

Human Emotion

Psychology 3131
Professor June Gruber



Human Emotion

Emotions and the Self

What are self-conscious emotions?



THE SELF-CONSCIOUS EMOTIONS

THEORY AND RESEARCH

Edited by Jessica L. Tracy, Richard W. Robins, & June Price Tangney



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

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Features of Self-Conscious Emotions

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Take-Away Qs & Expert Interview

What are Self-Conscious Emotions?

Feature 1



Self-awareness

What are Self-Conscious Emotions?

Feature 2

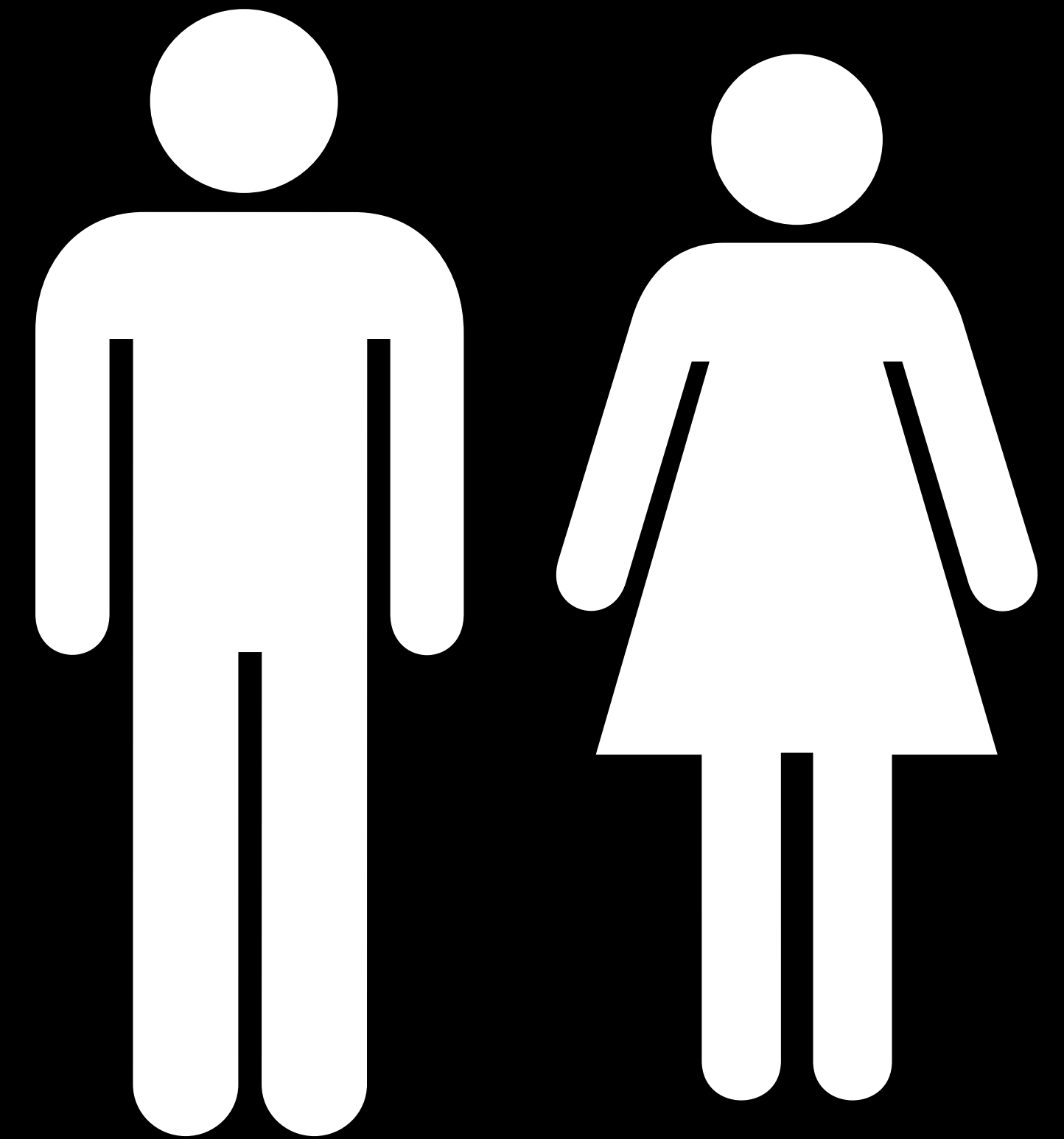


**Emerge later
in childhood**

What are Self-Conscious Emotions?

