

Human Emotion

Psychology 3131
Professor June Gruber



Human Emotion

Happiness: A Balanced Approach
The Light Sides and the Dark Sides







HAPPINESS



“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”

- ARISTOTLE

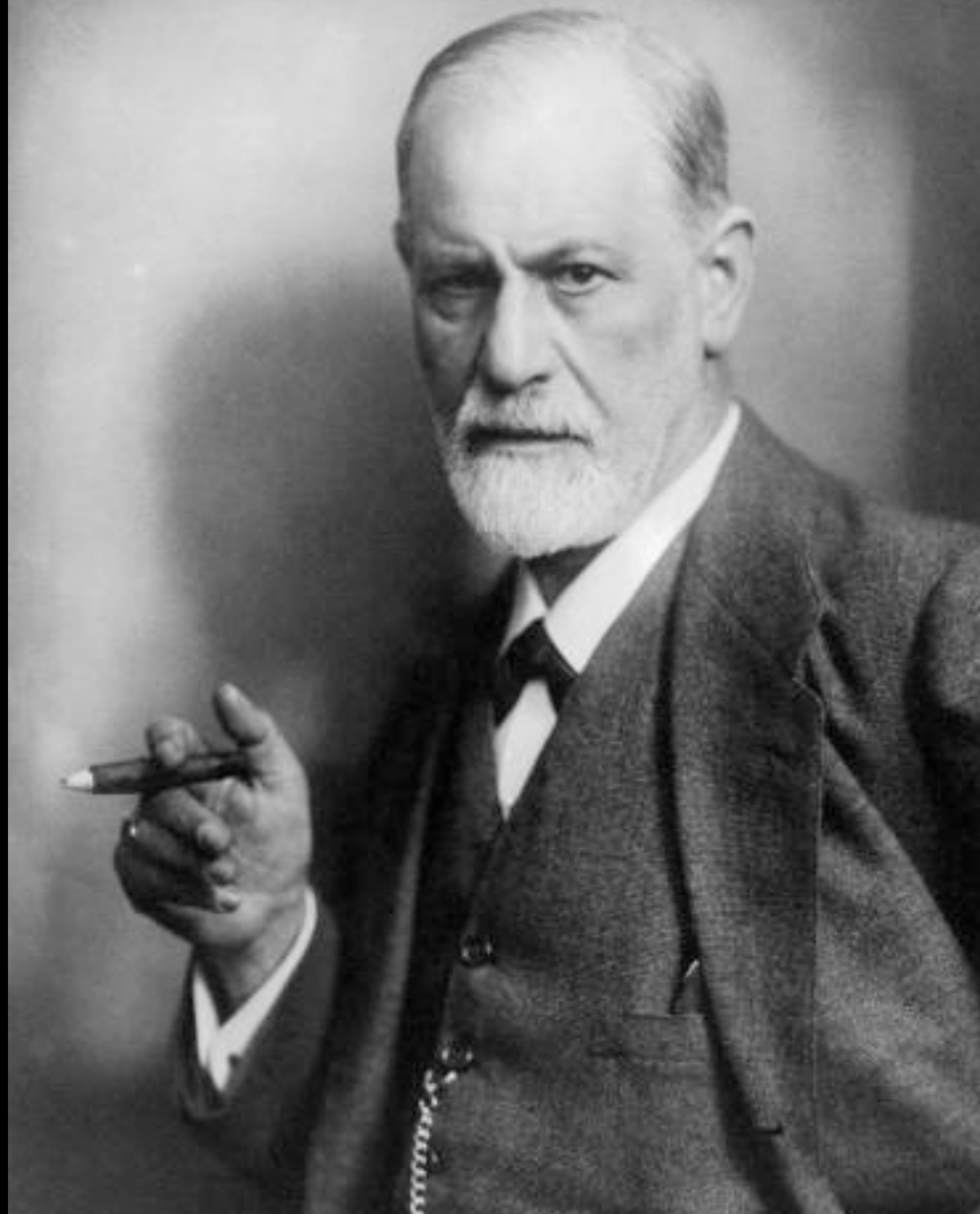
“The very motion of
our life is towards
happiness.”

- **DALAI LAMA**
The Art of Happiness



“What we call happiness in the strictest sense comes from the satisfaction of needs which have been dammed up to a high degree.”

- SIGMUND FREUD



JANUARY 17, 2006 www.time.com AOL Keyword: TIME

SPECIAL MIND & BODY ISSUE

TIME

THE SCIENCE OF HAPPINESS

- Why **OPTIMISTS** live longer ■ Is **JOY** in your genes?
- Does **GOD** want us to be happy?
- Why we need to **LAUGH**

PLUS: Dave Chappelle on what's funny

THE HAPPINESS PROJECT

Or, Why I Spent a Year Trying to
Sing in the Morning, Clean My Closets,
Fight Right, Read Aristotle,
and Generally Have More Fun

GRETCHEN RUBIN

NATIONAL BESTSELLER

Stumbling on HAPPINESS

"If you have even the slightest curiosity about the human condition, you ought to read it. Trust me."
—MALCOLM GLADWELL, AUTHOR OF *BLINK*

DANIEL GILBERT

AUTHENTIC HAPPINESS

Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment

Martin E. P. Seligman, Ph.D

Author of the national bestseller
LEARNED OPTIMISM

THE HOW OF HAPPINESS

A New Approach to Getting the Life You Want

Sonja Lyubomirsky

This book happens — up to 40% — to within your power to change

"A guide to acquiring your newfound contentment." —PSYCHOLOGY TODAY

HH DALAI LAMA & HOWARD C. CUTLER

"An intriguing encounter between East and West"
Mail on Sunday

The Art of Happiness

A HANDBOOK FOR LIVING

GET HAPPY TODAY

Evelyn Roberts Brooks

ROADMAP

What is Happiness?

Happiness Myths

Dark Side of Happiness?

Happiness and College Mental Health



H₄ A₁ P₃ P₃ I₁ N₁ E₁ S₁ S₁

W₄

H₄

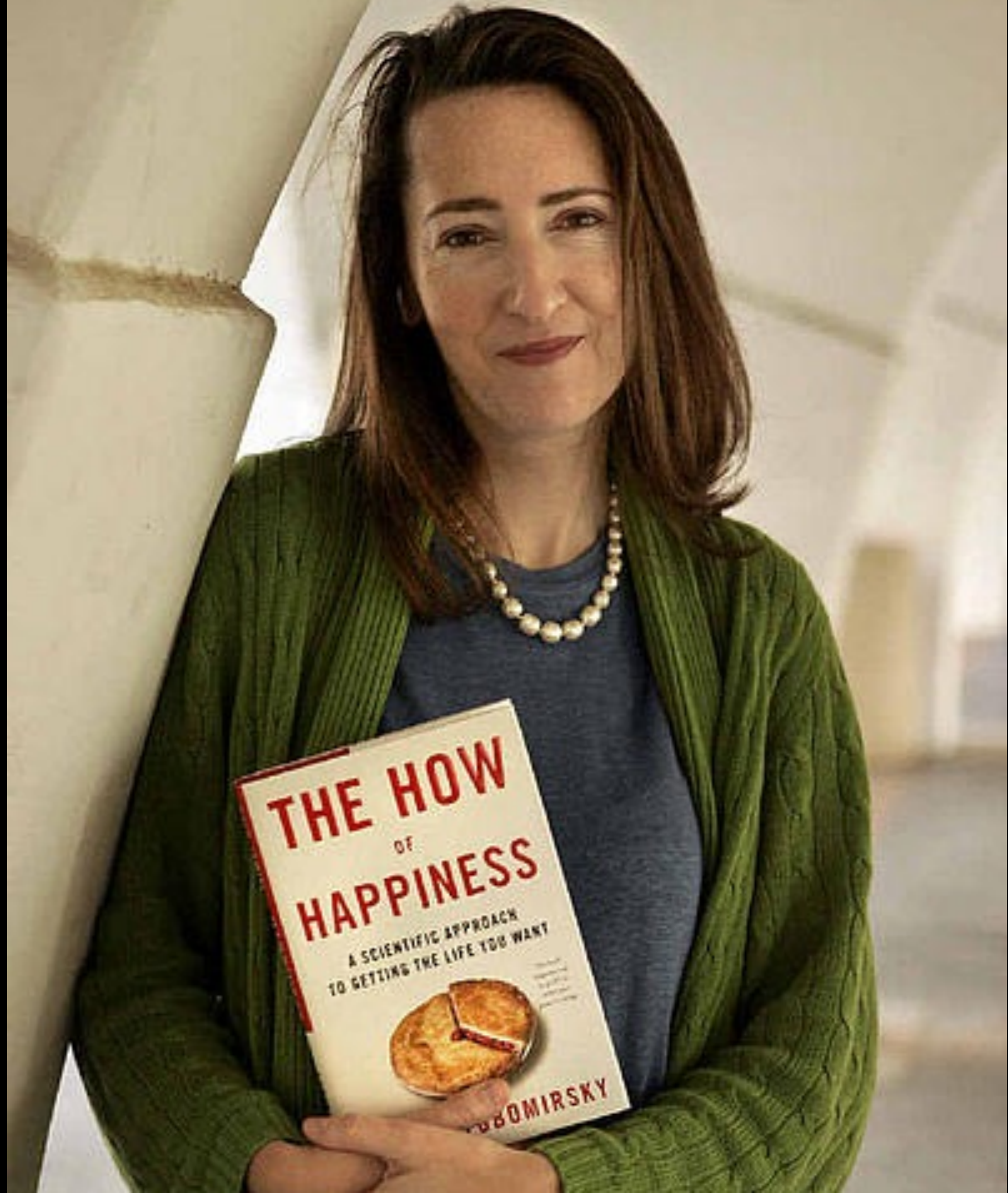
A₁

T₁

I₁

S₁

Dr. Sonja Lyubomirsky
UC Riverside



Happiness: Parts



Part 1: High Positive Affect

- Experiencing intense & frequent positive emotions

Variety of Positive Emotions

EXCITEMENT

CONTENTMENT

COMPASSION

LOVE

PRIDE

Happiness: Parts



Part 1: High Positive Affect

- Experiencing intense & frequent positive emotions

Part 2: Low Negative Affect

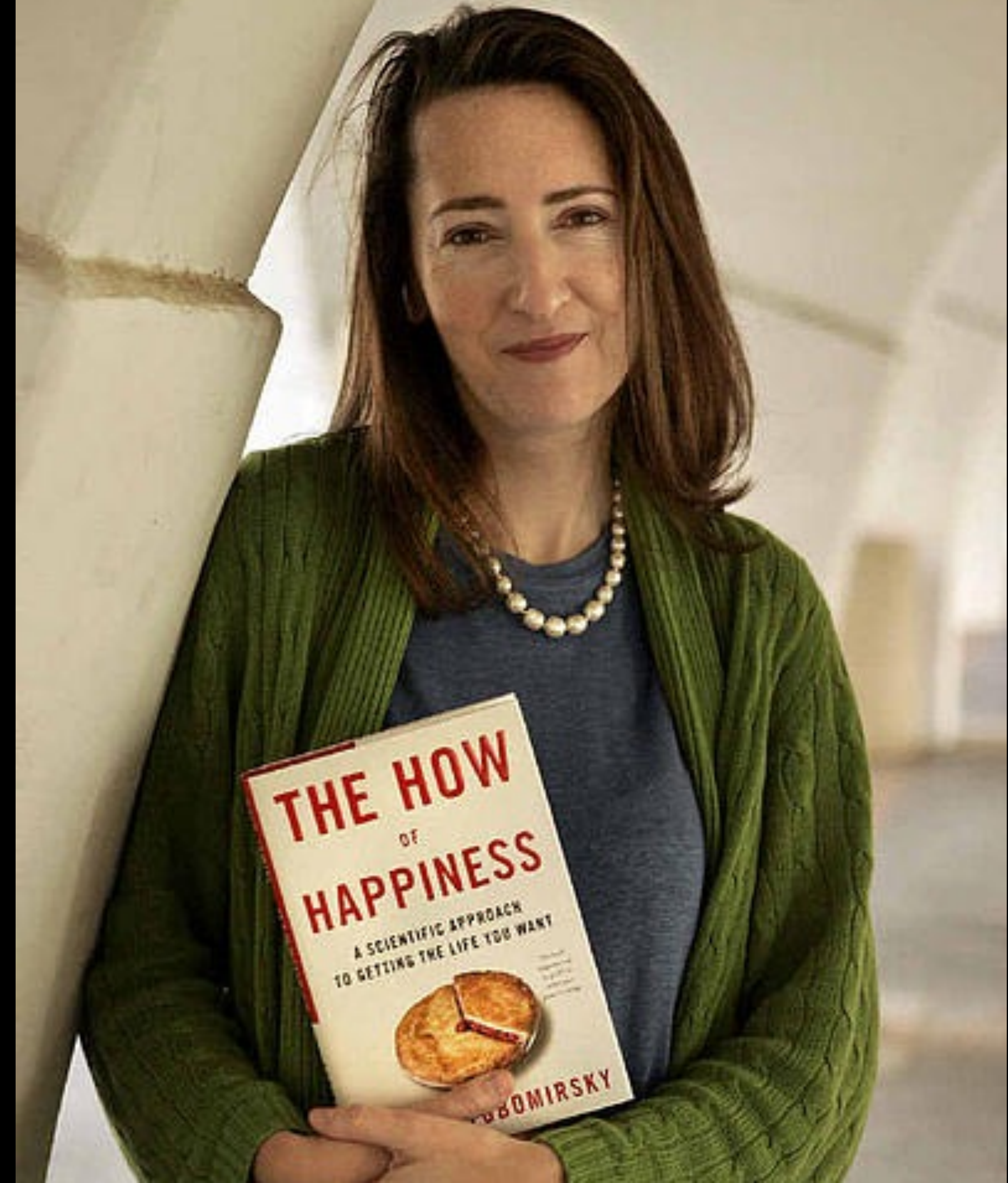
- Experiencing low-level & infrequent negative emotions

