

Human Emotion

Psychology 3131
Professor June Gruber



Human Emotion

Emotion and the Unconscious

Can feelings be unconscious?



The Psychological Unconscious

Conscious experience, thought, and action is influenced by percepts, memories, and other mental states which are inaccessible to phenomenal awareness and somehow independent of voluntary control.

Can emotion...
be unconscious?



Roadmap

Course Logistics

Origins

Evidence

Take-Away Qs & Expert Interview

Course Logistics

Course Emails

Keep on using the “PSYC 3131” subject line

Roadmap

Course Logistics

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Evidence

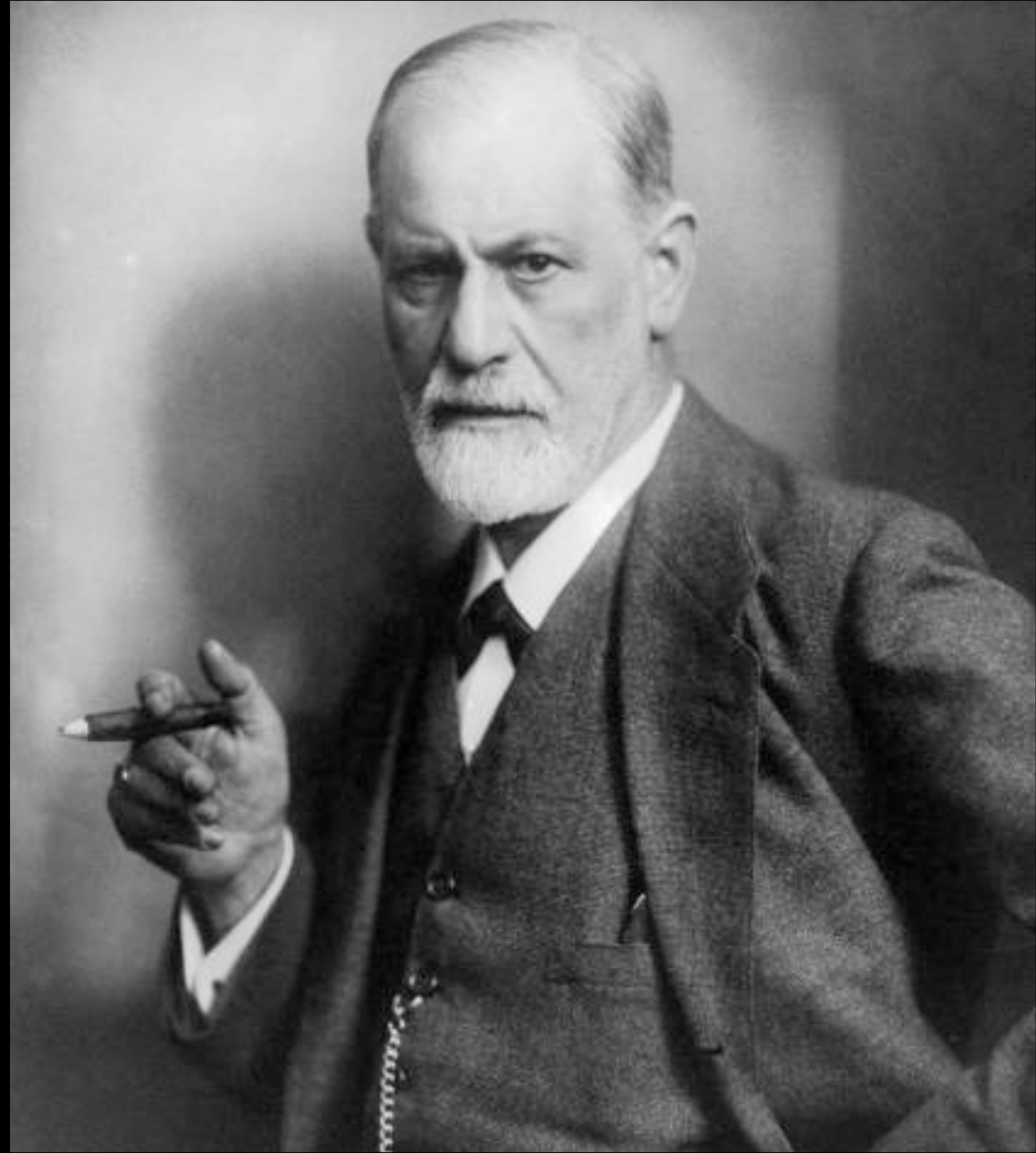
Take-Away Qs & Expert Interview

The Unconscious Emotional Life

Sigmund Freud & Carl Jung

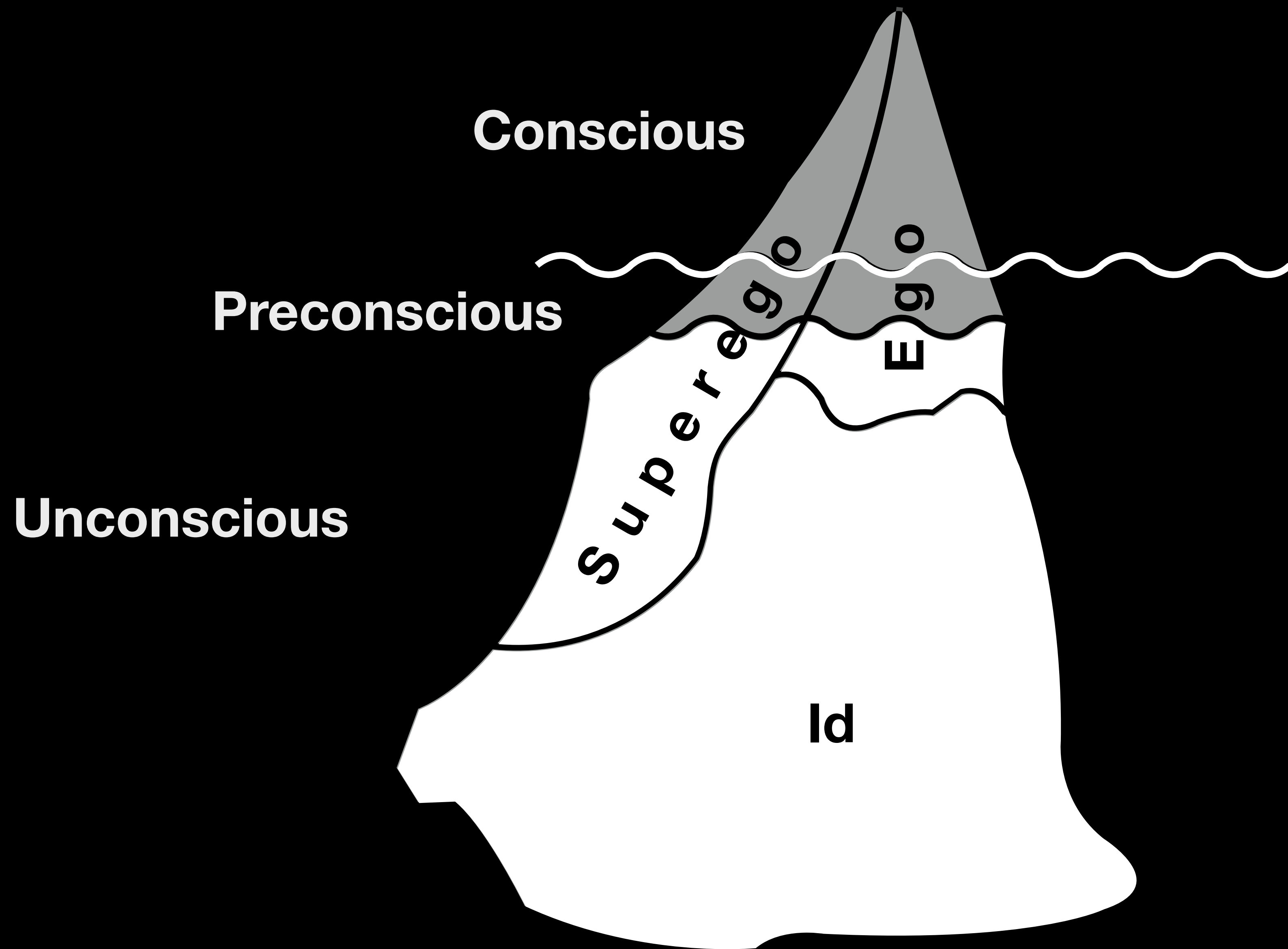
“Our right to assume the existence of something mental that is unconscious and to employ that assumption for the purposes of scientific work is disputed in many quarters, To this we can reply that our assumption of the unconscious is necessary and legitimate, and that we possess numerous proofs of its existence.”