Feature 3

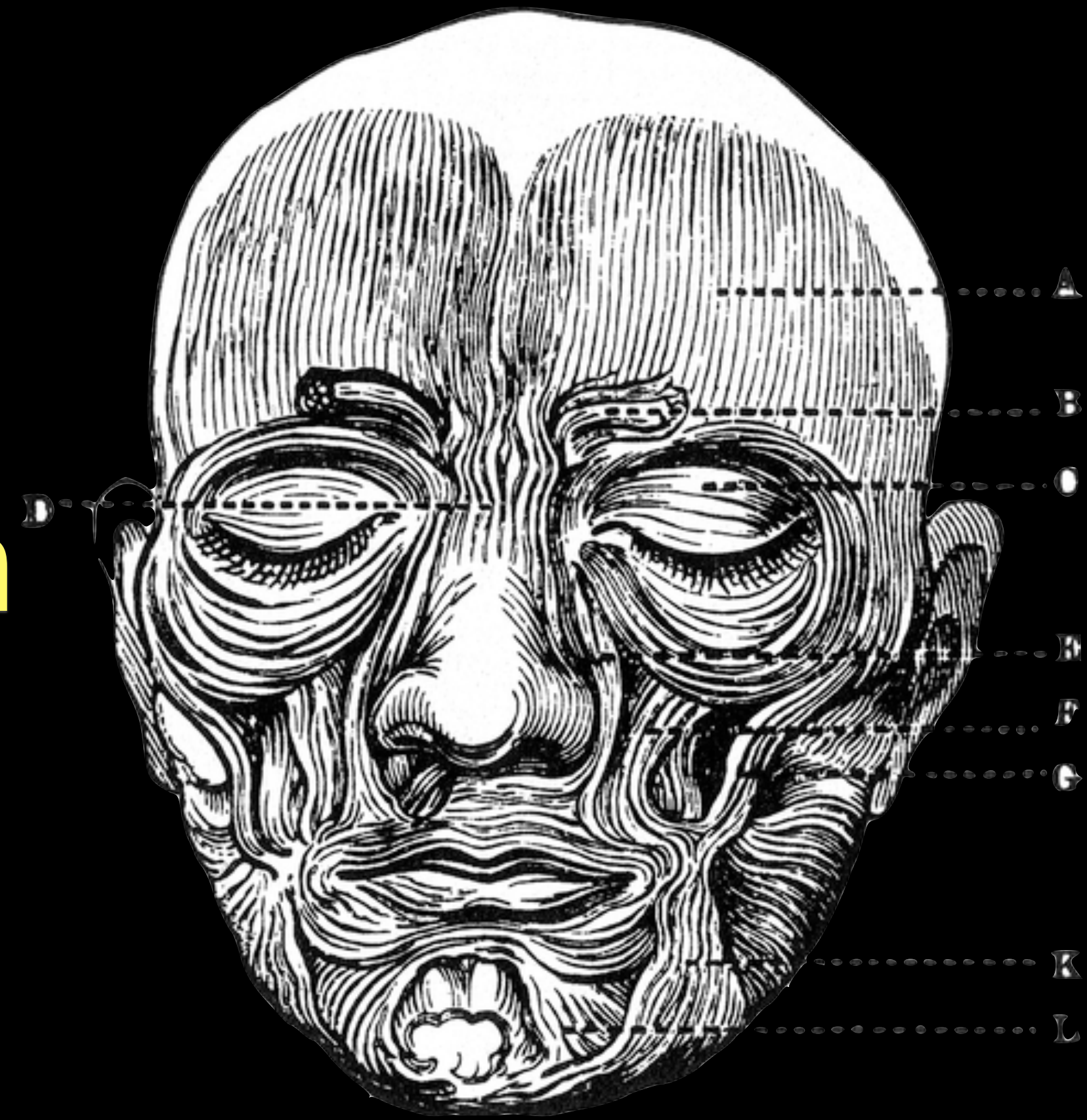
Facilitate social goals



What are Self-Conscious Emotions?

Feature 4

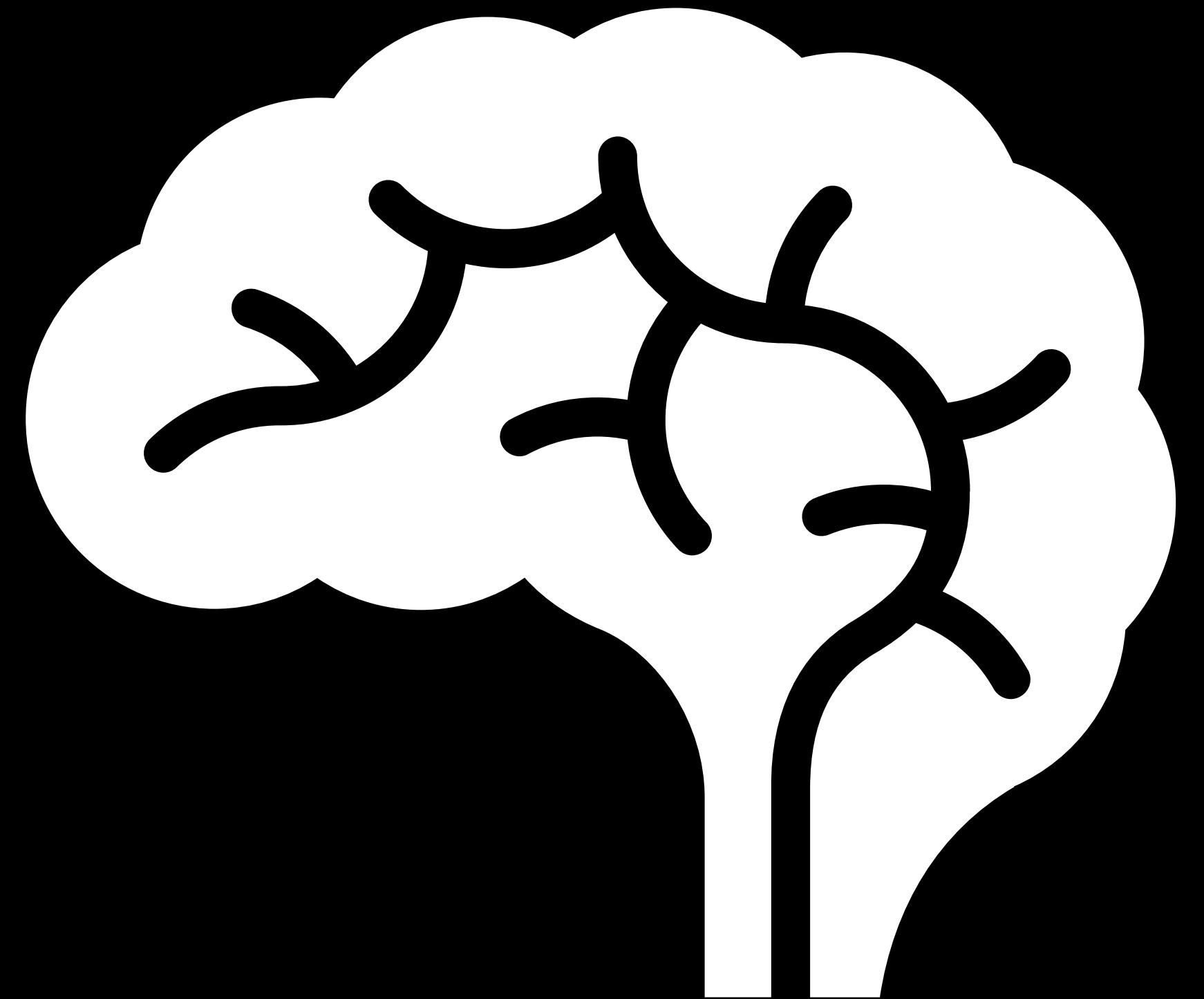
No universal facial expression



What are Self-Conscious Emotions?