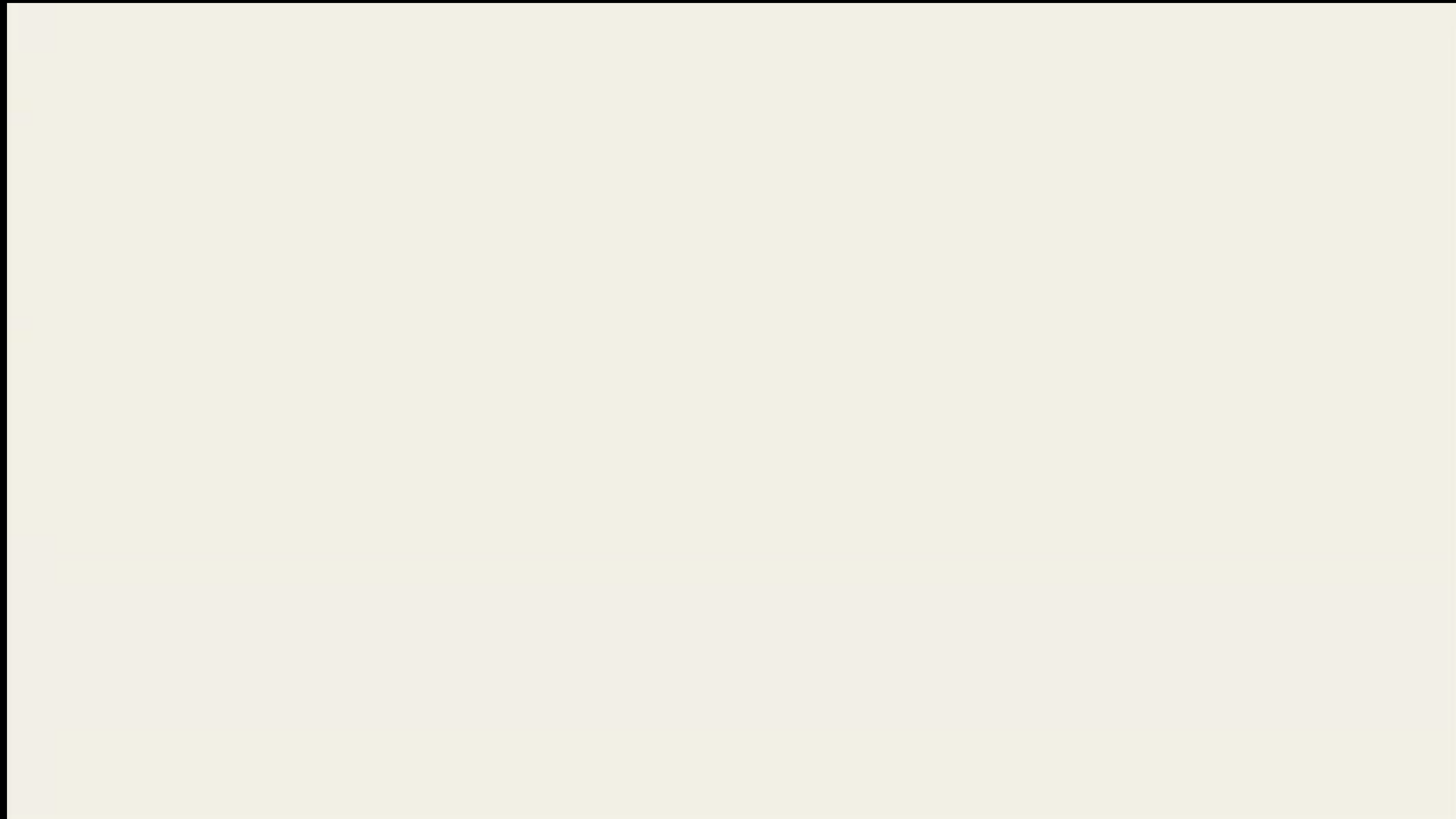
Part 3: Subjective Well-Being

- Cognitive evaluation of one's current & past circumstances

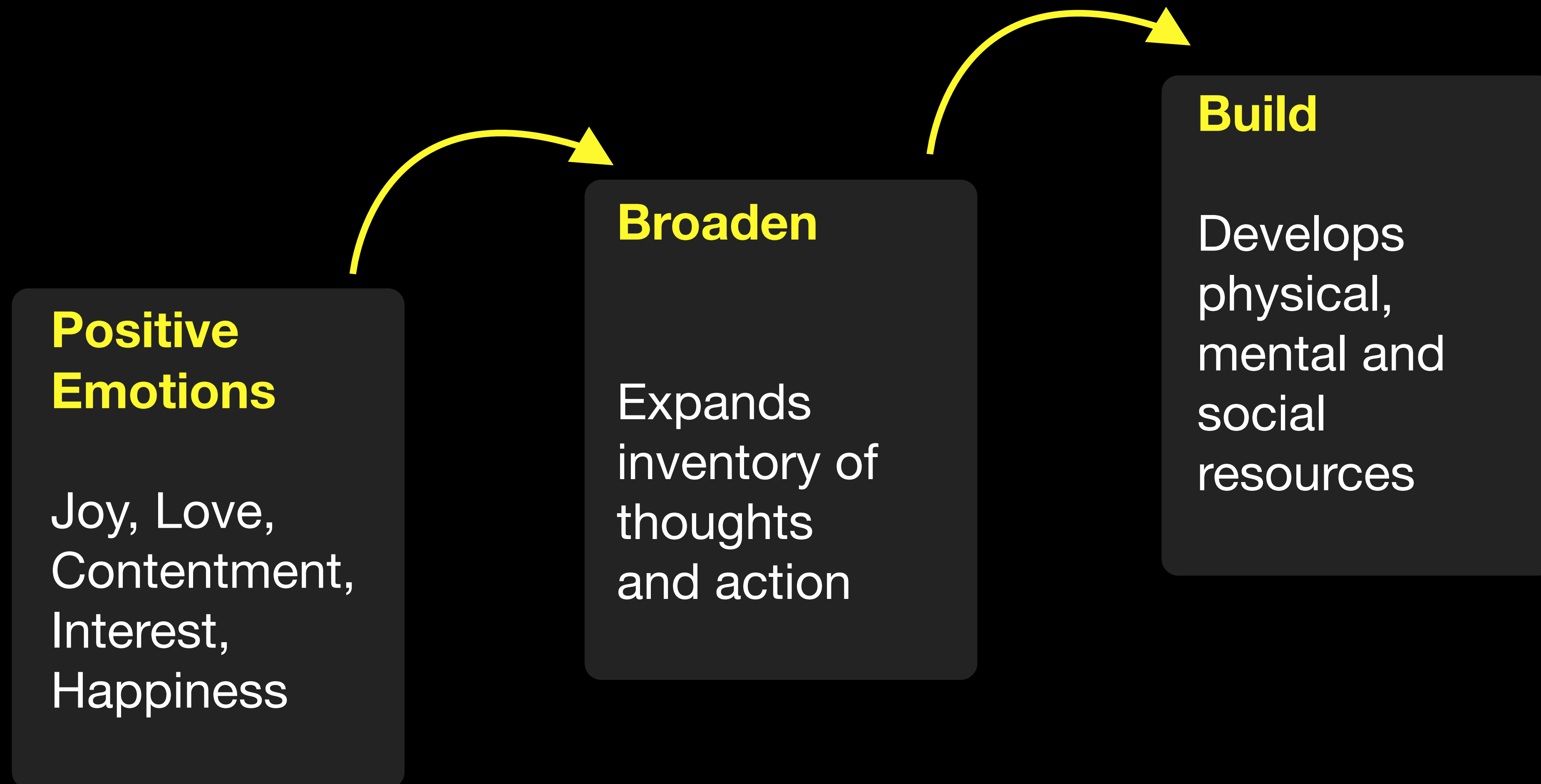
SHS Scale Creator

Sonja Lyubomirsky





Positive Emotions Broaden & Build



“Pleasure is our first and kindred good. It is the starting point of every choice and every aversion, and to it we always come back, inasmuch as we make feeling the rule by which to judge of every good thing.”

- EPICURUS

Happiness consists of:

1. Seeking pleasure
2. Avoiding pain





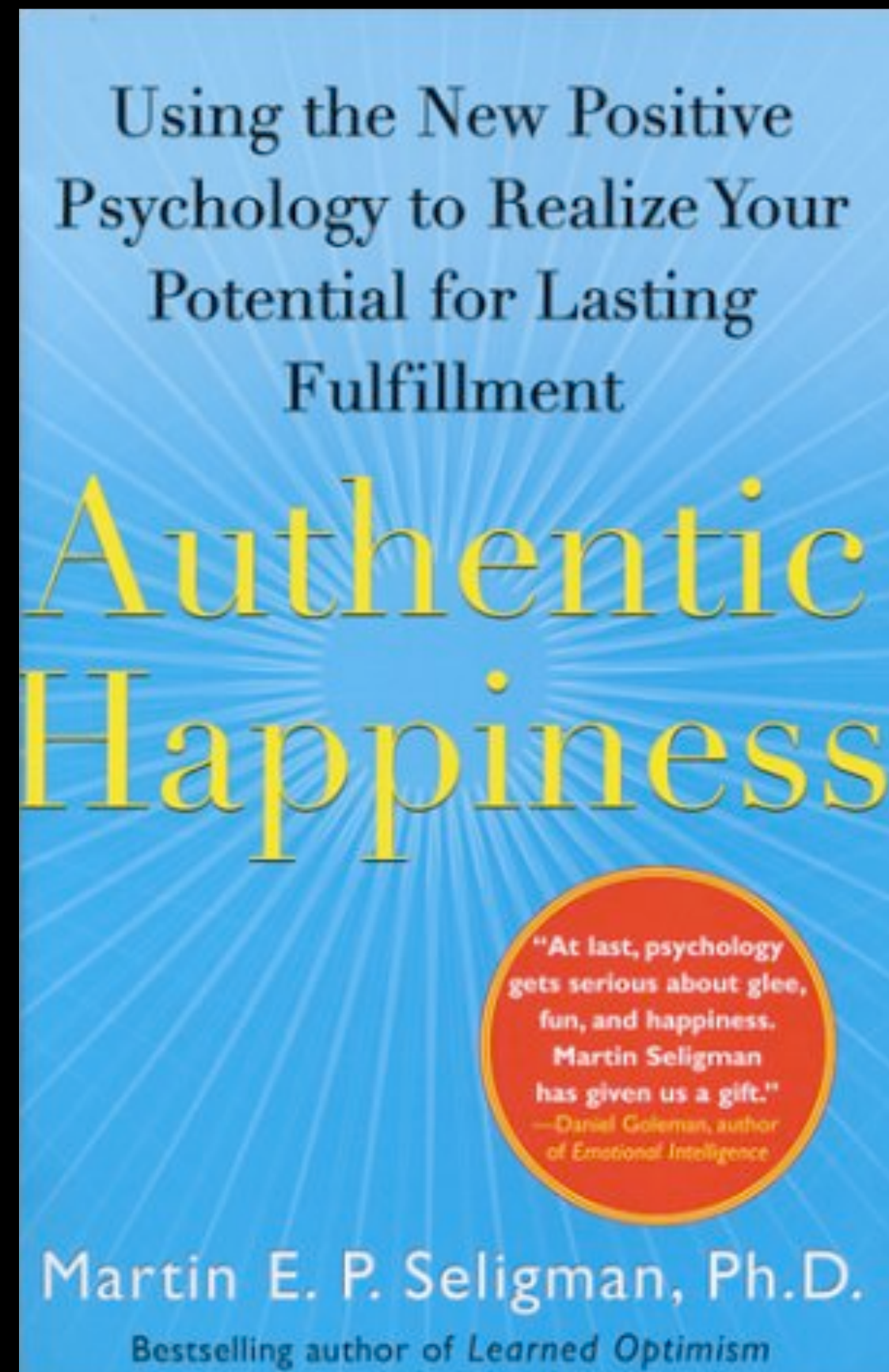
“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”

- ARISTOTLE

EUDAIMONIA (or *Flourishing*)

1. The highest human good
1. Living a good life: “virtuous activity”
3. Long-term life satisfaction
4. Involves deep contemplation: “in accordance with reason”

3 Routes to Happiness



1. **Pleasant Life:** attaining and maximizing pleasures in life.

