

# James-Lange Theory

Def: experience of emotion is awareness of physiological responses to emotion-arousing stimuli

1. I see a bee!!!

2. My body becomes physiologically aroused. My heart beat increases, I start to sweat, and my body tenses up.

3. My body interprets the emotion as fear.

# Cannon-Bard Theory

Def: experience of emotion occurs when thalamus sends simultaneous signals to cortex (conscious experience of emotion) + autonomic NS (visceral arousal)

1. I see a bee!!!

2. My body becomes physiologically aroused (↑ heart beat, sweat, tense) + thalamus sends signal to autonomic nervous system.

2.1 I consciously experience the emotion because thalamus sends signal to cerebral cortex.

3. I feel afraid.

# Schachter's 2 Factor Theory

Def: experience of emotion occurs when autonomic arousal + cognitive interpretation (combine) when people use situational cues to differentiate emotions.

1. I see a bee!!!

2. My body becomes physiologically aroused: heart beat ↑, sweat, tense

3. I assign the physiological arousal a cognitive label

4. I feel afraid