Feature 5

Cognitively complex



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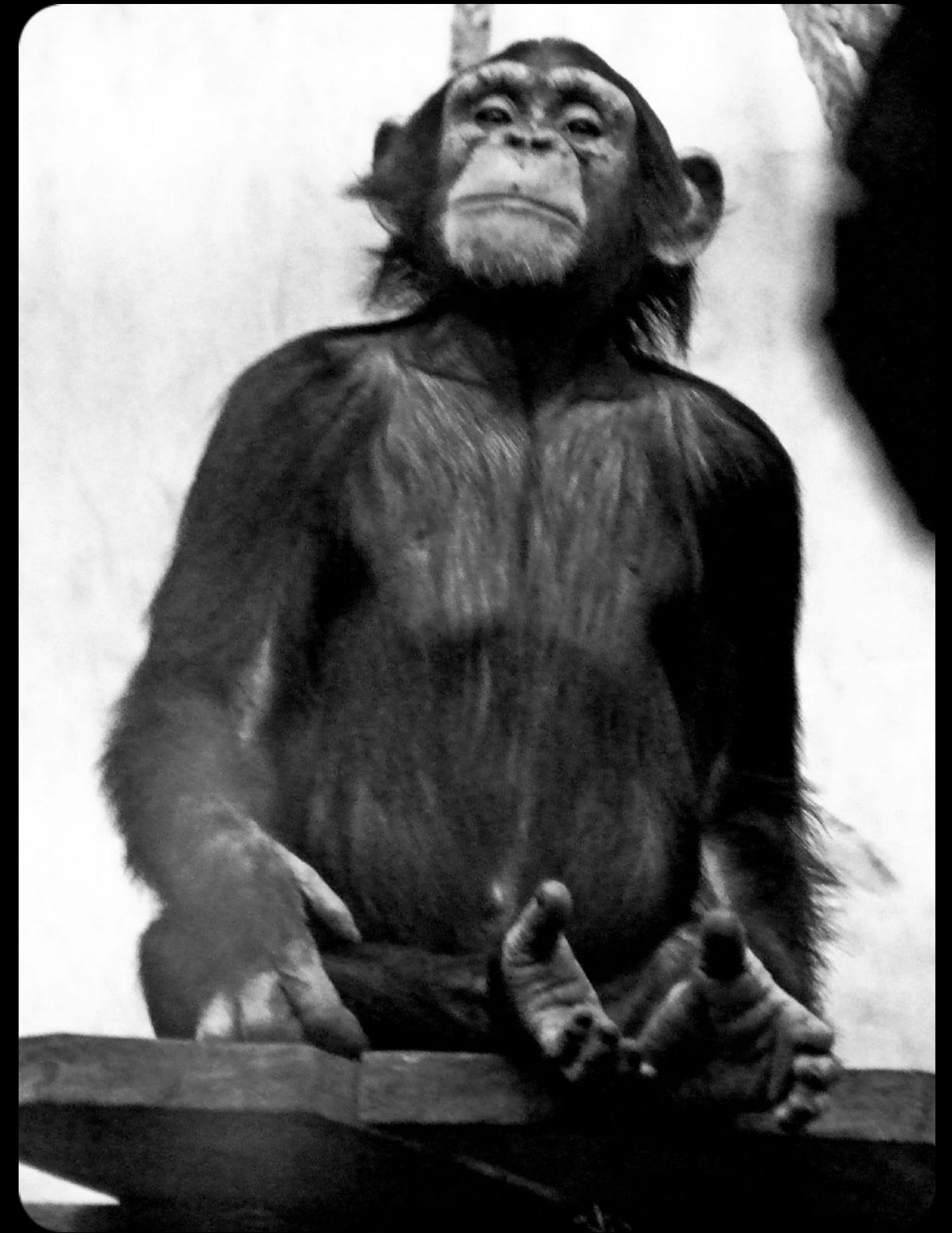
PRIDE

EMBARRASSMENT

SHAME

GUILT

PRIDE





**Thought Exercise:
Feeling Proud**



Characteristics of Pride

Elicitor	Behavior	Consequence
Personal Achievement or Success	Advertise elevated status. Signal to others that “I’m a successful person who deserves high status”	Gain respect within social hierarchy

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?”

Can We Recognize Pride?



89% Recognition Rate



Is Pride Universal Across Cultures?

Burkina Faso Study

(Jessica Tracy & Richard Robins)

Country in West Africa

Subsistence Farmers

Illiterate, No Education





Images Courtesy of Jessica Tracy



Images Courtesy of Jessica Tracy

Burkina Faso Study



Selon vous, laquelle des émotions la personne avait quand la photo a été prise? Choisissez une émotion seulement. [cocher une réponse]