2. **Good Life:** knowing your signature strengths, and using to cultivate friendship, leisure (i.e., increase flow).

3. **Meaningful Life:** using your signature strengths in service of something larger than oneself.

“A life is **meaningful** when it is understood by the person living it to matter in some larger sense. Lives may be experienced as meaningful when they are felt to have significance beyond the trivial or momentary, to have purpose, or to have a coherence that transcends chaos.”

Dr. Laura King

King et al., 2006, p. 180



ROADMAP

What is Happiness?

Happiness Myths

Dark Side of Happiness?

College Mental Health and Happiness

3 Myths About Happiness





Myth #1

**We Can Predict What Will Make
Us Happy**

Affective Forecasting

Prediction of one's future emotional state

Most of the time, people are wrong about how they will feel in the future. They think things will matter more than they do



Affective Forecasting

Predict good things will make us really happy, and for a very long time.

Usually **OVERESTIMATE** how happy (and unhappy) things will make us.



A man with a shaved head, wearing a dark t-shirt and light-colored pants, stands at a podium on a stage. He is gesturing with his right hand while speaking into a microphone. The background is a solid teal color. The stage is dimly lit, with some equipment visible in the shadows.

The Surprising Science of Happiness

TED talk: Dan Gilbert

http://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy.html

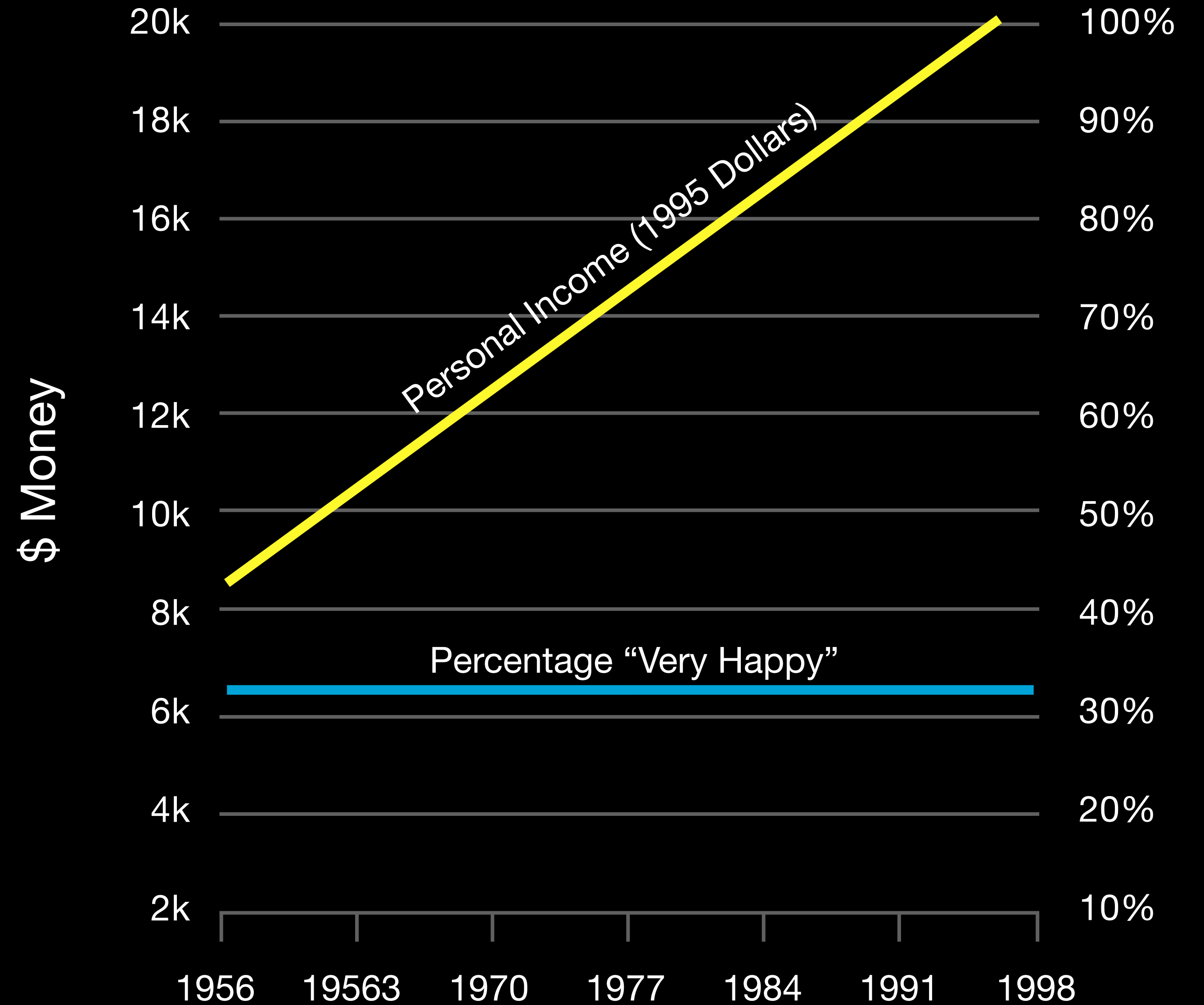
DAN GILBERT

2

Money Can't Buy Happiness



Happiness and Income





Happy Money

The Science of Smarter Spending

Elizabeth Dunn & Michael Norton

How Money Can Buy Happiness—If You Spend It Right



<http://www.amazon.com/Happy-Money-ebook/dp/B008J4L17K>

Spending Money on Others Promotes Happiness

Elizabeth W. Dunn,^{1*} Lara B. Aknin,¹ Michael I. Norton²

Although much research has examined the effect of income on happiness, we suggest that how people spend their money may be at least as important as how much money they earn. Specifically, we hypothesized that spending money on other people may have a more positive impact on happiness than spending money on oneself. Providing converging evidence for this hypothesis, we found that spending more of one's income on others predicted greater happiness both cross-sectionally (in a nationally representative survey study) and longitudinally (in a field study of windfall spending). Finally, participants who were randomly assigned to spend money on others experienced greater happiness than those assigned to spend money on themselves.

Can money buy happiness? A large body of cross-sectional survey research has demonstrated that income has a reliable, but surprisingly weak, effect on happiness within nations (1–3), particularly once basic needs are met (4). Indeed, although real incomes have surged dramatically in recent decades, happiness levels have remained largely flat within developed countries across time (5). One of the most intriguing explanations for this counterintuitive

choices that thinking about money promotes; the mere thought of having money makes people less likely to help acquaintances, to donate to charity, or to choose to spend time with others (7), precisely the kinds of behaviors that are strongly associated with happiness (8–12). At the same time, although thinking about money may drive people away from prosocial behavior, money can also provide a powerful vehicle for accomplishing such prosocial goals. We suggest that using

summed to create an index of prosocial spending ($M = \$145.96$, $SD = 306.06$). Entering the personal and prosocial spending indices simultaneously into a regression predicting general happiness revealed that personal spending was unrelated to happiness (standardized regression coefficient $\beta = -0.02$, NS), but higher prosocial spending was associated with significantly greater happiness ($\beta = 0.11$, $P < 0.01$). When we included income in this regression, we found that the effects of income ($\beta = 0.11$, $P < 0.01$) and prosocial spending ($\beta = 0.10$, $P < 0.03$) were independent and similar in magnitude, whereas personal spending remained unrelated to happiness ($\beta = -0.04$, NS). Although the correlational nature of this design precludes causal inferences, this study provides initial evidence that how people spend their money may be as important for their happiness as how much money they earn—and that spending money on others might represent a more effective route to happiness than spending money on oneself (13).

If this interpretation is correct, then people who receive an economic windfall should experience greater happiness after receiving the windfall if they spend it on others. We tested this prediction by examining the hap-



3



We Become Less Happy as We Get Old(er)

News Front Page



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Page last updated at 23:06 GMT, Friday, 7 August 2009 00:06 UK

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People 'get happier as they age'

Most people get happier as they grow older, studies on people aged up to their mid-90s suggest.

Despite worries about ill health, income, changes in social status and bereavements, later life tends to be a golden age, according to psychologists.



Older people appear better able to control their emotions


They found older adults generally make the best of the time they have left and have learned to avoid situations that make them feel sad or stressed.

The young should do the same, they told the American Psychological Association.

Ageing society

The UK is an ageing nation - in less than 25 years, one in four people in the UK will be over 65 and the number of over-85s will have doubled.

And it is expected there will be 30,000 people aged over 100 by the year 2030.

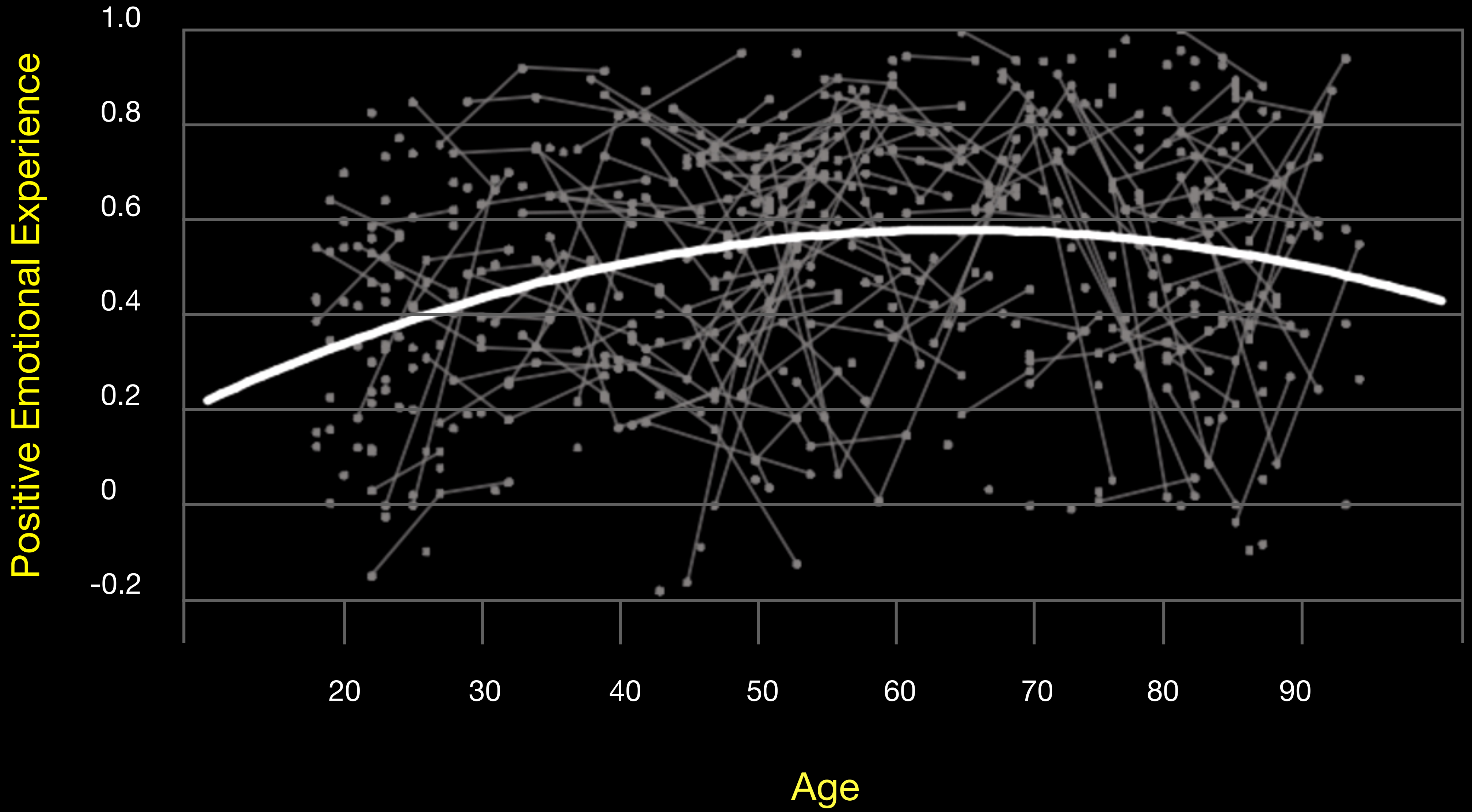
A woman with short brown hair and glasses, wearing a black turtleneck, is speaking. The background is dark with large, light-colored letters 'A' and 'N' visible. Text overlays are present in the top right and bottom of the image.

