

## Chapter 1:

### Approaches to Understanding Emotions

1. According to Darwin (1872) an emotional expression that uses the **blood vessels** expresses which one of the following emotions?

- a. anger
- b. shame**
- c. pleasure
- d. resignation

*Source: Page 6, Table 1.1*

2. According to Charles Darwin (1872) **fear** is expressed by way of changes in which of the following bodily systems?

- a. the sweat glands.
- b. the dermal apparatus.
- c. the somatic muscles.
- d. both b & c.**

*Source: Page 6, Table 1.1*

3. Charles Darwin asked two broad questions that still guide emotion researchers today. These questions included:

- a. How are emotions expressed in humans and other animals?**
- b. What would happen if we did not have emotions?
- c. How can we cultivate emotions in our relationships, and through the life course?
- d. How are emotions different in different cultures?

*Source: Page 6*

4. The **physiological approach to emotions** is associated with which one of the following scholars?

- a. Charles Darwin
- b. Sigmund Freud
- c. William James**
- d. René Descartes

*Source: Page 8*

5. According to William James, the **core of an emotion** is:

- a. the pattern of bodily responses associated with an experience.
- b. the changes within one's autonomic nervous system
- c. the changes in how one's muscles and joints move.
- d. all of the above.

*Source: Page 9*

6. The **psychotherapeutic approach** assumes which of the following to be true?

- a. The emotional life of adulthood derives from relationships we had in childhood with parents or other caregivers.
- b. We are responsible for our emotions because we are responsible for our beliefs.
- c. Emotions have useful functions; they help us navigate our social interactions.
- d. All of the above are consistent with the psychotherapeutic approach.

*Source: Page 10*

7. According to Aristotle, **tragic drama** impacts people in important ways. Notably, when people are at the theater they:

- a. sympathize with the main character.
- b. learn to distance themselves from the emotions of the main character.
- c. come out of the theater feeling more confident about their own lives.
- d. experience a purgation or purification of emotions.

*Source: Page 11*

8. One could say the Epicureans and Stoics were the first emotion researchers in the West. The **Epicureans** taught that one should:

- a. avoid becoming emotional.
- b. extirpate almost all desires from one's life.
- c. live simply and enjoy simple pleasures.
- d. strive for great things like wealth and fame.

*Source: Page 12*

9. One could say the Epicureans and Stoics were the first emotion researchers in the West. The **Stoics** taught that one should:

- a. avoid becoming emotional.
- b. extirpate almost all desires from one's life.
- c. live simply and enjoy simple pleasures.
- d. strive for great things like wealth and fame.

*Source: Page 13*

10. The **philosophical approach to emotions** is associated with which one of the following scholars?

- a. Charles Darwin
- b. Sigmund Freud
- c. William James
- d. René Descartes

*Source: Page 14*

11. Which fundamental emotions occur in the **soul** according to René Descartes?

- a. fear, anger, sadness, resignation, and guilt
- b. wonder, desire, joy, love, hatred, and sadness
- c. happiness, surprise, and love
- d. disgust, curiosity, love, hatred, and shame

*Source: Page 14*

12. Greek doctors such as Hippocrates and Galen thought that disease was caused by an imbalance among the humors, with an increase of each humor giving rise to a distinct emotional state. **Placidity** was thought to derive from an excess of:

- a. black bile
- b. yellow bile
- c. phlegm
- d. blood

*Source: Page 15*

13. Greek doctors such as Hippocrates and Galen thought that disease was caused by an imbalance among the humors, with an increase of each humor giving rise to a distinct emotional state. **Hope and vigor** were thought to derive from an excess of:

- a. black bile
- b. yellow bile
- c. phlegm
- d. blood

Source: Page 15

14. According to George Eliot, **literary art** is important to the emotions because novels encourage readers to:

- a. extend “sympathies” to people outside of their usual circle of friends and acquaintances.
- b. more frequently express their emotions to others.
- c. develop a more effective set of coping skills.
- d. experience *katharsis* of their emotions.

Source: Page 16

15. Tania Singer and her collaborators (2004) assessed brain activity while volunteers experienced a painful electric shock and compared it to that elicited when they observed a signal indicating that their loved one – present in the same room – was receiving a similar shock. Singer et al. found that when a participant felt pain \_\_\_\_\_ whereas when a participant was signaled that their loved one experienced pain \_\_\_\_\_.

- a. parts of their anterior cingulate cortex were activated; their somato-sensory cortex was activated.
- b. their somato-sensory cortex and parts of their anterior cingulate cortex were activated; their somato-sensory cortex was activated.
- c. their somato-sensory cortex and parts of their anterior cingulate cortex were activated; parts of their anterior cingulate cortex were activated.
- d. parts of their anterior cingulate cortex were activated; their somato-sensory cortex and parts of their anterior cingulate cortex were activated.

Source: Page 19

16. The **opposite of empathy** is:

- a. *schadenfreude*
- b. contempt
- c. condemnation
- d. remorse

Source: Page 21 (Special Section re. Novels and Films: Avatar)

17. In the 1970s and 1980s Alice Isen studied how happiness influences people's perception of the world. Based on findings from numerous studies, Isen concluded that **happiness impacts cognition** in which one of the following ways?

- a. Happiness makes people more error-prone on simple tasks.
- b. Feeling happy encourages people to be less critical about consumer goods.**
- c. Happiness encourages rapid decision-making.
- d. Happiness makes people more cautious about loss when risks are low.

*Source: Page 23, Table 1.2*

18. For understanding emotions, sociologist Erving Goffman's most instructive work is perhaps the essay "Fun in games". In this essay Goffman contends that happiness emerges when people:

- a. interact recreationally with others.
- b. act in accordance with the expectations of others.
- c. act in accordance with their own personal values.
- d. are fully engaged in what they are doing.**

*Source: Page 24*

19. Sociologist Arlie Hochschild observed how "feeling rules" were instructed to Delta Airlines cabin staff as part of their training regimen. The "feeling rules" associated with this occupation:

- a. aimed to produce staff who could play a particular emotional role.
- b. aimed to encourage a particular emotional tone in passengers.
- c. were ingrained by asking staff to practice particular expressions and recall memories to aid performances.
- d. all of the above are true of Delta Airlines training observed by Hochschild.**

*Source: Page 24*

20. The term \_\_\_\_\_ refers to a state that typically lasts for hours, days, or weeks, sometimes as a low-intensity background.

- a. personality trait
- b. emotional disorder
- c. mood**
- d. emotional episode

*Source: Page 28*