Colère

Dégoût

Peur

Content

Fier

Triste

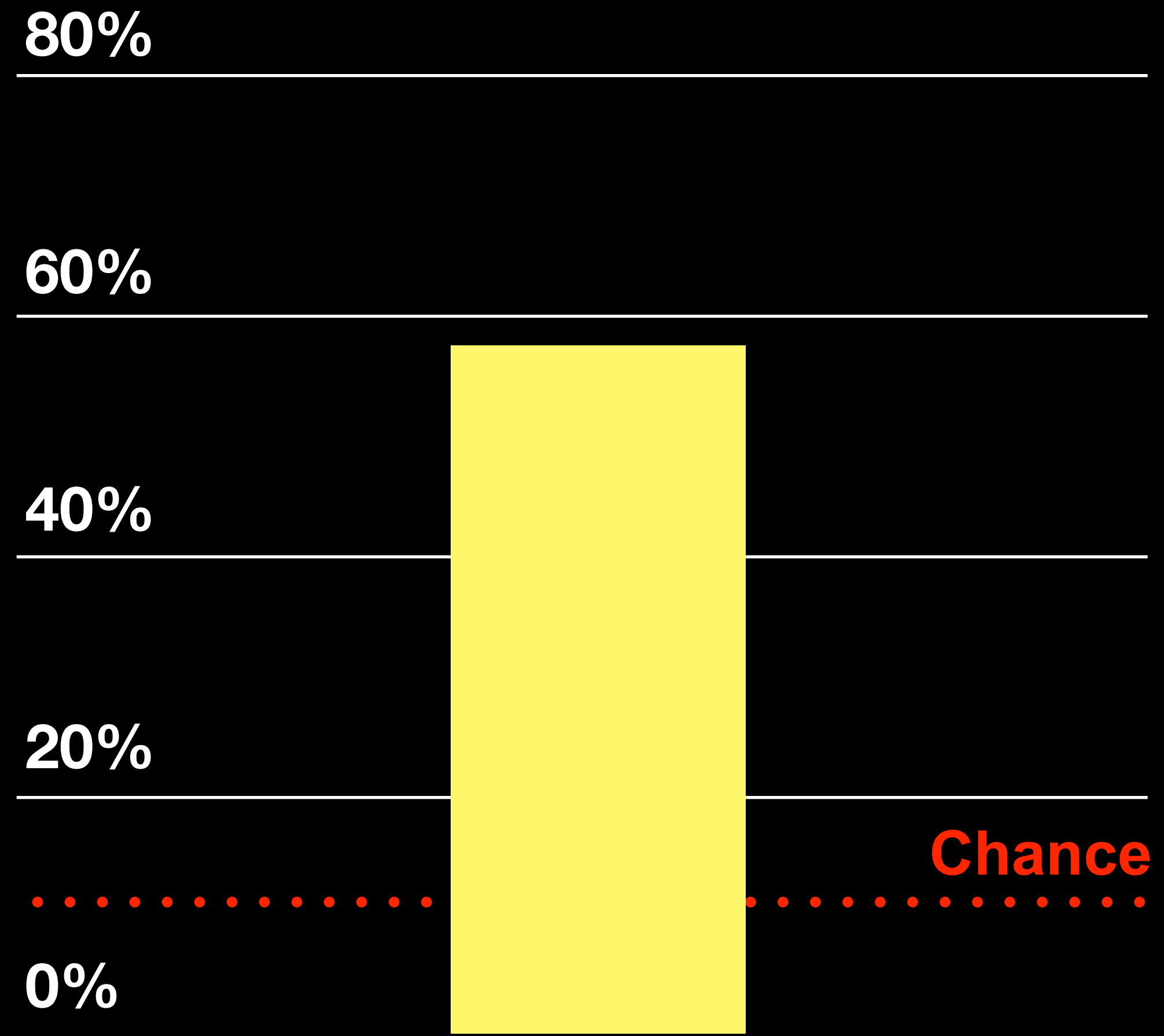
Surpris

Avoir Honte

Autre émotion: _____

Je ne sais pas

Burkina Faso Study



Too Much Pride?

Aggression
Antisocial
Narcissism



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EMBARRASSMENT

SHAME

GUILT

EMBARRASSMENT



Characteristics of Embarrassment

Elicitor	Behavior	Consequence
Violate social conventions or norms	Acknowledge mistake, remedy social transgressions, repair relationships	Forgiveness, Laughter, Liking, Trust