Older People are Happier
TED talk: Laura Carstensen

NOVEMBER 2011

NEW YORK NEW YORK

http://www.ted.com/talks/laura_carstensen_older_people_are_happier.html



But Why?

Young adults tend to prioritize future-oriented goals...



These goals place value on long-term rewards over emotional gratification in the moment.

Older adults tend to prioritize present-oriented goals...



These goals place value on current emotional wellness and meaning.

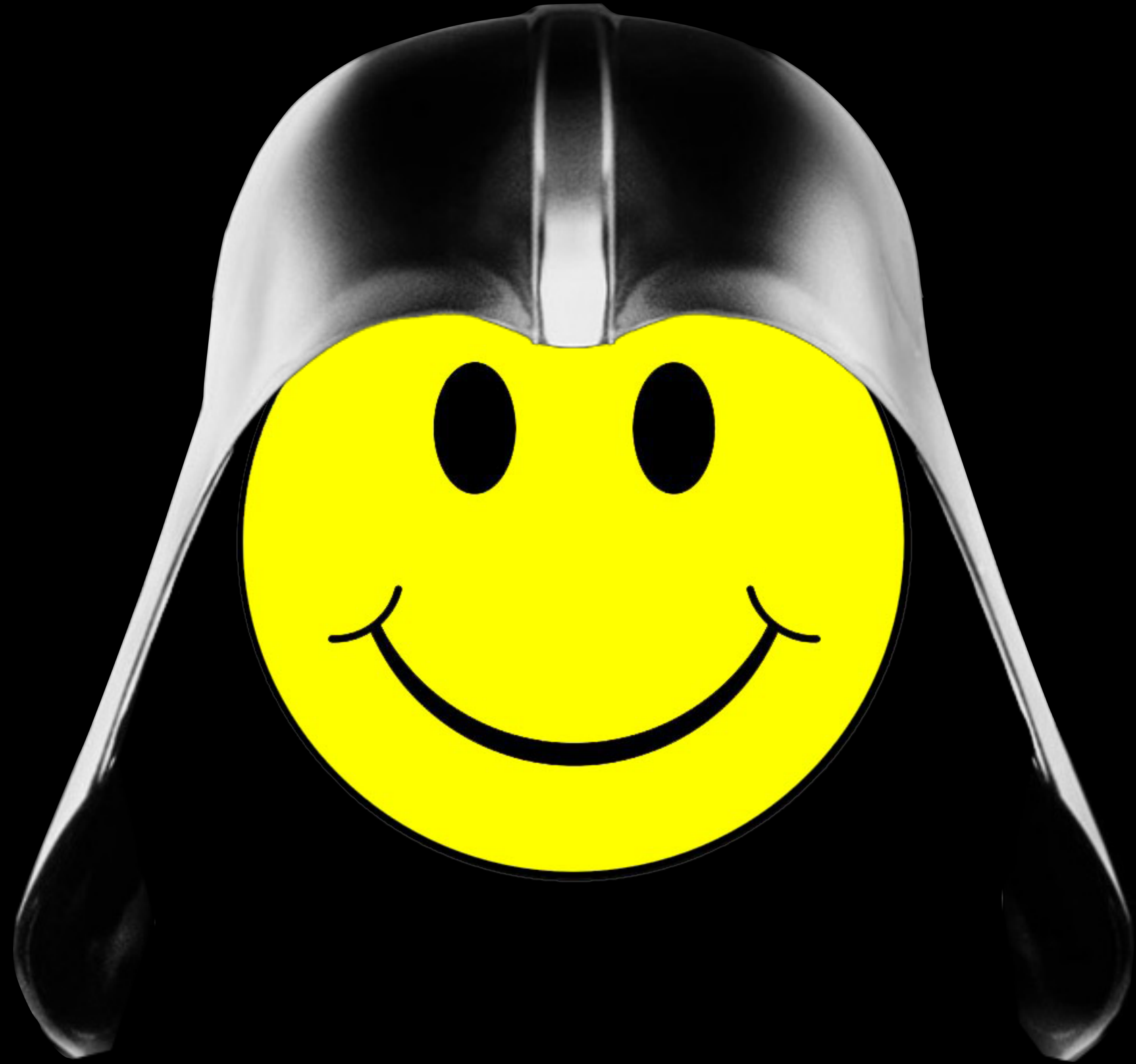
ROADMAP

What is Happiness?

Happiness Myths

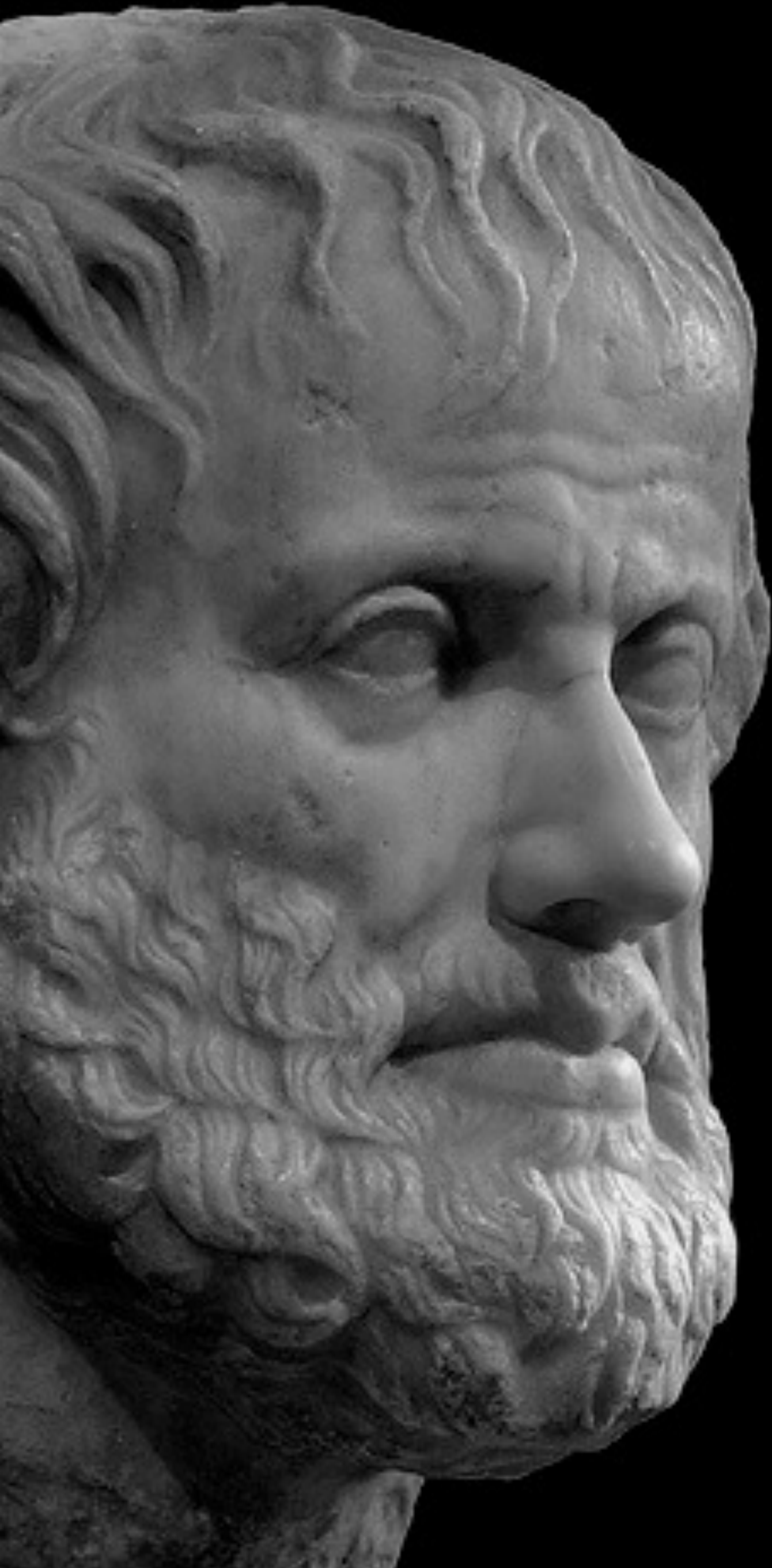
Dark Side of Happiness

Happiness and College Mental Health



Positive Emotion Disturbance





“Getting angry or sad is easy and anyone can do it; but doing it... in the right **amount**, at the right **time**, and in the right **way** is not easy, nor can everyone do it.”

- ARISTOTLE, Nicomachean Ethics, 11.9, 1109a27

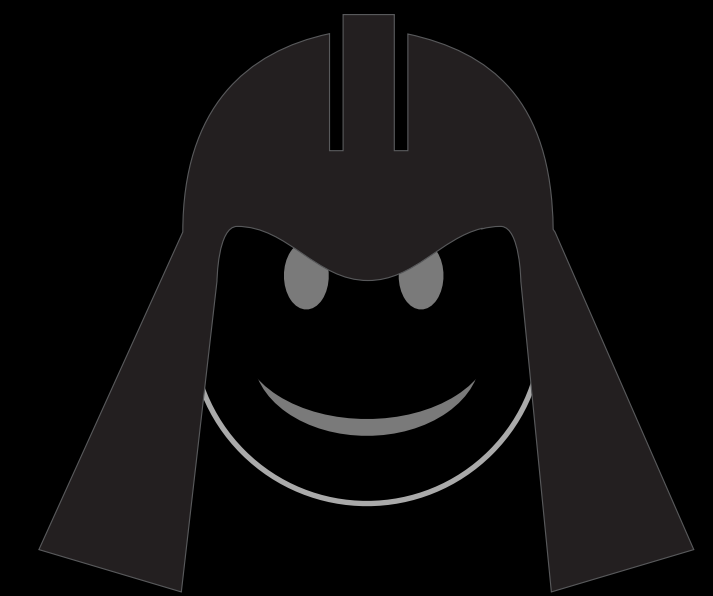
AMOUNT

TIME

WAY

AMOUNT

Too much of a good thing?



PSYCHOLOGICAL
HEALTH

HAPPINESS

1. AMOUNT

CREATIVITY

RISKINESS

ALCOHOL

DRUG USE

MENTAL
ILLNESS

“The case for the dangers of positive emotions is made most straightforwardly by individuals with mania. Their joy is infectious, their optimism and self confidence unbounded...One manic may give away his life’s savings on a whim, while another joyfully drives 100 m.p.h. to a sexual liaison with a potentially dangerous stranger.”

