

Motivation and Emotion



What Motivates Your Behavior?

- 9.1 Many Factors Influence Motivation
- 9.2 Some Behaviors Are Motivated for Their Own Sake

What Are Your Most Important Motivated Behaviors?

- 9.3 Motivation to Eat is Affected by Biology
- 9.4 Motivation to Eat is Also Influenced by Learning
- 9.5 People Have a Need to Belong
- 9.6 People Have a Need to Achieve Long-Term Goals

How Do You Experience Emotions?

- 9.7 Emotions Are Personal but Labeled and Described Consistently
- 9.8 Three Major Theories Explain Your Emotions
- 9.9 Your Body and Brain Influence Your Emotions
- 9.10 Most People Try to Regulate Their Emotional States

How Do Emotions Support Social Relationships?

- 9.11 You Use Facial Expressions to Interpret Emotions
- 9.12 Emotions Strengthen Your Interpersonal Relationships