

CONTENTS

FIGURES	xvii
TABLES	xxv
PREFACE	xxvii
ACKNOWLEDGMENTS	xxx
PART I PERSPECTIVES ON EMOTIONS	1
1 APPROACHES TO UNDERSTANDING EMOTIONS	3
<hr/>	
Introduction,	4
What Is an Emotion? First Ideas,	4
Nineteenth-Century Founders,	5
Charles Darwin: The Evolutionary Approach,	5
William James: The Physiological Approach,	7
Sigmund Freud: The Psychotherapeutic Approach,	9
Philosophical and Literary Approaches,	10
Aristotle and the Ethics of Emotions,	11
René Descartes: Philosophically Speaking,	14
George Eliot: The World of the Arts,	15
Brain Science, Psychology, Sociology,	17
John Harlow, Tania Singer: New Brain Science,	17
Magda Arnold, Sylvan Tomkins: New Psychological Theories,	21
Alice Isen: New Experimentation,	22
Erving Goffman, Arlie Russell Hochschild: Selves and Others,	24
What Is an Emotion? Some Conceptions,	25
Researchers' Conceptions of Emotions,	25
The Emotional Realm: Emotions, Moods, Dispositions,	28
Episodes of Emotion,	28
Moods,	28

Emotional Disorders,	28
Personality Traits,	29
Summary,	29
Further Reading,	30

2 EVOLUTION OF EMOTIONS 31

Elements of an Evolutionary Approach,	32
Selection Pressures,	32
Adaptation,	33
Natural Design for Gene Replication,	35
Three Social Motivations and One Antisocial Motivation,	38
Attachment,	38
Assertion,	40
Affiliation,	41
Emotions in the Space of Three Social Motivations,	42
Antisocial Motivation,	43
Why Human Emotions Are As They Are,	44
Social Lives of Chimpanzees,	44
Human Ancestry,	49
Modern Hunter-Gatherer Societies,	52
Emotions as Bases of Human Relationships,	54
Summary,	56
Further Reading,	56

3 CULTURAL UNDERSTANDINGS OF EMOTIONS 57

The Construction of Emotions in the West,	58
A Cultural Approach to Emotion,	60
Self-Construal: Independent and Interdependent Selves,	61
Values,	63
Epistemology,	66
Approaches to Studying Cultural Influences on Emotion,	68
Cross-Cultural Comparisons,	68
Ethnographies,	70
Historical Approaches,	73
Integrating Evolutionary and Cultural Approaches to Emotion,	76
Summary,	78
Further Reading,	79

PART II ELEMENTS OF EMOTIONS

81

4 COMMUNICATION OF EMOTIONS 83

- Five Kinds of Nonverbal Behavior, 84
- Facial Expressions of Emotion, 86
 - Markers of Emotional Expressions, 87
 - Studies of the Universality of Facial Expressions, 87
 - Critiques of the Studies of Universal Facial Expressions, 91
 - Discovering New Facial Displays of Emotions, 92
- Vocal Communication of Emotions, 96
 - Examples of Vocal Communication: Teasing and Laughter, 97
 - The Communication of Emotions with the Voice, 97
- Communication of Emotions by Touch, 100
 - Four Functions of Touch, 100
 - Communicating Emotions with Touch, 103
- Emotional Expression and the Coordination of Social Interaction, 103
- Cultural Variation in Emotional Expression, 105
 - Cultural Variation in Expressive Behavior, 105
 - Cultural Variation of Interpretation of Emotional Expressions, 106
- Communication of Emotion in Art, 107
 - Four Hypotheses from the Idea of Romanticism, 108
 - Aesthetic Emotions in the Natyasastra, 110
- Summary, 111
- Further Reading, 112

5 BODILY CHANGES AND EMOTIONS 113

- The Autonomic Nervous System, 115
 - Parasympathetic and Sympathetic Branches, 115
- Post-Jamesian Theories, 118
 - Cannon's Critique of Autonomic Specificity, 118
 - Two-Factor Theory of Emotion, 120
- The Search for Physiological Specificity, 121
 - Directed Facial Action, 121
 - The Blush, 122
 - The Hypothalamic-Pituitary-Adrenal Axis, 124
 - The Immune System, 126
 - Parasympathetic Response and Positive Emotion, 127
- The Interplay Between Bodily Reaction and Emotional Experience, 128