NESSE, 2004

Mania: Diagnostic Criteria

I. Abnormally/Persistently Elevated Mood

(table)

II. Associated Symptoms

- Inflated self-esteem or grandiosity
- Decreased need for sleep
- Pressured Speech
- Increased physical activity
and energy
- Racing thoughts
- Increase in goal-directed activity

III. Causes Impairment

Emotion & Psychopathology

1. Extremes

Greater intensity of emotional displays, greater amplitude of emotional reactivity

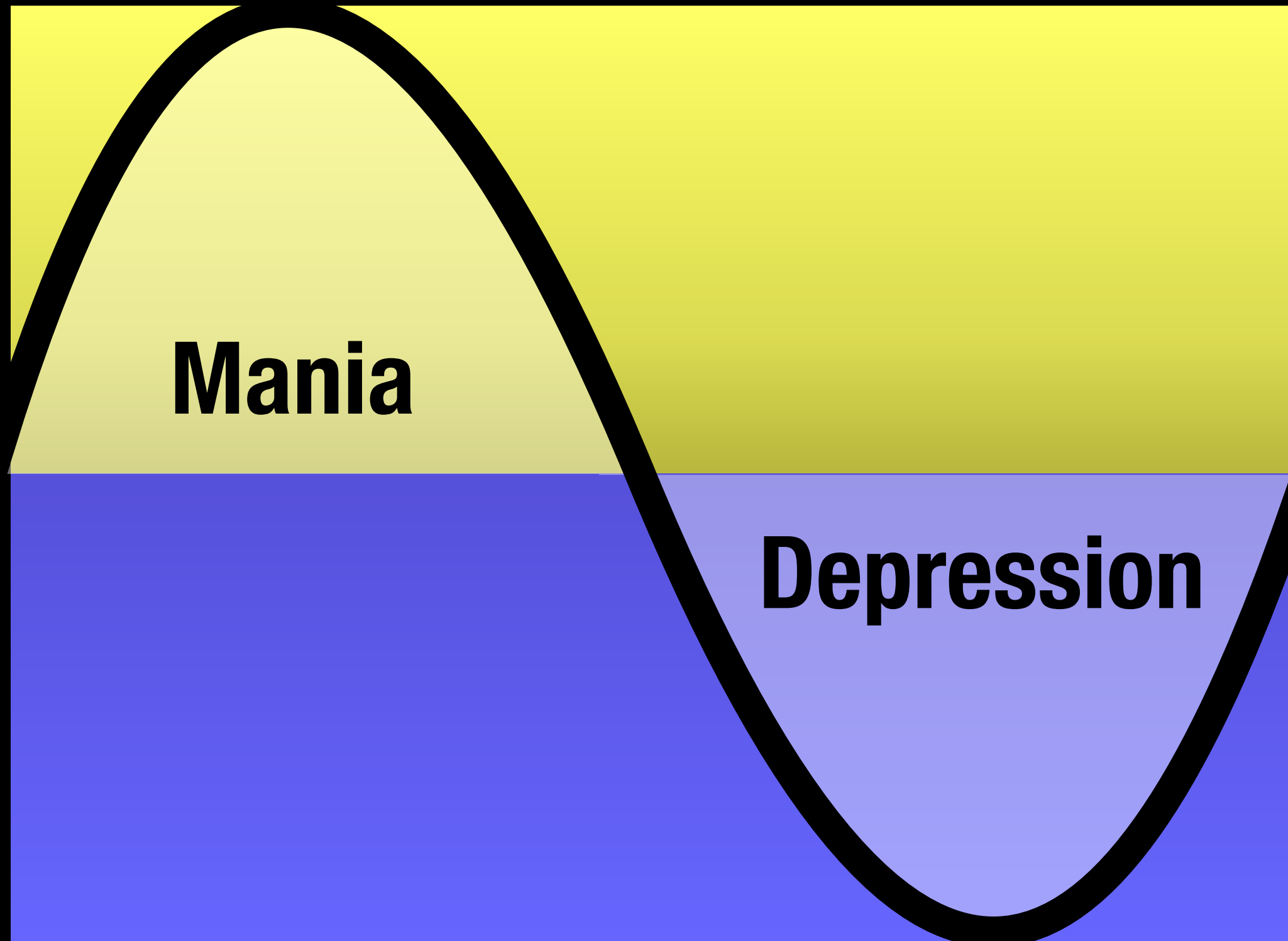
2. Absences

Lower intensity of emotional displays (or absent); decreased amplitude of emotional reactivity (or absent)

3. Disjunctions

Emotion as a multi-component system (experience, behavior, physiology). Channels ideally cohere together. Disjunction involves mis-match between channel(s) of emotion with other channel(s).

BIPOLAR DISORDER



Significant Impairment

- Highest suicide rate (up to 29%) of all psychiatric disorders
- 1/2 inpatient mental health care costs
- 6th leading cause of worldwide disability by World Health Organization

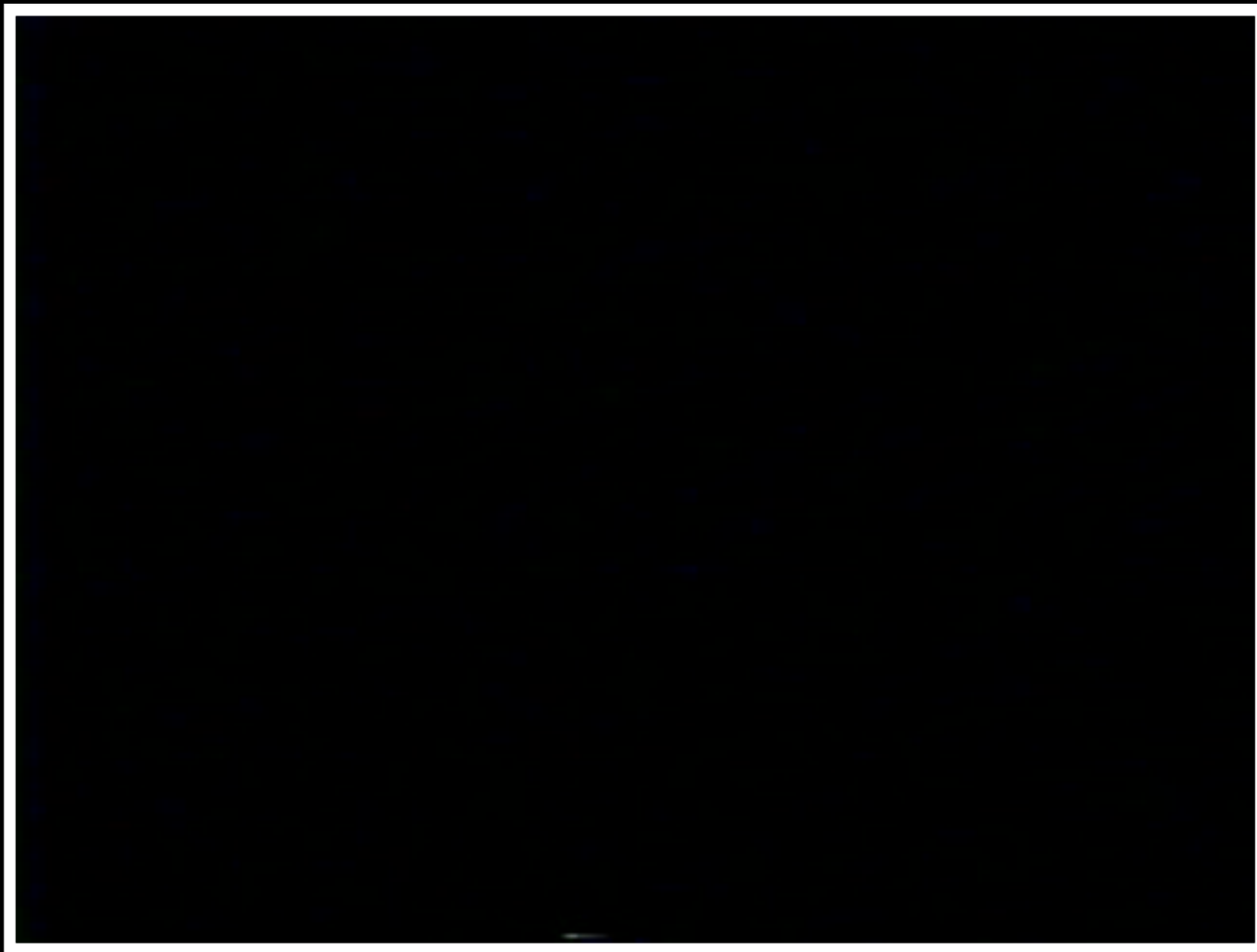


“When you’re high it’s tremendous. The ideas and feelings are fast and fleeting like shooting stars...feelings of ease, intensity, power, well-being, financial omnipotence, and euphoria pervade one’s marrow.”

Kay Jamison, *Unquiet Mind* (p. 67).

“For no reason, I started to feel incredibly good. I didn’t sleep much. I just walked around with this wonderful feeling. One day I was passing a diner and I knew how it felt to be a lion. I went into the diner and said ‘*Bring me a steak, a raw steak, don’t cook it.*’ I started eating it. The other customers made like they were revolted, watching me. So I began to see that maybe it was a little strange. I went to the Dean and said ‘Get me down off this.’”

ROETHKE (1908-1963), American Poet



Tale of Two Views (of Mania)

“Positive-To-All”

Increased response during presence and absence of emotional stimuli (e.g., “Tonic-Level”).

Mania heightened reactivity across positive, negative, & neutral stimuli.

“Positive-to-Positive”

Increased response to positive emotional stimuli (e.g., “Affective-Reactivity”).

Mania heightened reactivity to positive stimuli only.

Risk for Mania and Positive Emotional Responding: Too Much of a Good Thing?

June Gruber

University of California, Berkeley

Sheri L. Johnson

University of Miami

Christopher Oveis and Dacher Keltner

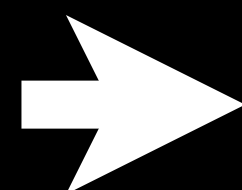
University of California, Berkeley

Although positive emotion research has begun to flourish, the extremes of positive emotion remain understudied. The present research used a multimethod approach to examine positive emotional disturbance by comparing participants at high and low risk for episodes of mania, which involves elevations in positive emotionality. Ninety participants were recruited into a high or low mania risk group according to responses on the Hypomanic Personality Scale. Participants' subjective, expressive, and physiological emotional responses were gathered while they watched two positive, two negative, and one neutral film clip. Results suggested that participants at high risk for mania reported elevated positive emotion and irritability and also exhibited elevated cardiac vagal tone across positive, negative, and neutral films. Discussion focuses on the implications these findings have for the diagnosis and prevention of bipolar

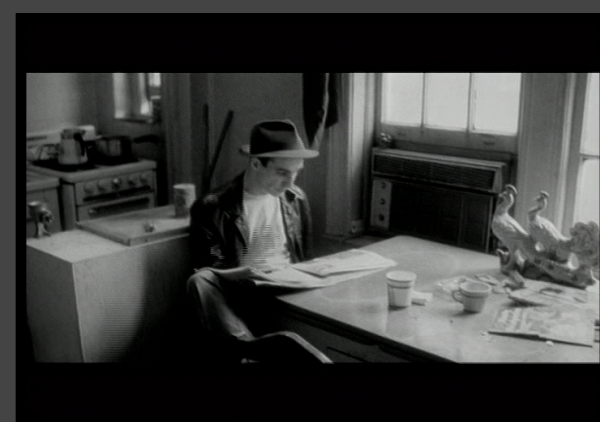
Experimental Procedure

BASELINE

Acclimation
Current
Symptoms
(5 minutes)



WATCHED FILM CLIPS



Sitting in
Kitchen

NEUTRAL
(90 sec)



Wins Gold
Medal

HAPPY
(150 sec)



College
Symbols

PRIDE
(140 sec)



Child's
Father Dies

SAD
(170 sec)

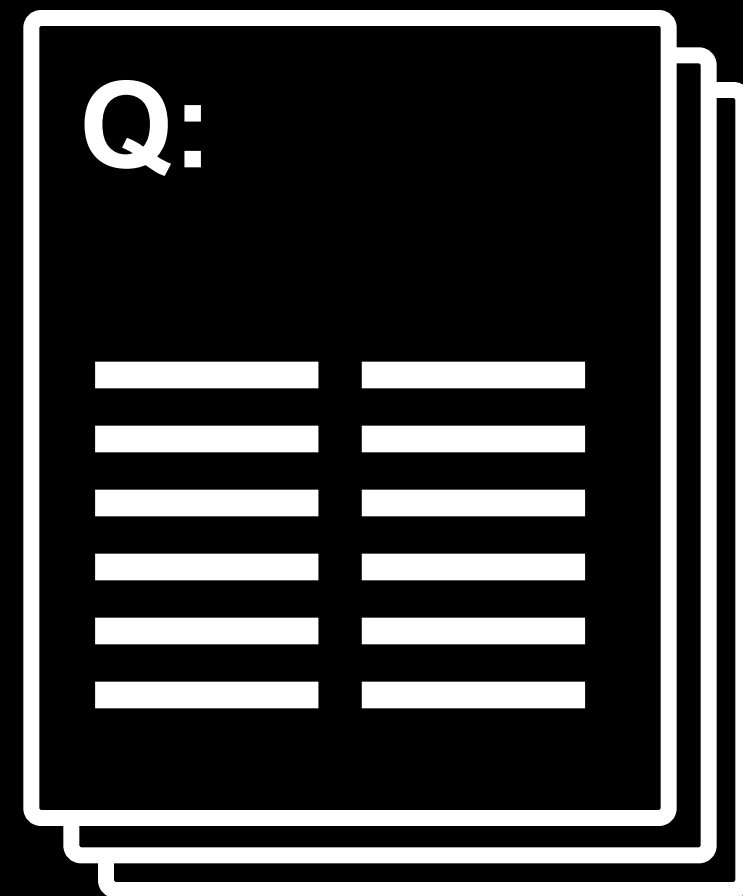


Digging in
Toilet

DISGUST
(60 sec)