Sigmund Freud (1891)



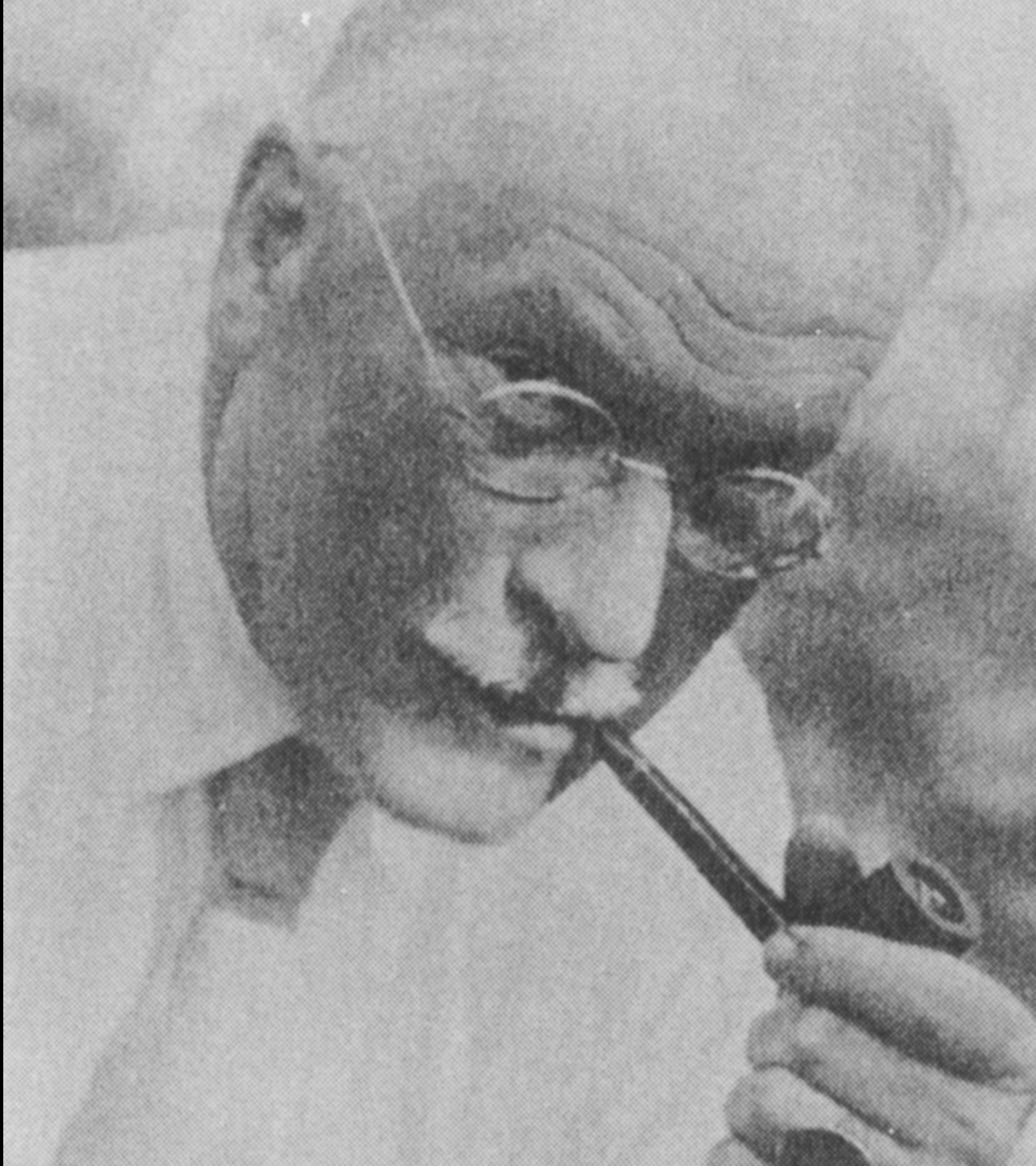
PSYCHODYNAMIC





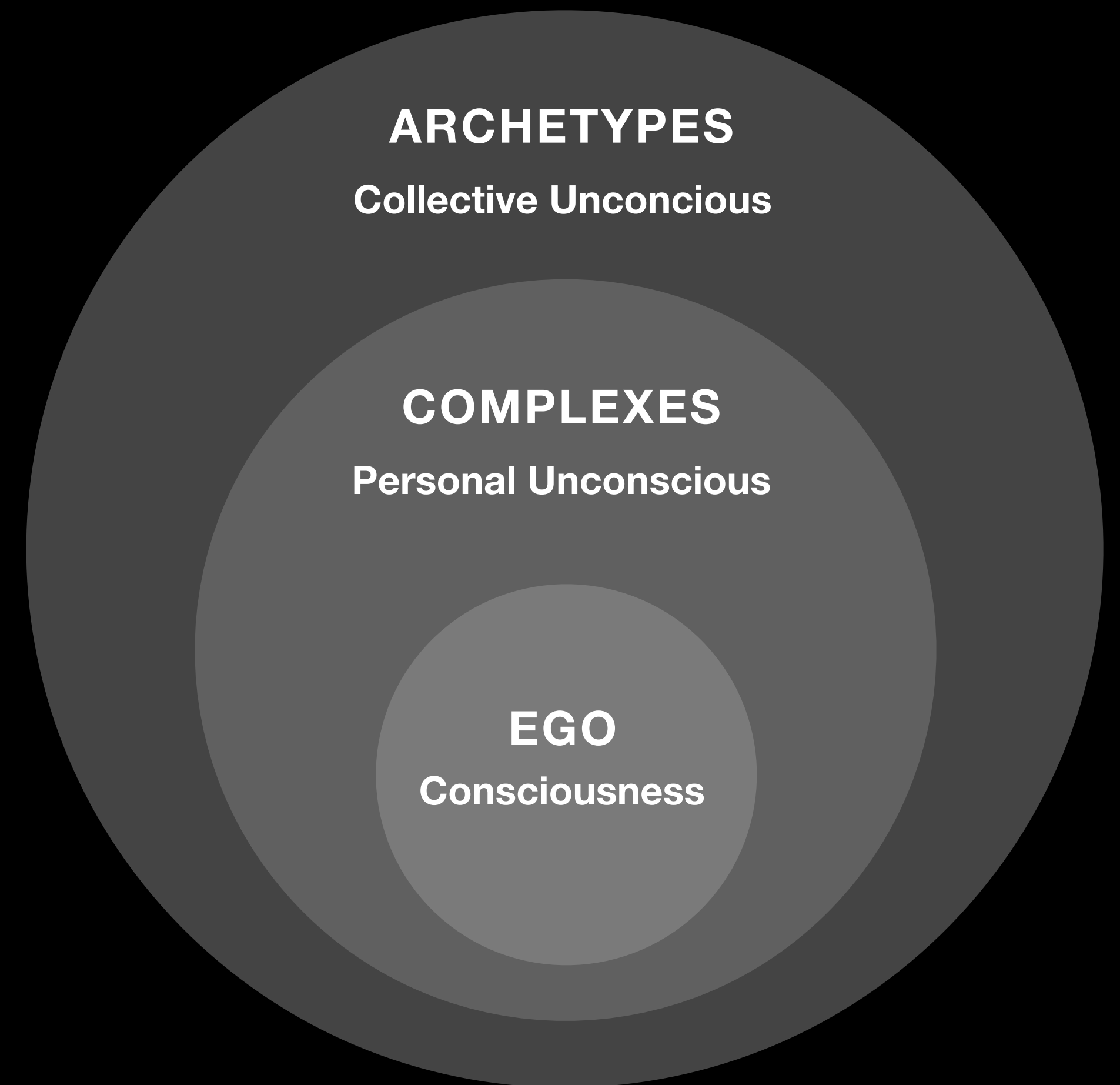
“Until you make the
unconscious conscious,
it will direct your life and
you will call it fate.”

