Bernstein Emotion Worksheet (pg. 444)

- Emotion Defined:

- Connection between Emotion and Motivation

Characteristics of Emotion

1. Psychological and Physiological

2. Emotional Experience can be positive and negative

3. Emotion Alters Thought processes

4. Action is triggered by emotion AKA Action Tendency

5. Emotions are Passions you feel

See page 438 Bernstein

- Objective Aspects of Emotion

- Subjective Aspects of Emotion

Biology of Emotion:

Identify the biological aspects of Emotion from pages 448-441 of Bernstein.

Main Theories are:

Outline and Illustrate these theories of Emotion

Biological:	Cognitive:
1. William James-Lange	1. Stanley Schacter
2. Walter Cannon-Bard	2. Richard Lazarus