Multi-Method Assessment of Emotion

Self-Reported Emotion

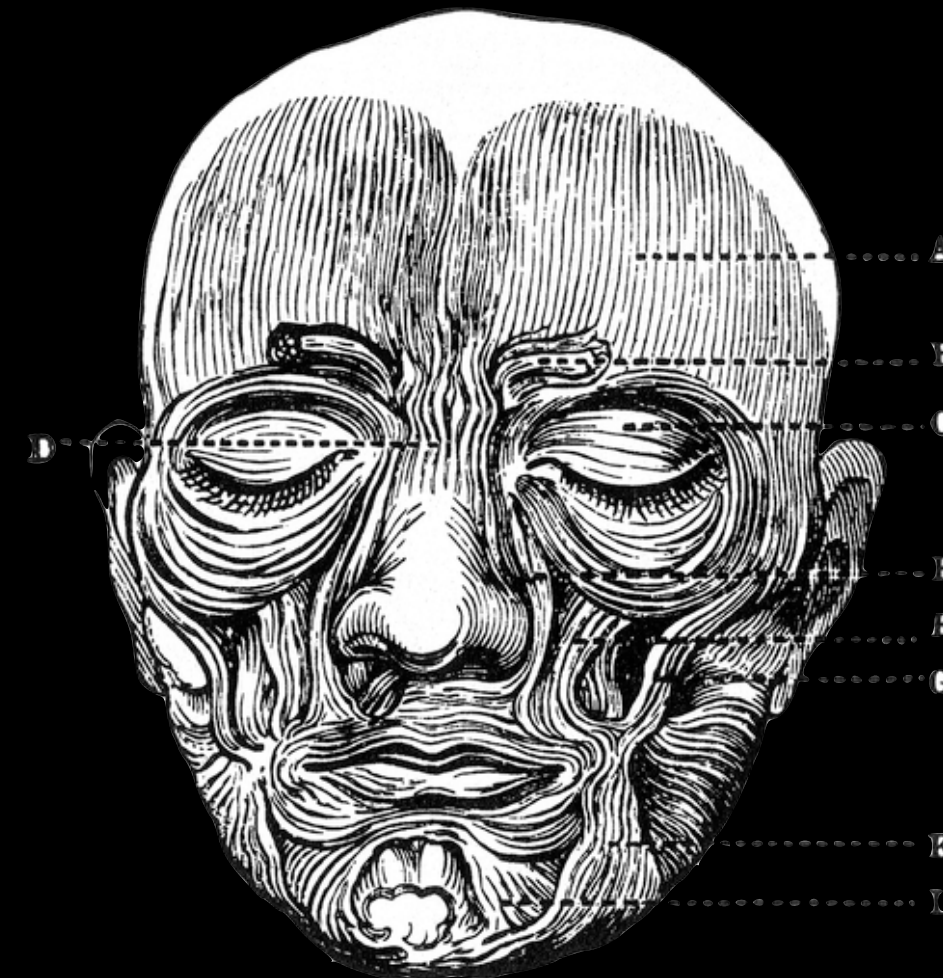


Positive Emotion: Happy, Pride, Amusement, Compassion, Love, Gratitude.

Negative Emotion: Sadness, Fear, Disgust, Anger, Shame, Embarrassment.

Emotional Behavior

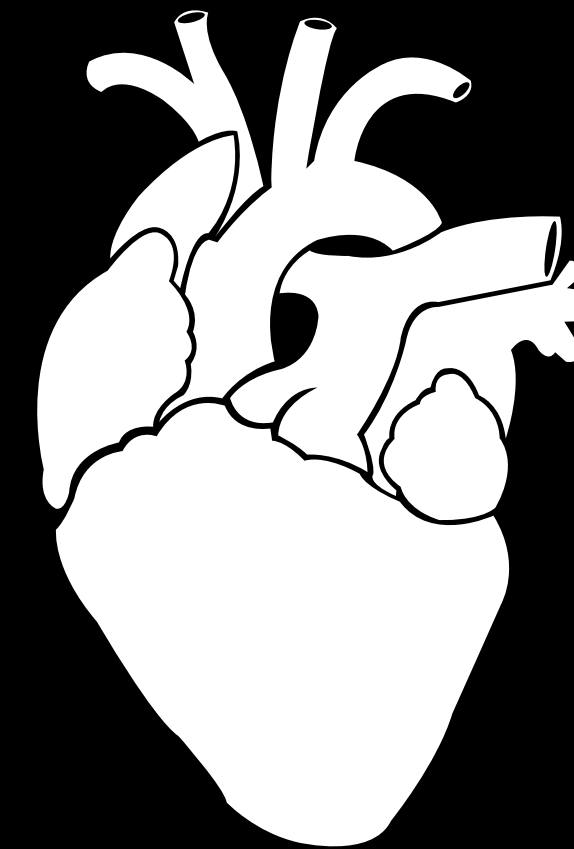
(EMFACS; Ekman & Rosenberg, 1997)



Positive Emotion: Happy, Pride, Amusement.

Negative Emotion: Sadness, Fear, Disgust, Anger.

Peripheral Physiology



Heart Rate

Skin Conductance

Cardiac Vagal Tone (RSA)

Finger/ear pulse transit time

Finger/ear pulse amplitude

Systolic & diastolic blood pressure

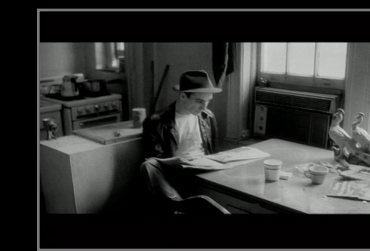
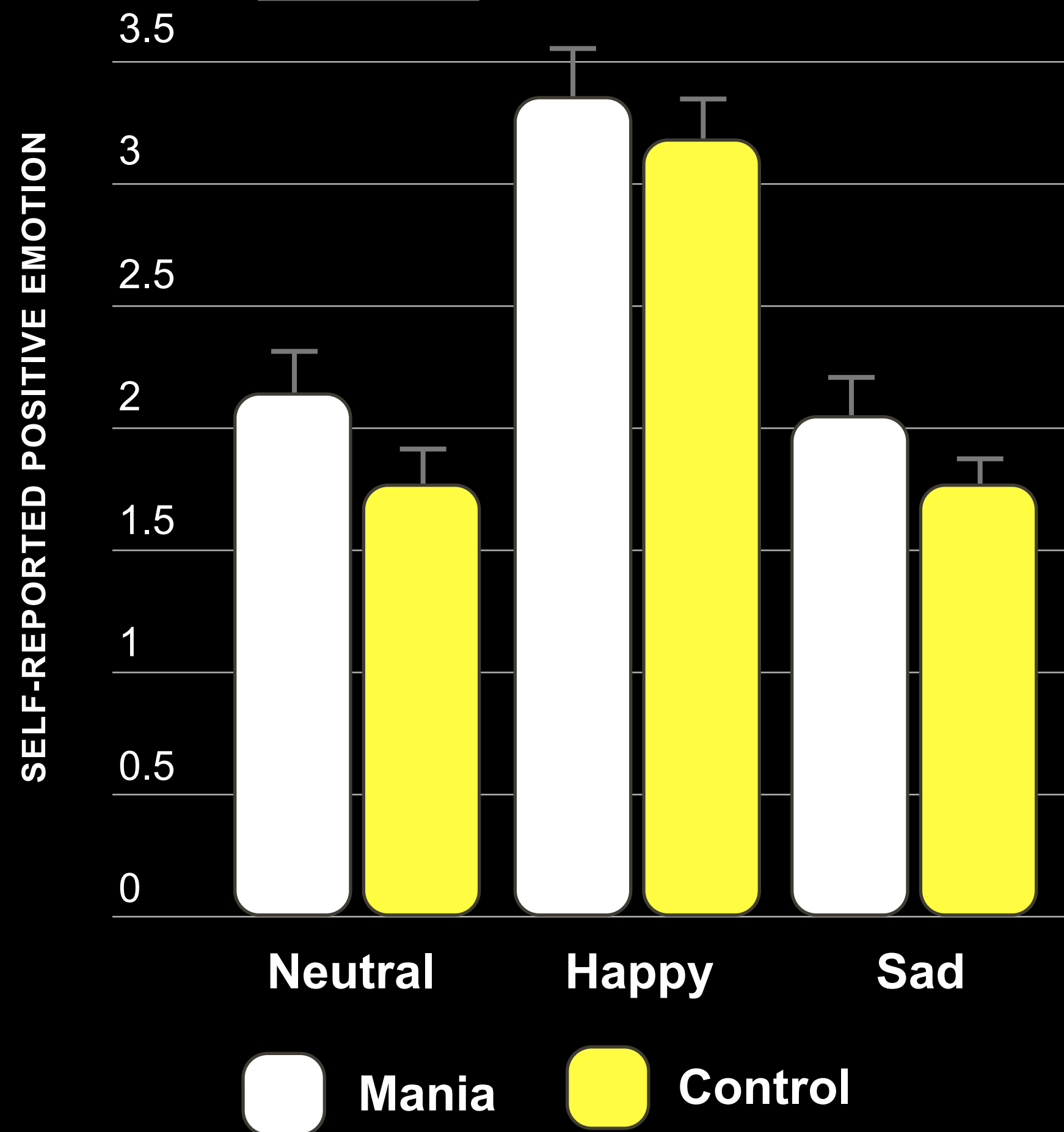
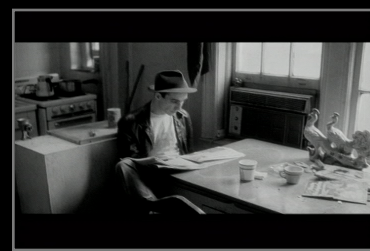
Pre-ejection period

Stroke volume

Cardiac output

Gross somatic movement

Mania = Excess Positive Emotion & Vagal Tone?



Mania = No Negative Emotion Extremes

Negative Affect (NA)



Heart Rate
Skin Conductance
Skin Temperature



Extreme Positive Emotion Across Contexts

CONTEXT

INCREASED POSITIVE EMOTION?

Emotion-Eliciting Films

(Gruber, Oveis, Johnson, & Keltner, 2008;
Gruber, Harvey, & Purcell, 2012)



Self-Conscious Tasks

(e.g., Gruber, Reeves, & Sturm, under review)



Experience-Sampling

(Gruber, Kogan, Mennin, & Murray, under review)



Empathic Accuracy Tasks

(Devlin, Zaki, & Gruber, in prep)



But Which Positive Emotions?