Experts In Emotion Interview

Dr. Dacher Keltner

Professor of Psychology
University of California, Berkeley

Embarrassment

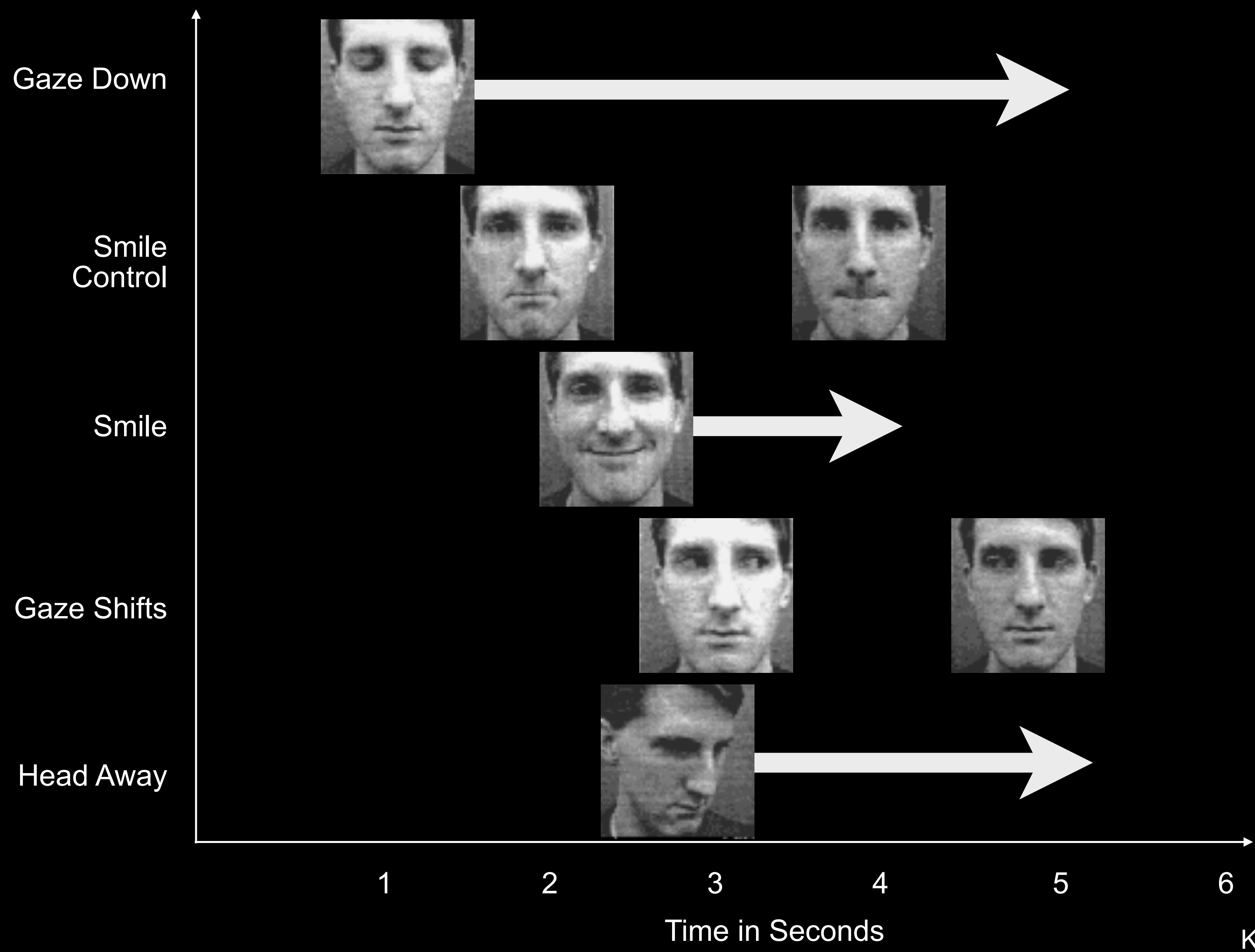


