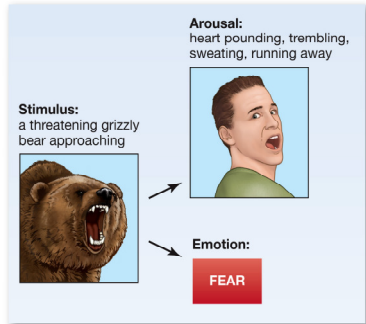


Canon-Bard theory of emotions



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Information about emotional stimuli is sent simultaneously to the cortex and the body and results in emotional experience and bodily reactions respectively. (see page 411)

Display rules

Rules learned through socialization that dictate which emotions are suitable to given situations. (See page 420)

Drive

A psychological state that, by creating arousal, motivates an organism to satisfy a need. (See page 425)

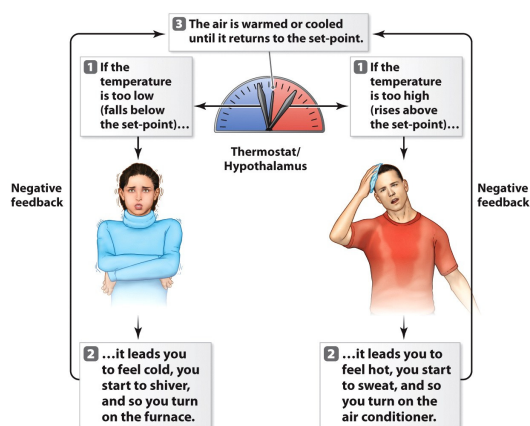
Emotion

An immediate, specific negative or positive response to environmental events or internal thoughts. [Feelings that involve subjective evaluation, physiological processes, and cognitive beliefs]. (See page 404)

Extrinsic motivation

Motivation to perform an activity because of the external goals toward which that activity is directed. (See page 427)

Homeostasis



Psychological Science, 4/e Figure 10.18
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The tendency for bodily functions to maintain equilibrium. (See page 425)

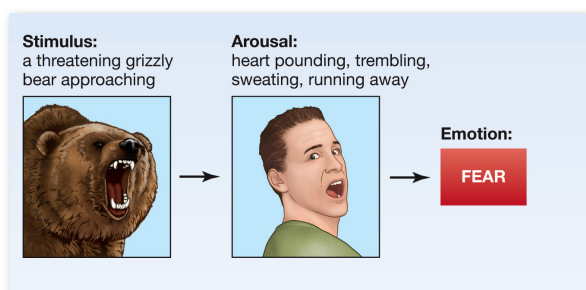
Incentives

External objects or external goals, rather than internal drives, that motivate behaviors. (See page 426)

Intrinsic motivation

Motivation to perform an activity because of the value or pleasure associated with that activity, rather than for an apparent external goal or purpose. (See page 427)

James-Lange theory of emotion



People perceive specific patterns of bodily response, and as a result of that perception they feel emotion. (See page 410)

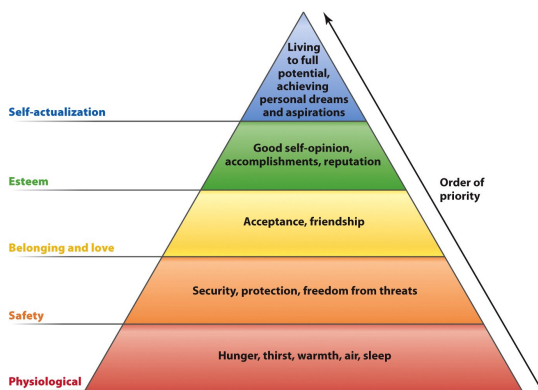
Motivation

A process that energizes, guides, and maintains behavior toward a goal. (See page 423)

Need

A state of biological or social deficiency. (See page 424)

Need hierarchy



Psychological Science, 16e, Figure 10.16
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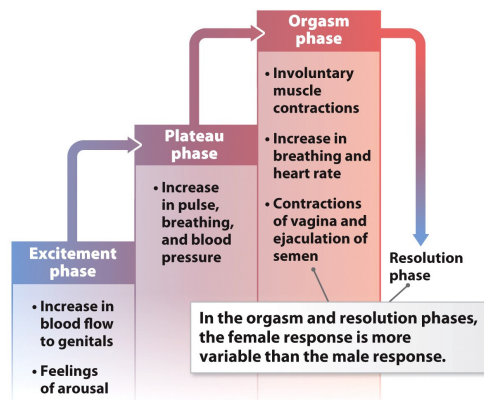
Maslow's arrangement of needs, in which basic survival needs must be met before people can satisfy higher needs. (See page 424)

<p>Need to belong theory</p>	<p>The theory that the need for interpersonal attachments is a fundamental motive that has evolved for adaptive purposes. (See page 431)</p>
<p>Primary emotions</p>	<p>Emotions that are innate, evolutionarily adaptive, and universal (shared across cultures). [They include anger, fear, sadness, disgust, happiness, and possibly surprise and contempt]. (See page 405)</p>
<p>Secondary emotions</p>	<p>Blends of primary emotions; [they include remorse, guilt, submission, and anticipation]. (See page 405)</p>

Self-actualization

A state that is achieved when one's personal dreams and aspirations have been attained. (See page 424)

Sexual response cycle



A four-stage pattern of physiological and psychological responses during sexual activity. (See page 440)

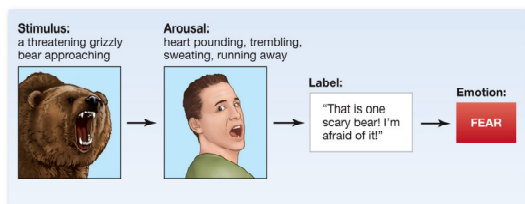
Sexual strategies theory

A theory that maintains that women and men have evolved distinct mating strategies because they faced different adaptive problems over the course of human history. The strategies used by each sex maximize the probability of passing along their genes to future generations. (See page 442)

Somatic markers

Bodily reactions that arise from the emotional evaluation of an action's consequences. (See page 417)

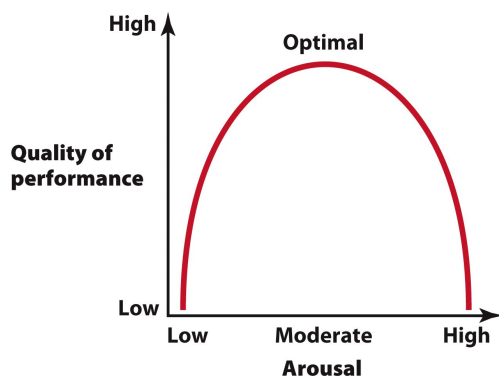
Two-factor theory of emotions



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A label applied to physiological arousal results in the experience of an emotion. (see page 411)

Yerkes-Dodson law



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The psychological principle that performance increases with arousal up to a moderate level. After that additional arousal impairs performance. (See page 426)



Warning: not all of the key ideas
are on this list of key terms