3	Discussion of some source concerns	344
6. 4	The structure of concerns, pleasure and pain, and the problem of circularity	359
6. 5	The function of emotions and "feelings"	371
6. 6	Other dispositional antecedents	374

<b>7 Neurophysiological conditions</b>	379
7. 1 Brain structures involved in emotion	379
7. 2 Elicited behavior	381
7. 3 Activating mechanisms	386
7. 4 Evaluation functions	389
7. 5 Inhibitory and regulatory functions	391
7. 6 "Feeling" and mood	395
7. 7 Hemispheric differences	399
<b>8 Regulation</b>	401
8. 1 Regulation phenomena	401
8. 2 Instigation of regulation	408
8. 3 Major regulatory mechanisms	414
8. 4 Input regulation and intrapsychic coping	418
8. 5 Regulation of emotional impulse and response	440
8. 6 External regulation	445
 <b>PART III SYNTHESIS</b>	
<b>9 Theory of emotion</b>	453
9. 1 The emotion process	453
9. 2 Emotional experience	463
9. 3 Psychological theory of emotion	465
9. 4 The concept of "emotion"	473
 References	 481
Author index	527
Subject index	538