

## Motivation and Emotion Study Guide

1. Biological Components of Motivation	
2. Theories of Motivation	
3. Hunger Motive	
4. Sex Desire Motive	
5. Need for Achievement Motive	

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1. Instinct Theory	
2. Drive Reduction	
3. Optimal Arousal	
4. Incentive Theory	

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1. Biological Components of Emotion	
2. James Lange Theory	
3. Cannon-Bard Theory	
4. Schacter's Cognitive Theory of Emotion	
5. Contemporary model of emotion	

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