**Study Guide: Chapter 8: Emotion**

**Introduction to Psychology**

 1. What is an emotion? What are three components of an emotion?

 2. What is the bodily component of an emotion called?

3. What is the behavior component of an emotional called?

4. What is the most frequent indicator of an emotional state?

5. How are emotions related to thoughts? Can a person have an emotional episode totally driven by thoughts rather than immediate experience?

6. Are emotional cultural or universal?

 7. What different roles can emotions play in human behavior and experience? How do emotions affect relationships?

 8. What are emotions compared to in the physical domain?

 9. What question does the functionalist view of emotions ask? What are the purposes of emotions?

10. How did Salovey and Mayer define emotional intelligence? What are some of its components?

11. What mental disorders may be caused in part by emotions gone awry? How is antisocial personality disorder related to the others?

12. What three brain regions coordinate emotional responses?

13. What part/s of the nervous system regulate the arousal that comes with emotions? Which part causes arousal? What part calms you down?

14. What do polygraphs measure? Should you take one to prove your innocence? Why or why not?

15. Define or describe the *feel-good, do-good phenomenon, subjective well-being, adaptation-level phenomenon,* and *relative deprivation*.

16. Does money buy happiness? In what way does it contribute to happiness? If you want good life satisfaction, what should you value most, love or money? What factors do and do not correlate with happiness?