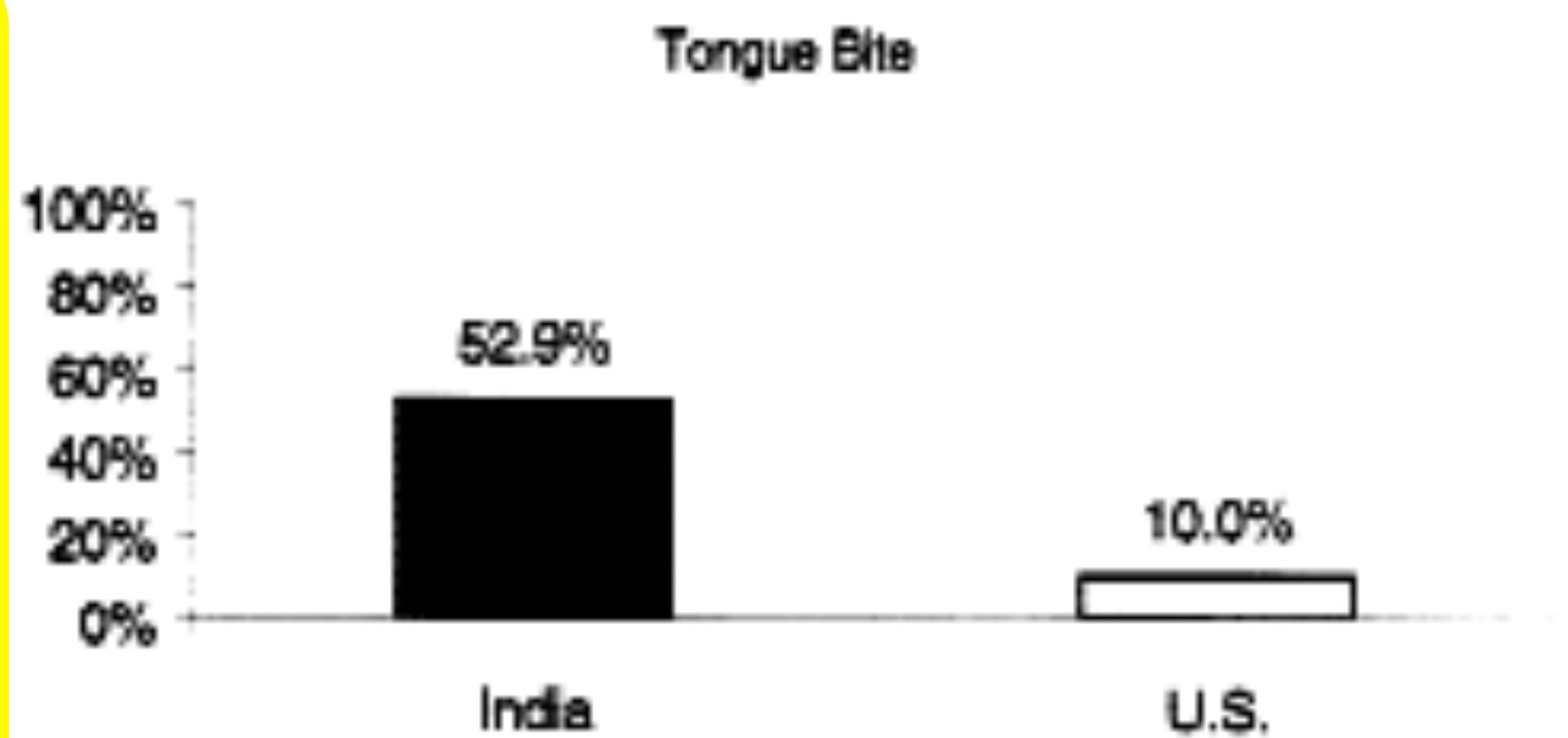
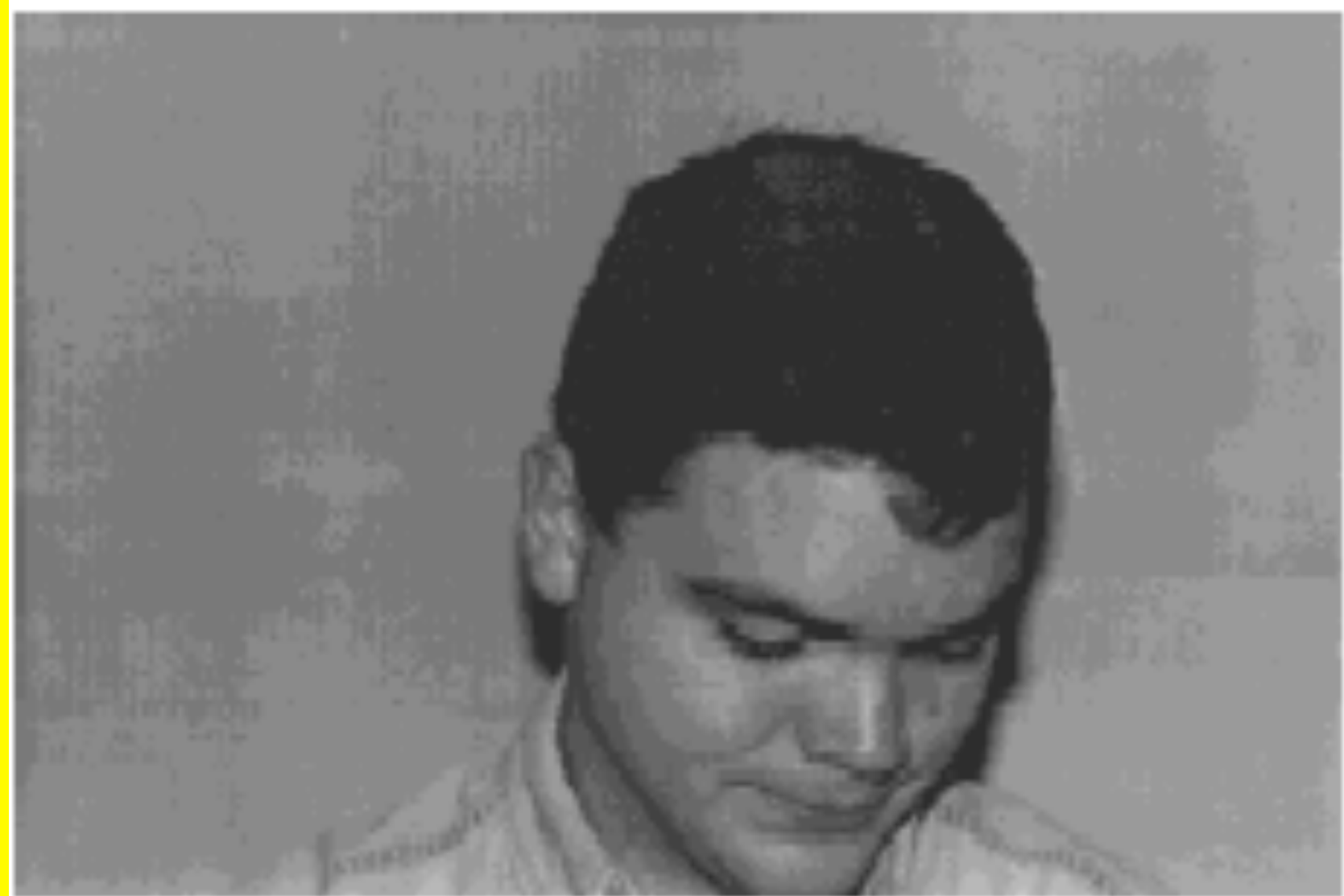
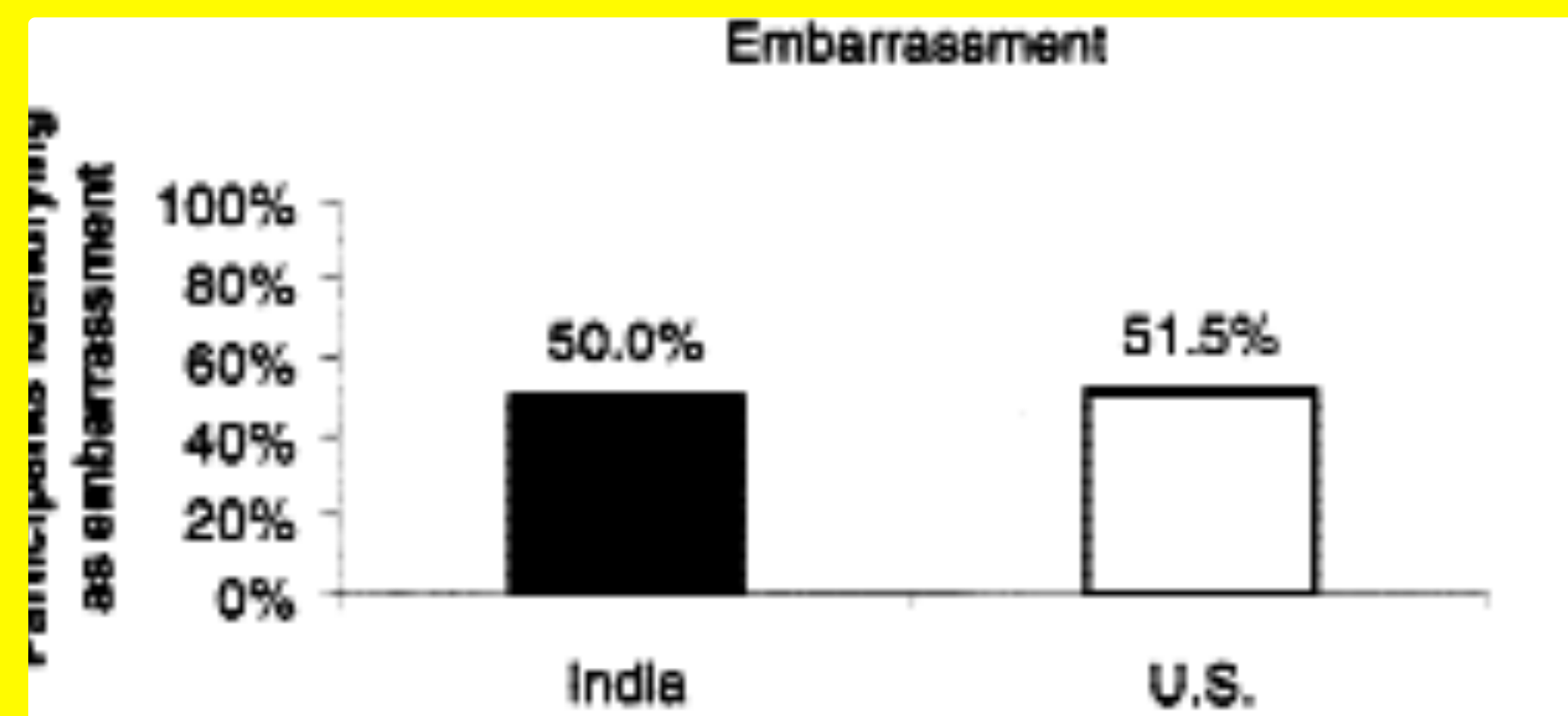
What Does Embarrassment Look Like?