Bodily Action Generates Emotional Response,	129
Reduced Input from the Body and Diminished Emotional Experience,	130
Embodiment, Cognition, and Social Interaction,	131
Somatic Marker Hypothesis,	133
Embodied Cognition and Empathy,	134
Summary,	135
Further Reading,	135

6 BRAIN MECHANISMS AND EMOTION 137

Historical Approaches to the Neuroscience of Emotion,	138
Early Research on Brain Lesions and Stimulation,	140
The Limbic System,	140
Emotion and Subcortical Processes in the Brain,	142
The Amygdala as an Emotional Computer,	143
The Nucleus Accumbens, Dopamine, and the Opiates,	146
Periaqueductal Gray,	147
Emotion and Cortical Processes in the Brain,	148
Cortex and Empathy,	149
Prefrontal Cortex, Emotion, and Emotion Regulation,	150
Anterior Cingulate and Social Pain,	152
Lateralization Effects, Approach and Withdrawal, and Emotion,	153
Neurochemicals and the Emotions,	155
Serotonin,	156
Oxytocin,	157
Summary,	159
Further Reading,	160

7 APPRAISAL, KNOWLEDGE, AND EXPERIENCE 161

Appraisal and Emotion,	162
Historical Background and Concepts,	162
Primary Appraisals, Good and Bad,	164
Which is Stronger, the Good or the Bad?,	166
Secondary Appraisals,	166
Discrete Approaches,	166
Dimensional Approaches,	169
Extending Appraisal Research,	170
Cultural Variation in Appraisal,	171

A Third Phase of Appraisal: Verbal Sharing,	172
Emotion Words,	174
Concepts of Emotion as Prototypes,	175
Categorical Properties of Emotion Knowledge,	177
Emotional Experience,	178
Measuring Emotional Experience,	179
Specific Emotions and Core Affect,	180
Summary,	182
Further Reading,	182

PART III EMOTIONS AND SOCIAL LIFE

183

8 DEVELOPMENT OF EMOTIONS IN CHILDHOOD 185

Theories of Emotional Development,	186
Emotional Expression,	187
Basic Emotions: Developmental Emergence,	187
Social Emotions: 18 Months and Beyond,	190
Developmental Progression of Emotions,	190
Developmental Changes in Elicitation and Expression,	195
Recognition of Emotions,	196
Facial Expressions,	196
Vocal Expressions,	198
Postures and Gestures,	198
Multimodal Recognition of Emotions,	198
Infants' Brain Mechanisms in the Recognition of Emotions,	199
The Negativity Bias,	201
Regulation of Emotions,	203
Regulatory Processes,	204
Neurobiological Development of Emotion Regulation,	205
Temperament,	207
Genetic Contributions to Emotional Development,	208
Summary,	211
Further Reading,	211

9 EMOTIONS IN SOCIAL RELATIONSHIPS 212

The Interaction Between Emotions and Social Relationships,	213
Emotions within Intimate Relationships,	214

Principles of Sexual Love,	215
Emotions in Marriage,	217
Emotions in Friendships,	220
Gratitude,	220
Mimicry,	221
Social Support,	222
Emotions in Hierarchical Relationships,	223
Emotional Displays and the Negotiation of Social Rank,	224
Power and Emotion,	225
Social Class and Emotion,	226
Emotions within and Between Groups,	227
Anger and Intergroup Conflict,	228
Disgust and Us–Them Thinking,	230
Infrahumanization,	231
Emotional Processes That Improve Group Relations,	231
Emotional Intelligence,	232
Summary,	233
Further Reading,	234

10 EMOTIONS AND COGNITION 235

Passion and Reason,	236
Emotions Prioritize Thoughts, Goals, and Actions,	237
Three Perspectives on Emotions in Cognitive Functioning,	240
Emotion Congruence,	240
Feelings as Information,	241
Styles of Processing,	243
Effects of Moods and Emotions on Cognitive Functioning,	245
Perceptual Effects,	245
Attentional Effects,	246
Effects on Remembering,	247
Eyewitness Testimony,	250
Persuasion,	251
Moral Judgment,	251
Emotions and the Law,	255
Rules of Morality, Rules of Obligation,	255
Dispassionate Judgments?,	257
Summary,	258
Further Reading,	259

