

Contents

<i>Foreword by David Shakow</i>	v
<i>Preface</i>	vii
<i>Preface to the University Press of America Edition</i>	ix
I What Is a Theory of Emotion?	3
<i>The Problem</i>	3
<i>What Is a Theory of Emotion?</i>	5
<i>Theory as Integrator, Predictor, Stimulator, and Incorporator</i>	6
<i>The Use of Constructs</i>	8
<i>Analysis and Synthesis</i>	9
<i>Analogy</i>	10
<i>Types of Theory</i>	11
II Problems for a Theory of Emotion	13
<i>Intensity</i>	13
<i>Persistence</i>	15
<i>Purity</i>	17
<i>Individual Differences</i>	18
<i>Introspection</i>	19
<i>Definition</i>	21
III Contemporary Theories of Emotion: A Review	24
<i>James-Lange Theory</i>	25
<i>Attitude Theory</i>	26
<i>Cannon-Bard Theory</i>	29
<i>Activation Theory</i>	30
<i>Motivational Theory</i>	31
<i>Psychoanalytic Theory</i>	32
<i>Behavioristic Theories</i>	34

IV	Basic Postulates of the Theory	40
	<i>Postulates of the Present Theory</i>	41
V	The Concept of Primary Emotions	54
	<i>Criteria for Primary Emotions</i>	55
	<i>Basic Types of Adaptive Behavior</i>	57
VI	The Evolution of Primary Emotions: I	65
	<i>Transition to Man</i>	68
	<i>Expression of Prototypic Patterns in Higher Animals</i>	71
	<i>The Fear Dimension</i>	72
	<i>The Opposition of Fear and Anger</i>	75
	<i>The Dimension of Anger</i>	78
VII	The Evolution of Primary Emotions: II	85
	<i>The Dimension of Joy</i>	85
	<i>The Dimension of Grief</i>	91
	<i>The Dimension of Acceptance</i>	95
	<i>The Dimension of Disgust</i>	96
	<i>The Dimension of Surprise</i>	99
	<i>The Dimension of Expectation</i>	102
VIII	A Structural Model of the Emotions	108
	<i>The Structural Model</i>	110
	<i>Experiment 1. The Judged Intensity of Emotion-Terms</i>	112
	<i>The Mixing of Primary Emotions</i>	115
	<i>Experiment 2. The Naming of Emotion-Mixtures</i>	117
	<i>Emotion Mixtures as Personality Traits</i>	120
	<i>Experiment 3. The Analysis of Personality Traits</i>	122
IX	Some Experimental Studies Based on the Theory	126
	<i>Experiment 4. The Analysis of Facial Expressions</i>	127
	<i>Experiment 5. The Synthesis of Facial Expressions</i>	130

	<i>Experiment 6. Children's Perceptions of the Primary Emotions</i>	132
	<i>Experiment 7. The Analysis of Emotions by the Use of the Semantic Differential</i>	137
	<i>Experiment 8. The Dimensionality of Emotions</i>	145
X	Implications and New Directions	150
	<i>What Is an Emotion?</i>	151
	<i>The Problem of Mixed Emotions</i>	152
	<i>Repression and Control of Emotions</i>	152
	<i>The Nature of Psychotherapy</i>	155
	<i>Mental Health and Emotions</i>	158
	<i>The Emotion of Happiness</i>	160
	<i>The Nature of Guilt</i>	161
	<i>Guilt and the Problem of Delinquency</i>	164
	<i>Emotions and Motivations</i>	167
	<i>The Influence of Learning on Emotions</i>	170
	<i>The Special Role of Exploration</i>	171
	<i>Concluding Comments</i>	171
XI	New Developments in the Theory of Emotion	173
	<i>Appendix: Some Definitions of Emotion</i>	179
	<i>References</i>	185
	<i>Index</i>	201