Embarrassment Sequence

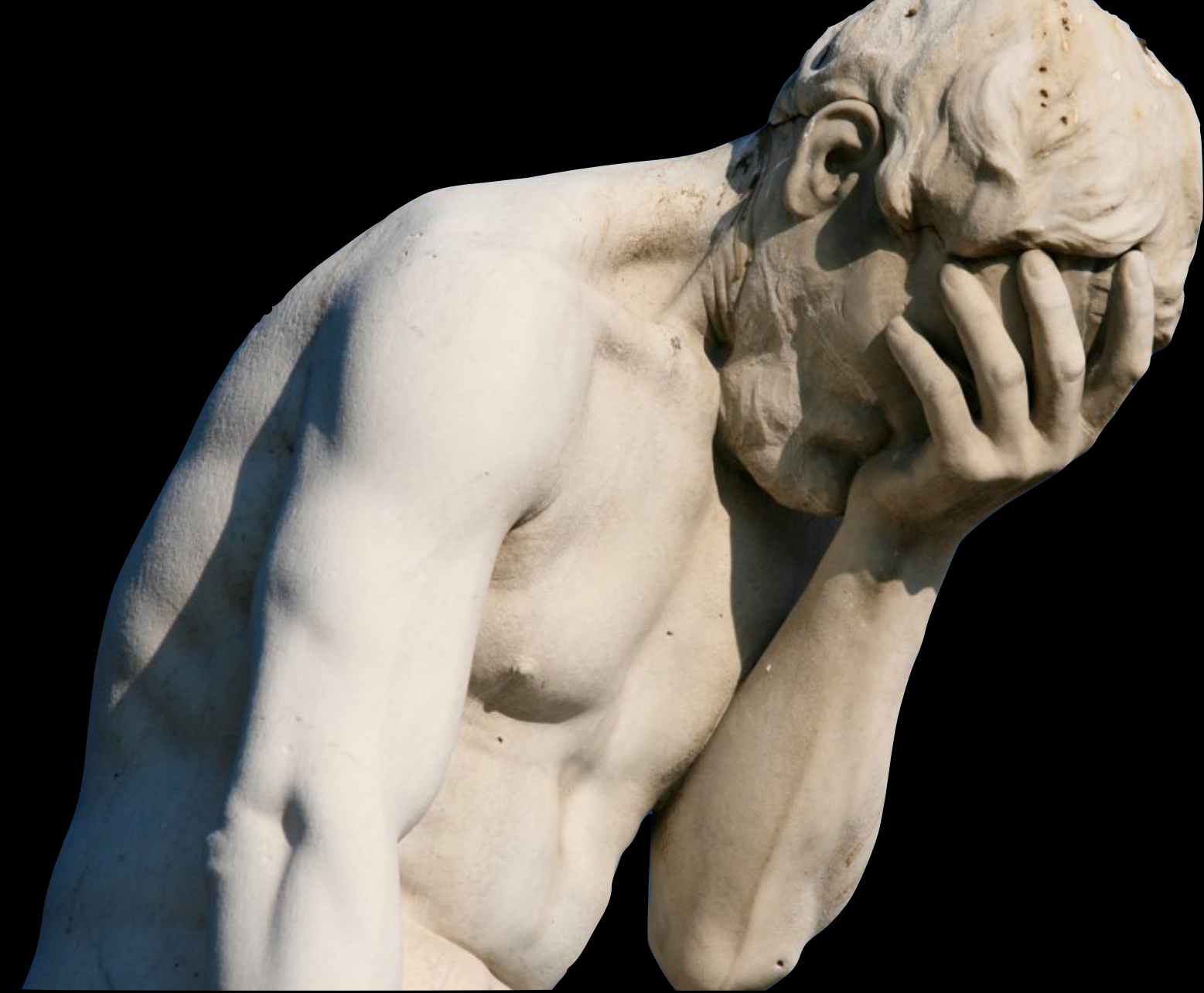
- (1) Gaze Shift/Aversion
- (2) Smile Control (inhibit smile)
- (3) Smile (Non-Duchenne)
- (4) Gaze Shift/Aversion
- (5) Head Away: down & to the Left







United States



Remain
seated
quietly



Emotion
Experience

BASELINE

SING

WATCH

REPORT

Too Much Embarrassment?

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Experts In Emotion Interview

Dr. June Tangney

Professor of Psychology
George Mason University

Guilt and Shame



PRIDE

EMBARRASSMENT

SHAME

GUILT

SHAME



SHAME

“Men cannot live without shame. A sense of shame is the beginning of integrity.”

-Mencius

SHAME

**Thought Exercise:
Feeling Shame**

SHAME

Characteristics of Shame

Elicitor	Behavior	Consequence
Negative evaluation of self	Hunched over posture, retreat or hide from social group	Less likely to take corrective action

PRIDE

EMBARRASSMENT

SHAME

GUILT

GUILT

GUILT

**Thought Exercise:
Feeling Guilt**



GUILT





Characteristics of Guilt

Elicitor	Behavior	Consequence
Negative evaluation of one's own action. "I can't believe I stole"	Motivation to address or remedy problem	Motivate good consequence such as addressing problem



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

GUILT

Local behavior:
Feel bad about specific behavior

How could I have done **THAT**?

There is something wrong with what I did

SHAME

Global Dispositions:
Feel bad about oneself

How could I have done that?