Discrete Emotions Approach

Emotion	Elicitor	Function(s)
Joy	Reward signal	Reward acquisition behavior
Pride	Personal Achievement	Advertise elevated status
Compassion	Vulnerable/ weak (e.g., offspring)	Caregiving Behavior

Characterize differences in function and response profile among positive emotions (Ekman, 2004; Izard, 1977; Shiota, Keltner, & John, 2006)

Can Feeling Too Good Be Bad? Positive Emotion Persistence (PEP) in Bipolar Disorder

June Gruber

Yale University

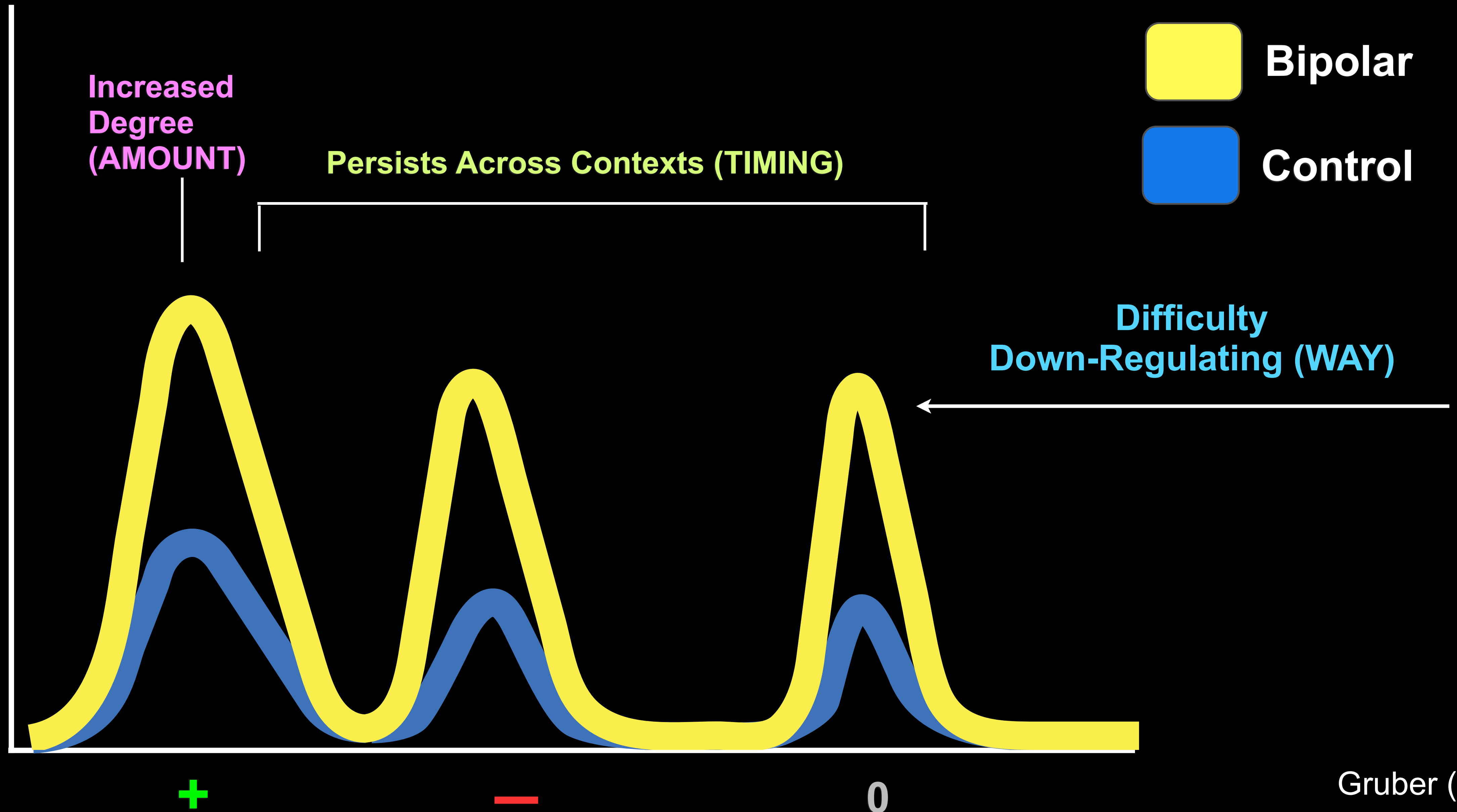
Abstract

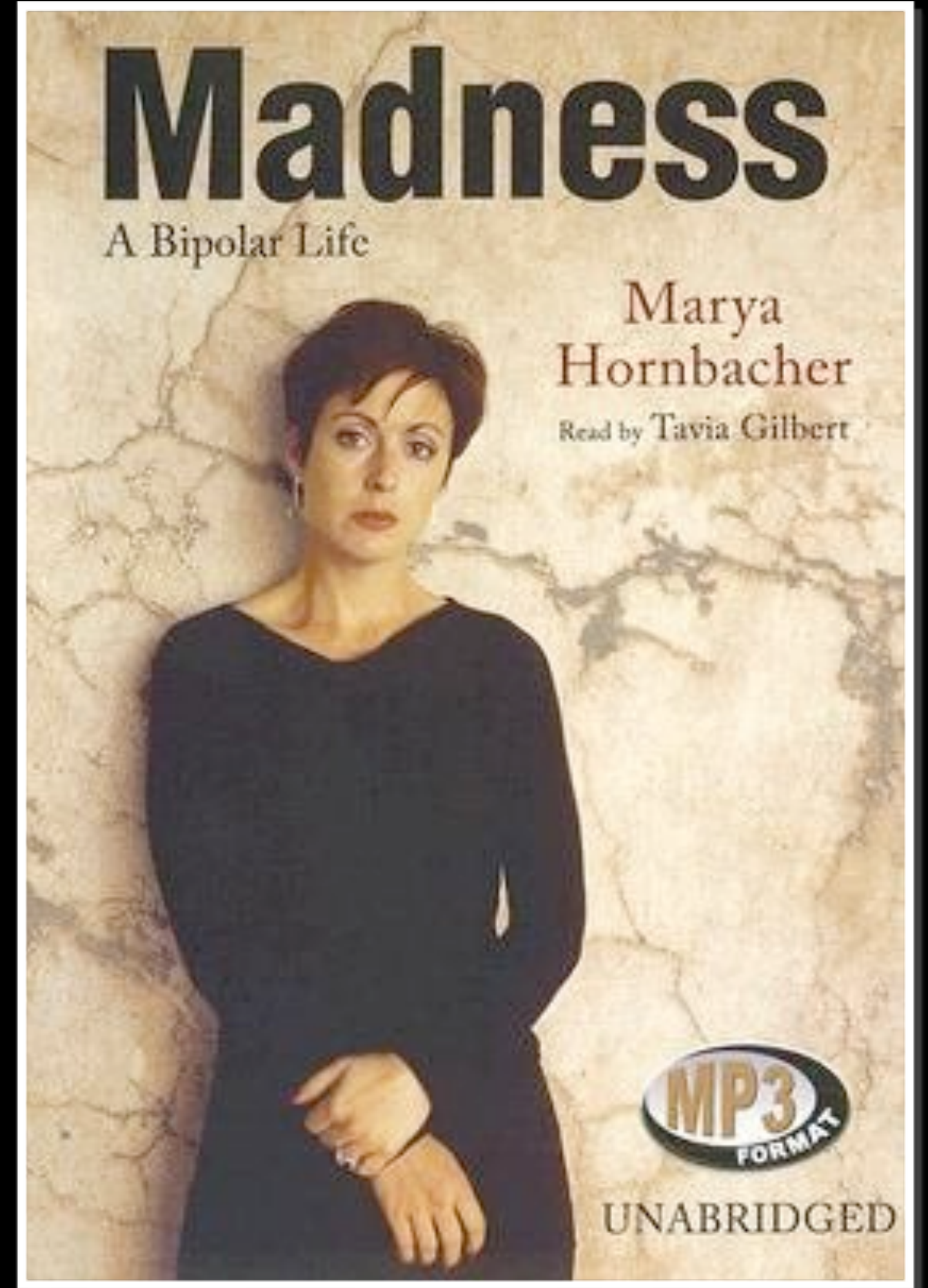
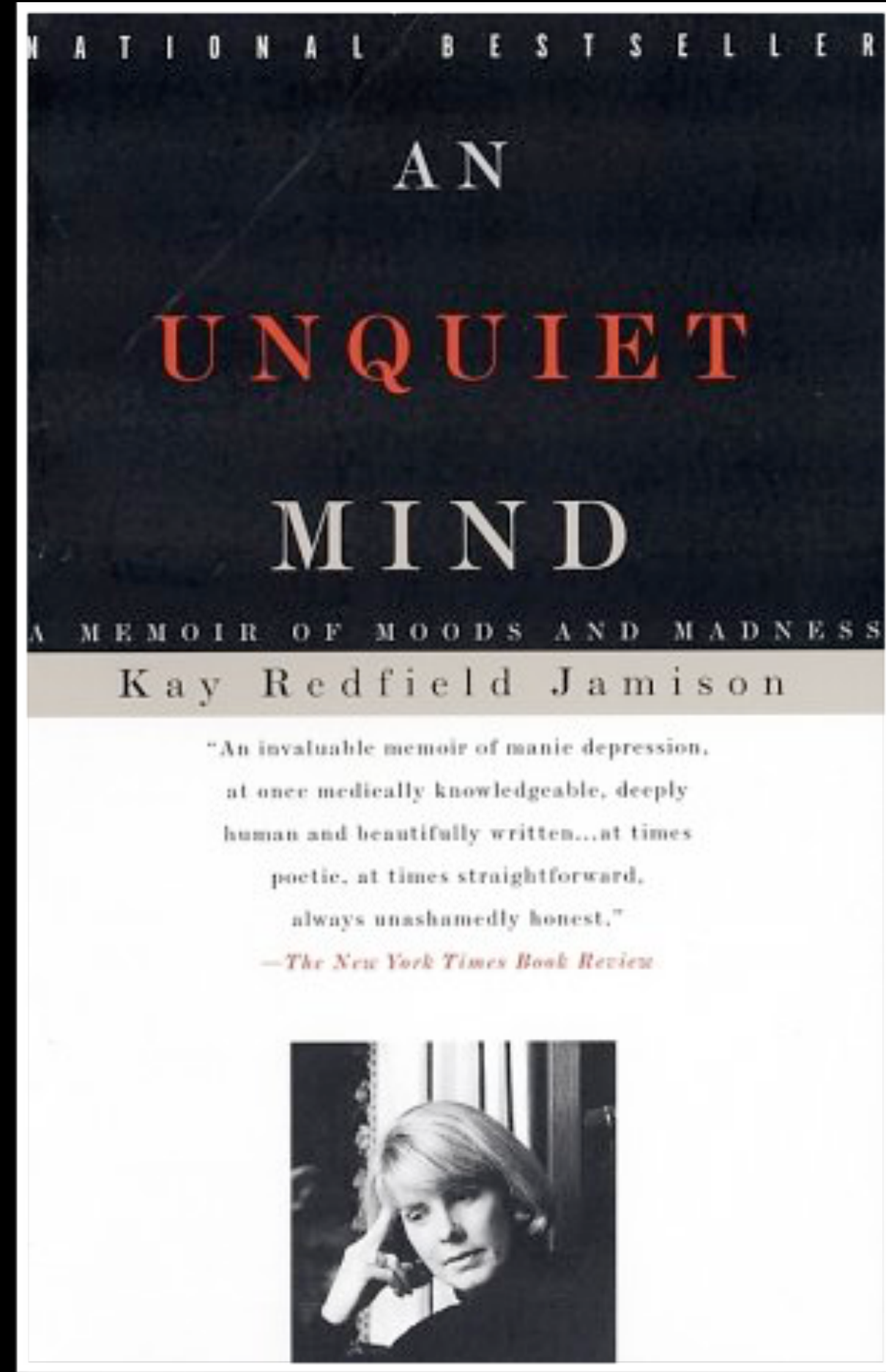
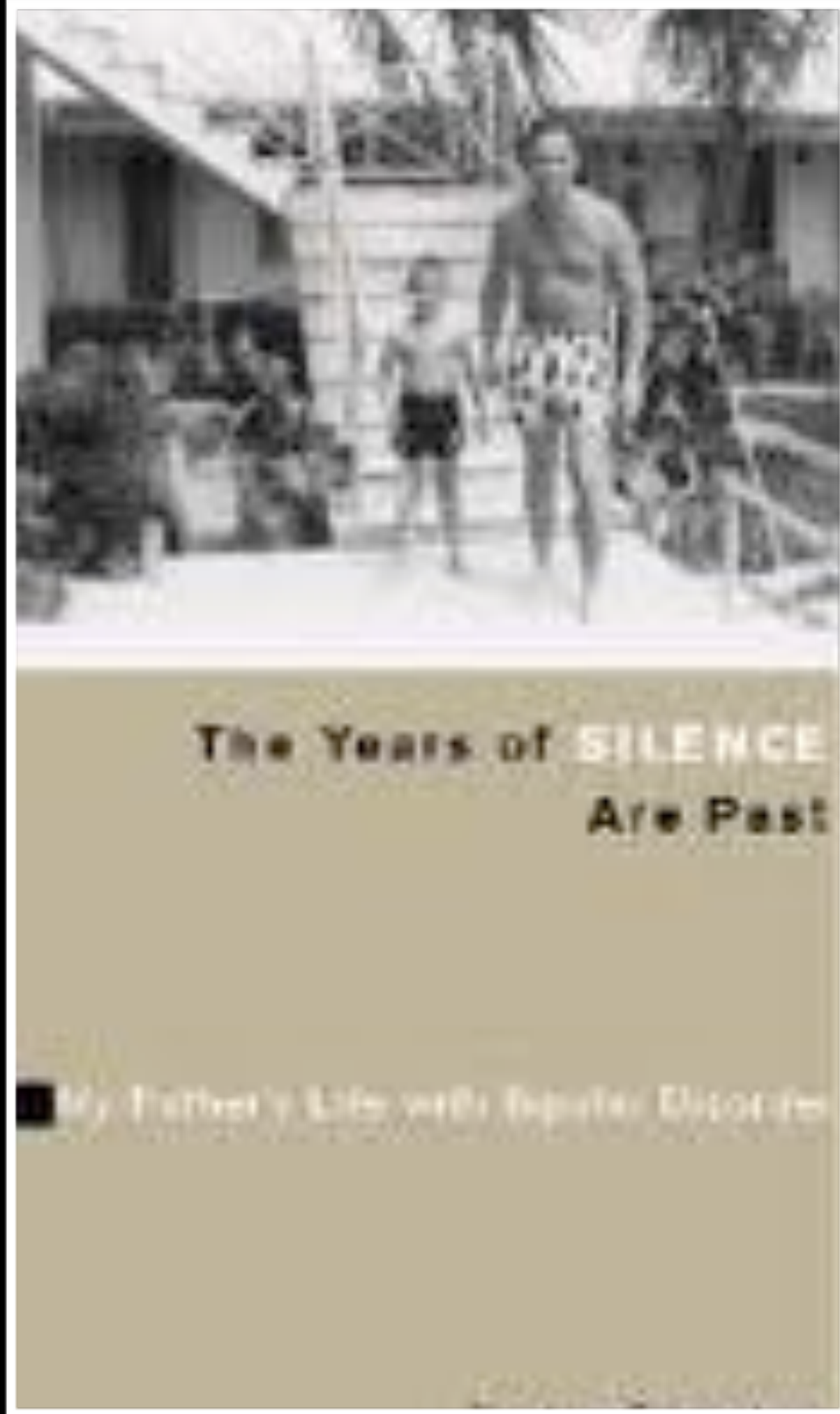
Positive emotions are vital to attaining important goals, nurturing social bonds, and promoting cognitive flexibility. However, one question remains relatively unaddressed: Can positive emotions also be a source of dysfunction and negative outcomes? An ideal point of entry to understand how positive emotion can go awry is bipolar disorder, a psychiatric disorder marked by abnormally elevated positive emotion. In this review I provide an overview of recent experimental evidence from individuals at risk for, and diagnosed with, bipolar disorder. I present a novel account of positive-emotion disturbance, referred to as positive emotion persistence (PEP), and consider potential mechanisms. The central thesis guiding PEP is that persistent activation of positive emotion across contexts and not solely in response to positive or rewarding stimuli is a marker of emotion dysfunction