PART IV EMOTIONS AND THE INDIVIDUAL

261

11 INDIVIDUAL DIFFERENCES IN EMOTIONALITY 263

-
- Biases of Emotion in Temperament and Personality, 264
 - Individual Differences in Emotion Shape How We Construe the World, 264
 - Reciprocal Processes in Emotion Expression, 265
 - Attachment and Emotionality, 266
 - Emotions Associated with Attachment Styles, 267
 - Genetic Influences on Attachment, 269
 - Internal Working Models of Attachment, 270
 - The Bridge Between Attachment and Emotions, 272
 - Parental Relationships in Children's Emotional Organization, 273
 - Parents' Responsiveness to Children's Internal States, 273
 - Parenting in the Socialization of Emotion, 277
 - Intergenerational Transmission and Genetics in Parenting, 281
 - Beyond Parenting: Influences of Siblings and Peers, 282
 - Siblings, 282
 - Peers, 284
 - Emotionality Over the Lifespan, 285
 - Continuities in Emotionality from Childhood to Adulthood, 285
 - Personality Traits and Emotionality, 287
 - Can Personality and Emotionality Change?, 289
 - Emotionality and Biography, 291
 - Summary, 292
 - Further Reading, 292

12 EMOTION-BASED DISORDERS OF CHILDHOOD 293

-
- Emotions and Mental Disorders, 294
 - The Case of Peter, 294
 - Conceptualizing Childhood Disorders: Categories and Dimensions, 294
 - How Is Emotion Involved in Children's Mental Disorders?, 295
 - Are Emotions Abnormal in Emotion-Based Disorders?, 296
 - Prevalence of Disorders in Childhood, 299
 - Relationship between Risk Factors and Emotion-Based Disorders, 300
 - People, Contexts, and the Multilevel Environment, 301
 - Risk and Resilience: The Combination of Risk and Protective Factors, 303

Risk Factors, 304	
Risk Factors within Children, 305	
Neurological and Endocrine Risk Factors, 308	
Proximal Risk Factors, 309	
Distal Risks: Parental Psychopathology, Neighborhood, Social Class, and Peer Groups, 314	
Trajectories of Disorders, 317	
Trajectories of Externalizing Problems, 318	
Trajectories of Internalizing Problems, 319	
Therapy and Prevention, 320	
Types of Treatment for Childhood Externalizing and Internalizing Problems, 321	
Targeted Versus Universal Approaches to Prevention and Intervention, 322	
Summary, 324	
Further Reading, 325	

13 MENTAL DISORDER AND WELL-BEING IN ADULTHOOD 326

Psychiatric Disorders: Symptoms and Prevalence, 327	
Psychiatric Epidemiology, 327	
Different Kinds of Depression and Anxiety, 330	
How Disorders are Caused, 332	
Life Events and Difficulties, 332	
Cross-Cultural Differences, 335	
Neurophysiology of Depression, 336	
Relation Between Emotions and Emotional Disorders, 338	
Vulnerability Factors, 340	
Gene–Environment Interaction, 340	
Social Support, 341	
Early Experience, 341	
Recurrence, Recovery, and Prolongation of Disorders, 342	
Recurrence, 343	
Recovery and Fresh Starts, 343	
Cognitive Biases in Anxiety and Other Emotional Disorders, 344	
Beyond Depression and Anxiety, 345	
Psychopathy, 345	
Schizophrenia and Expressed Emotion, 346	
Psychosomatic Effects, 347	

Well-Being,	349
Inherited Influences,	350
Circumstance,	351
Activity,	352
Summary,	353
Further Reading,	353

14 CONSCIOUSNESS, REGULATION, PSYCHOTHERAPY 354

Consciousness,	355
The Function of Consciousness,	355
Consciously Making Sense of Emotions,	357
Emotions in Ritual, Drama, and Stories,	357
Becoming Conscious of Emotions in Literature,	358
Regulation,	360
Distraction, Reappraisal, Suppression, Augmentation,	360
Emotion and Free Will,	362
What Is Regulated?,	366
Psychological Therapies,	367
Focus on Emotions,	368
Psychoanalysis: Unconscious Schemas of Relating,	369
Rogerian Counseling: Empathetic Support,	371
Cognitive-Behavioral Therapy: Changing Emotional Life by Thought,	371
Emotion-Focused Therapy: Changing Emotional Life by Emotions,	372
Outcomes of Therapy,	373
Psychotherapy Without Professionals,	376
Summary,	378
Further Reading,	379

REFERENCES	381
AUTHOR INDEX	463
SUBJECT INDEX	477