Human Emotion
Psychology 3131
Professor June Gruber
What are self-conscious emotions?
Roadmap

Course Logistics

Features of Self-Conscious Emotions
Pride
Embarrassment
Shame & Guilt
Take-Away Qs & Expert Interview
Course Logistics

Exam 1 - Completed!

Great Job! :)
Roadmap

Course Logistics

Features of Self-Conscious Emotions

Pride

Embarrassment

Shame & Guilt

Take-Away Qs & Expert Interview
What are Self-Conscious Emotions?

Feature 1

Self-awareness

Tracy & Robins (2007)
What are Self-Conscious Emotions?

Feature 2

Emerge later in childhood

Tracy & Robins (2007)
What are Self-Conscious Emotions?

Feature 3

Facilitate social goals

Tracy & Robins (2007)
What are Self-Conscious Emotions?

Feature 4

No universal facial expression

Tracy & Robins (2007)
What are Self-Conscious Emotions?
Feature 5

Cognitively complex

Tracy & Robins (2007)
Roadmap

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Features of Self-Conscious Emotions

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Take-Away Qs & Expert Interview
Pride
Embarrassment
Shame
Guilt
PRIDE
Thought Exercise:
Feeling Proud
<table>
<thead>
<tr>
<th>Elicitor</th>
<th>Behavior</th>
<th>Consequence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Achievement or Success</td>
<td>Advertise elevated status. Signal to others that “I’m a successful person who deserves high status”</td>
<td>Gain respect within social hierarchy</td>
</tr>
</tbody>
</table>
Dr. Jessica Tracy

Associate Professor of Psychology
University of British Columbia, Vancouver
Experts In Emotion Interview

Dr. Jessica Tracy

Associate Professor of Psychology
University of British Columbia, Vancouver

Self-conscious emotions
What Does Pride Look Like?

(1) Head and neck tilted slightly back
   Look above others

(2) Expanded posture
   Draw shoulders back
   Dominance
   Draws attention

(3) Slight smile
   Social cohesion
   Individual remains within the group
Can We Recognize Pride?

“Which emotion is being expressed in this photo?”

Images Courtesy of Jessica Tracy
Can We Recognize Pride?

89% Recognition Rate

Images Courtesy of Jessica Tracy
Is Pride Universal Across Cultures?

Burnina Faso Study
(Jessica Tracy & Richard Robins)
Country in West Africa
Subsistence Farmers
Illiterate, No Education
Selon vous, laquelle des émotion la personne avait quand la photo a été prise? Choisissez une émotion seulement. [cocher une réponse]

Colère       Dégoût       Peur       Content
Fier         Triste       Surpris     Avoir Honte

Autre emotion:______     Je ne sais pas
Burkina Faso Study

Chance
Too Much Pride?

Aggression
Antisocial
Narcissism
Roadmap

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Pride
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Pride
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EMBARRASSMENT
## Characteristics of Embarrassment

<table>
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<tr>
<th>Elicitor</th>
<th>Behavior</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Violate social conventions or norms</td>
<td>Acknowledge mistake, remedy social transgressions, repair relationships</td>
<td>Forgiveness, Laughter, Liking, Trust</td>
</tr>
</tbody>
</table>
Experts In Emotion

Interview

Dr. Dacher Keltner

Professor of Psychology
University of California, Berkeley

Embarrassment
What Does Embarrassment Look Like?

Embarrassment Sequence

(1) Gaze Shift/Aversion
(2) Smile Control (inhibit smile)
(3) Smile (Non-Duchenne)
(4) Gaze Shift/Aversion
(5) Head Away: down & to the Left

http://www.emotionwisegroup.org/
Gaze Down

Smile Control

Smile

Gaze Shifts

Head Away

Time in Seconds

Keltner & Anderson (2000)
Keltner & Anderson (2000)
Too Much Embarrassment?
Roadmap

Course Logistics

Features of Self-Conscious Emotions

Pride

Embarrassment

Shame & Guilt

Take-Away Qs & Expert Interview
Experts In Emotion
Interview

Dr. June Tangney

Professor of Psychology
George Mason University

Guilt and Shame
SHAME
“Men cannot live without shame. A sense of shame is the beginning of integrity.”
-Mencius
Thought Exercise: Feeling Shame
## Characteristics of Shame

<table>
<thead>
<tr>
<th>Elicitor</th>
<th>Behavior</th>
<th>Consequence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Negative evaluation of self</td>
<td>Hunched over posture, retreat or hide from social group</td>
<td>Less likely to take corrective action</td>
</tr>
</tbody>
</table>
Pride
Embarrassment
Shame
Guilt
GUILT
Thought Exercise: Feeling Guilt
GUUILT
### Characteristics of Guilt

<table>
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<tr>
<th>Elicitor</th>
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</tr>
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<tbody>
<tr>
<td>Negative evaluation of one’s own action. “I can’t believe I stole”</td>
<td>Motivation to address or remedy problem</td>
<td>Motivate good consequence such as addressing problem</td>
</tr>
</tbody>
</table>
Similarities
I. Depressed or Anhedonic Mood

II. Associated Symptoms
- Decreased self-esteem
- Sleep disturbance
- Decreased physical energy
- Restlessness
- Feelings of worthlessness or guilt
- Diminished concentration or decision making
- Suicidality

III. Causes Impairment
Similarities

- self-conscious emotions
- moral emotions
- associated with wrong-doing
- promote prosocial or altruistic behavior
Differences
### Local vs. Global Focus

<table>
<thead>
<tr>
<th><strong>GUILT</strong></th>
<th><strong>SHAME</strong></th>
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<tbody>
<tr>
<td><strong>Local behavior:</strong>&lt;br&gt;Feel bad about specific behavior</td>
<td><strong>Global Dispositions:</strong>&lt;br&gt;Feel bad about oneself</td>
</tr>
<tr>
<td>How could I have done <strong>THAT</strong>?</td>
<td>How could I have done that?</td>
</tr>
<tr>
<td>There is something wrong with what I did</td>
<td>There is something wrong with me overall</td>
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Tangney (1995)
## Motivation to Amend vs Hide

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<tr>
<th><strong>GUILT</strong></th>
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<tbody>
<tr>
<td><strong>Amending Behavior</strong></td>
<td><strong>Hiding Behavior</strong></td>
</tr>
<tr>
<td>motivation to address problem</td>
<td>motivation to hide problem</td>
</tr>
<tr>
<td>apologize, undo, repair (“Face the music”)</td>
<td>disappear or hide or escape from shame situation (“Duck the heat”)</td>
</tr>
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Tangney (1995)
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<tbody>
<tr>
<td>Other-oriented</td>
<td>Take another person’s perspective</td>
<td>Take your own perspective</td>
</tr>
<tr>
<td></td>
<td>Related to increased EMPATHY</td>
<td>Related to decreased EMPATHY</td>
</tr>
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</table>
## Defensive vs. Non-Defensive

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<tr>
<th><strong>GUILT</strong></th>
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<tbody>
<tr>
<td><strong>Non-Defensive Response</strong></td>
<td><strong>Defensive Response</strong></td>
</tr>
<tr>
<td>Rationally discuss situation, take proactive behavior</td>
<td>Prone to blaming other people (way to escape shame feeling)</td>
</tr>
<tr>
<td>Manage anger constructively and proactively</td>
<td>Prone to increased anger &amp; aggressive behavior</td>
</tr>
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Experts In Emotion

*EXTRA CREDIT OPPORTUNITY*
Thank You!

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