Current Directions in Psychological
Science
20(4) 217–221
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DOI: 10.1177/0963721411414632
<http://cdps.sagepub.com>



Positive Emotion Persistence (PEP)





“Not everything that steps out of line, and thus abnormal, must necessarily be inferior.”

-Hans Asperger (1938)

WAY

Wrong *way* to feel good?

A Declaration by the Representatives of the UNITED STATES
OF AMERICA, in General Congress assembled.

When in the course of human events it becomes necessary for ^{one} people to
dissolve the political bands which have connected them with another, and to
~~assume a new and separate station~~ ^{assume a new and separate} station
among the powers of the earth, the ^{separate and equal} ~~independent~~ station to
which the laws of nature & of nature's god entitle them, a decent respect
to the opinions of mankind requires that they should declare the causes
which impel them to ~~the~~ ^{the} separation.

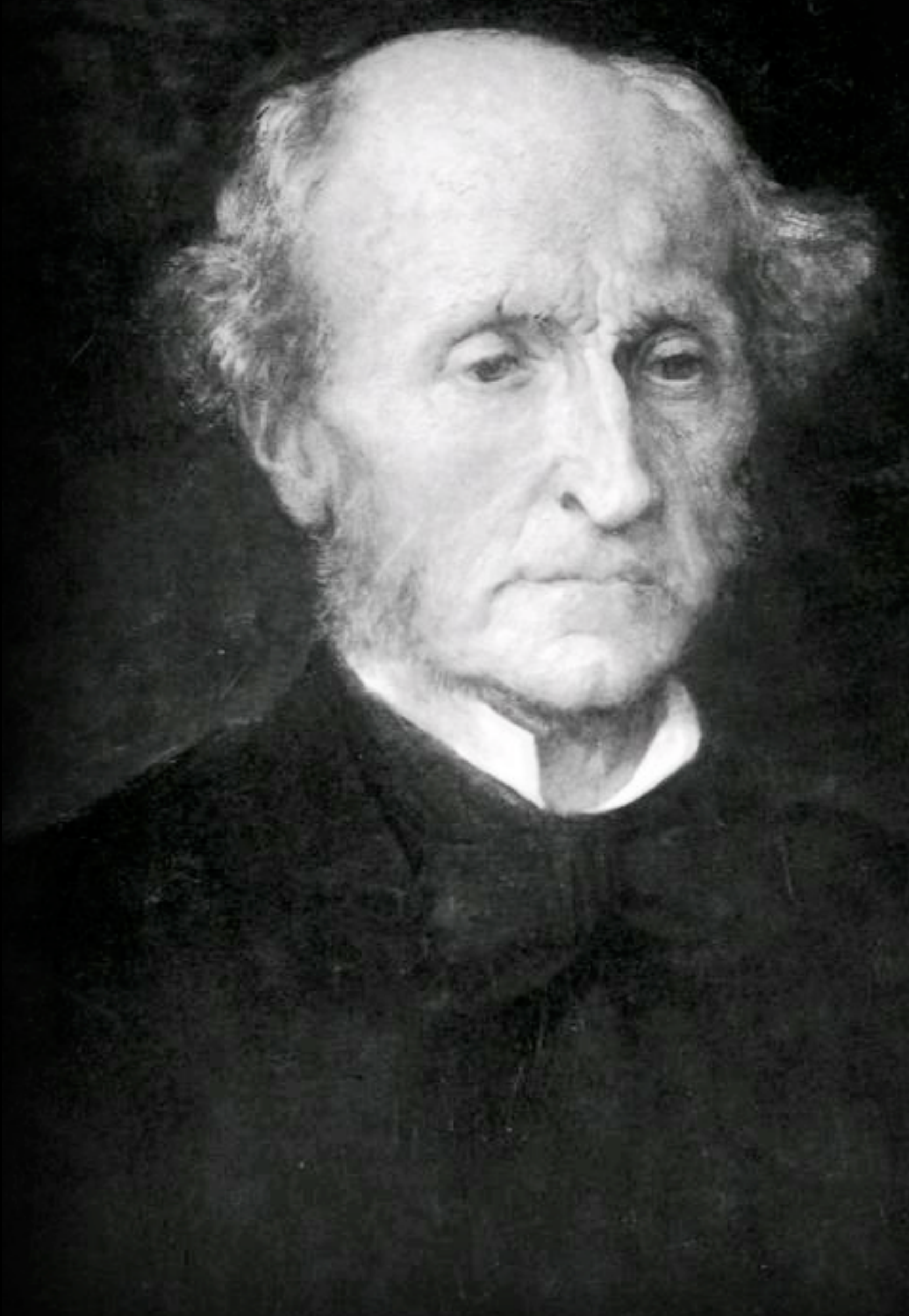
We hold these truths to be ^{self-evident;} ~~and~~ ~~undeniable;~~ that all men are
created equal & ~~independent~~ ^{that from that equal creation they derive} rights; that
~~rights are inalienable~~ ^{rights; that} ~~rights are~~ ^{these} ~~rights are~~ ^{rights}
life, ~~liberty,~~ ^{liberty,} & the pursuit of happiness; that to secure these ^{rights} ~~rights~~, go
to secure their just powers from

3.WAY



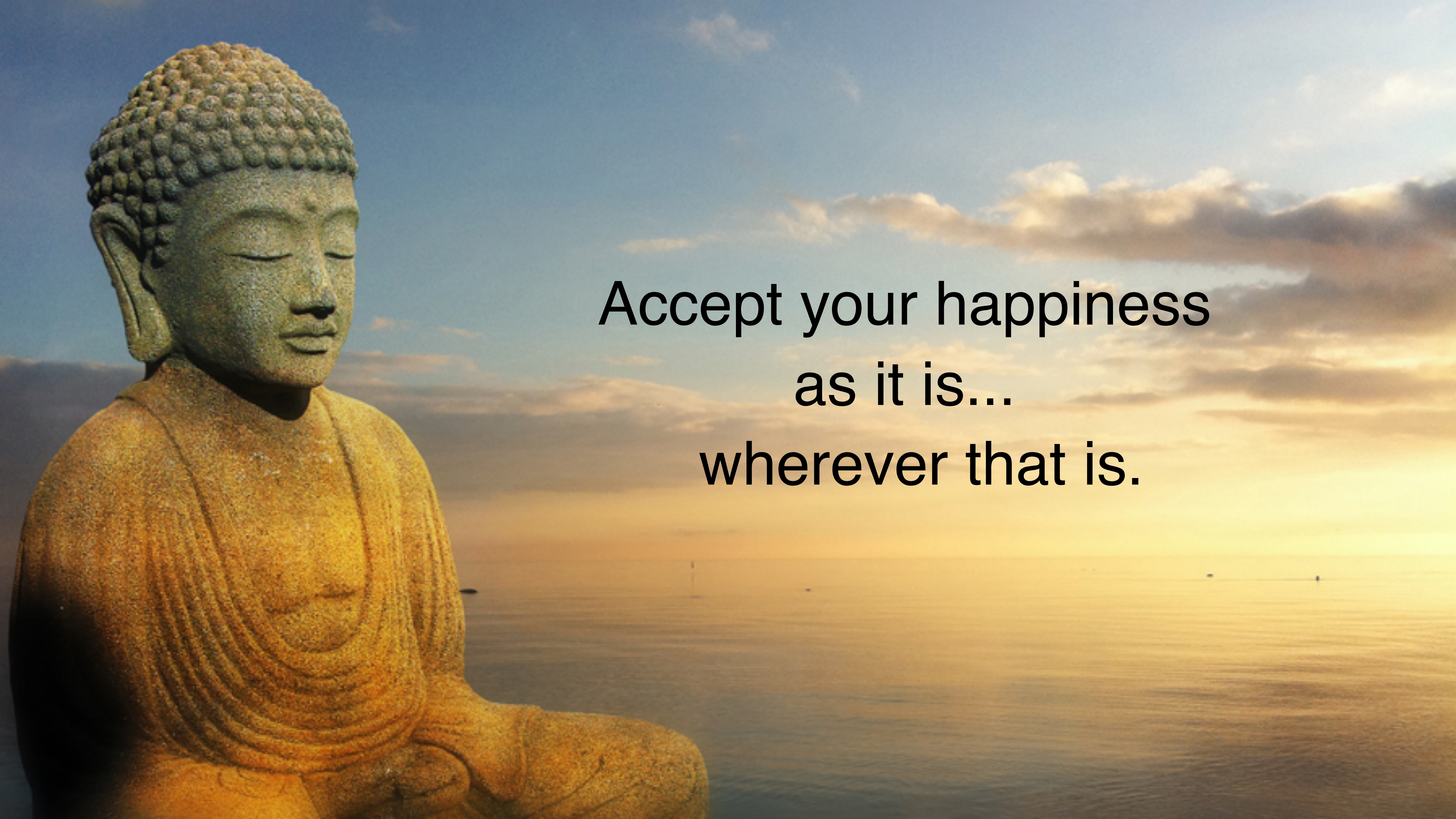
HAPPINESS



A black and white portrait of John Stuart Mill, an elderly man with a receding hairline and a serious expression, wearing a dark coat over a white shirt. The portrait is positioned on the left side of the image.

“Those only are happy who
have their minds fixed on
some object other than
their own happiness.”

-JOHN STUART MILL



Accept your happiness
as it is...
wherever that is.

Thank You!

Psychology 3131
Professor June Gruber