There is something wrong with me overall



Tangney (1995)

Motivation to Amend vs Hide

GUILT

Amending Behavior

motivation to address problem

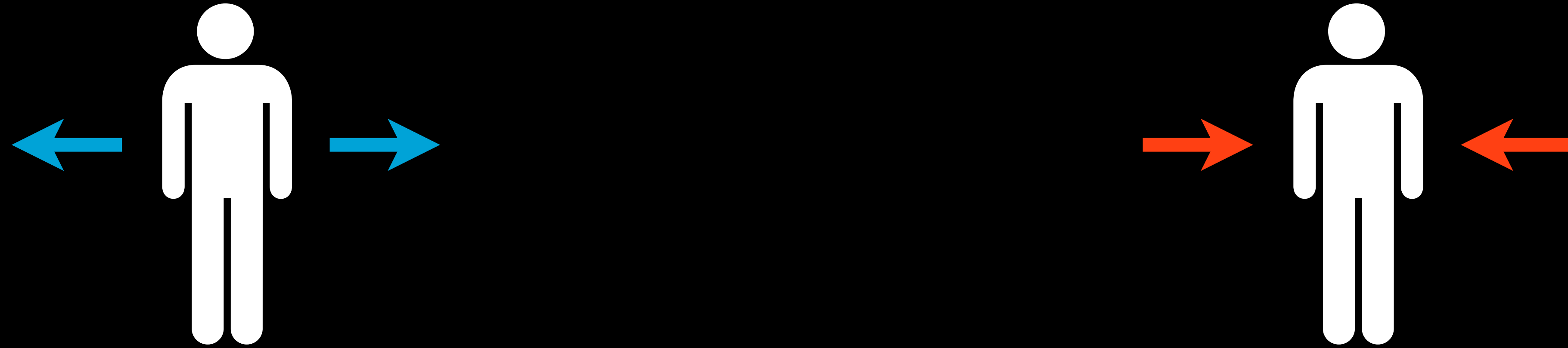
apologize, undo, repair
("Face the music")

SHAME

Hiding Behavior

motivation to hide problem

disappear or hide or escape from shame
situation ("Duck the heat")



Relation to Empathy

GUILT

Other-oriented

Take another person's perspective

Related to increased EMPATHY

SHAME

Self-oriented

Take your own perspective

Related to decreased EMPATHY



Defensive vs. Non-Defensive

GUILT

SHAME

Non-Defensive Response

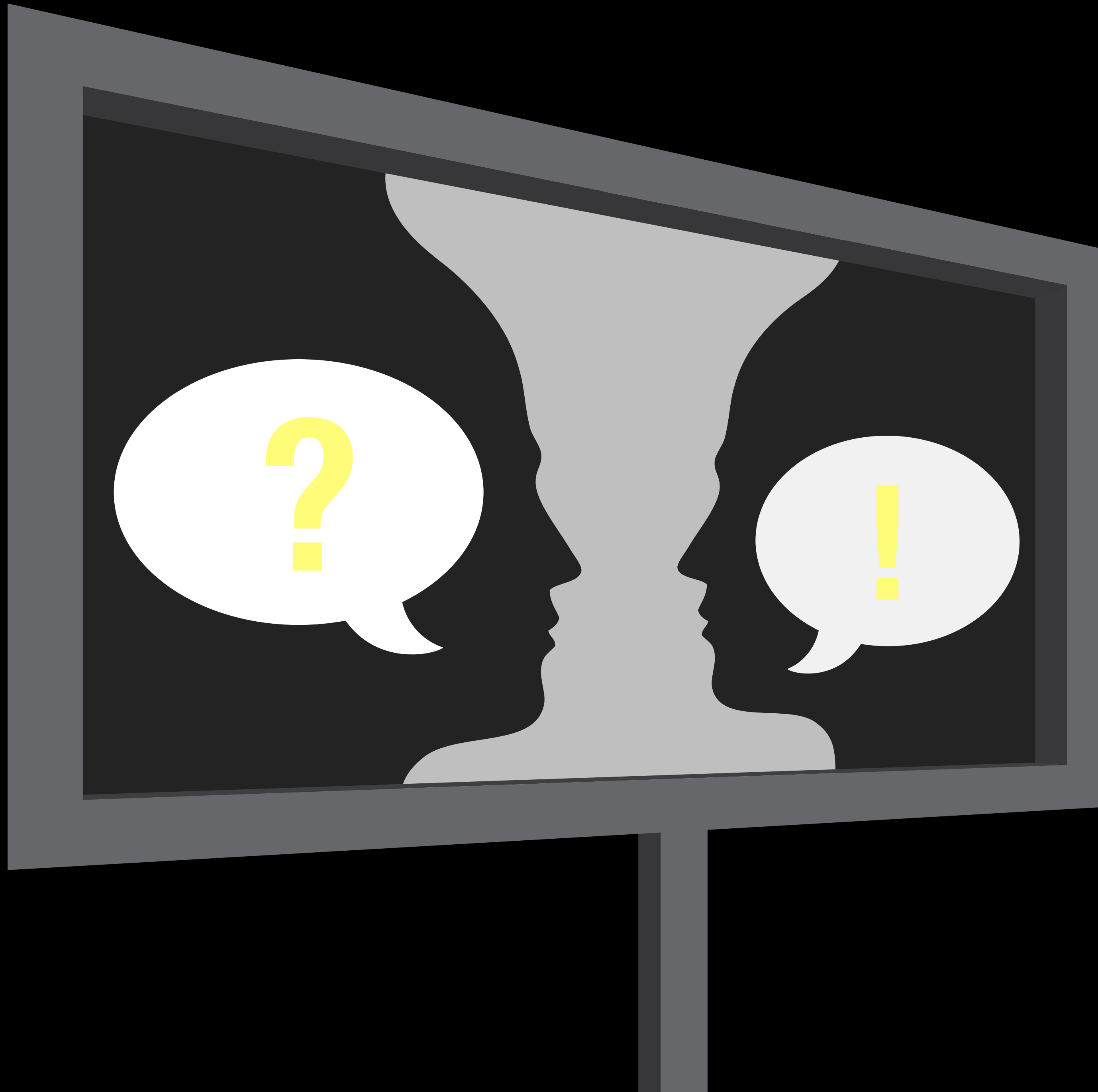
Defensive Response

Rationally discuss situation, take proactive behavior

Prone to blaming other people (way to escape shame feeling)

Manage anger constructively and proactively

Prone to increased anger & aggressive behavior



Experts In Emotion

***EXTRA CREDIT
OPPORTUNITY***

Thank You!

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