Carl Jung

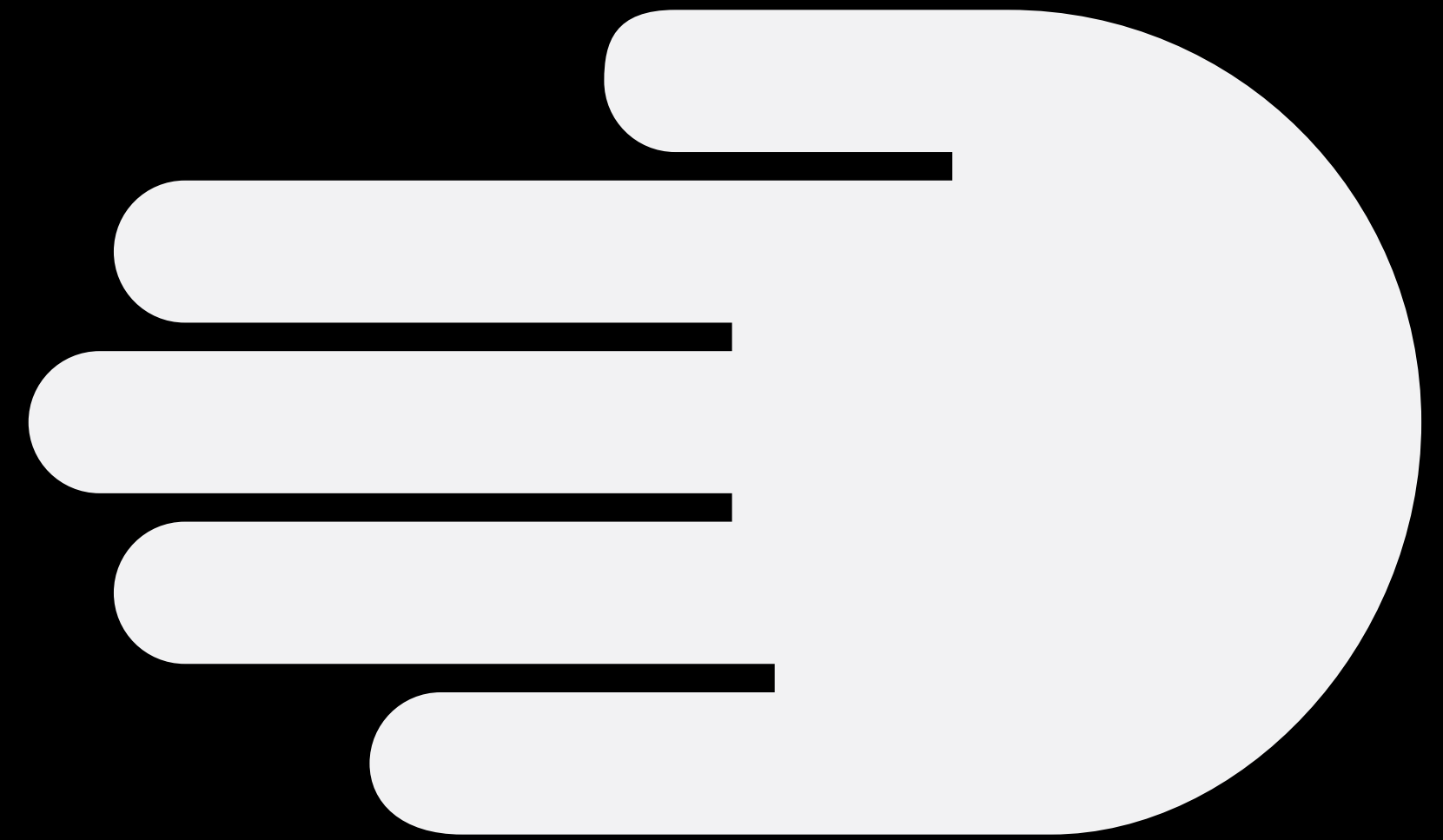
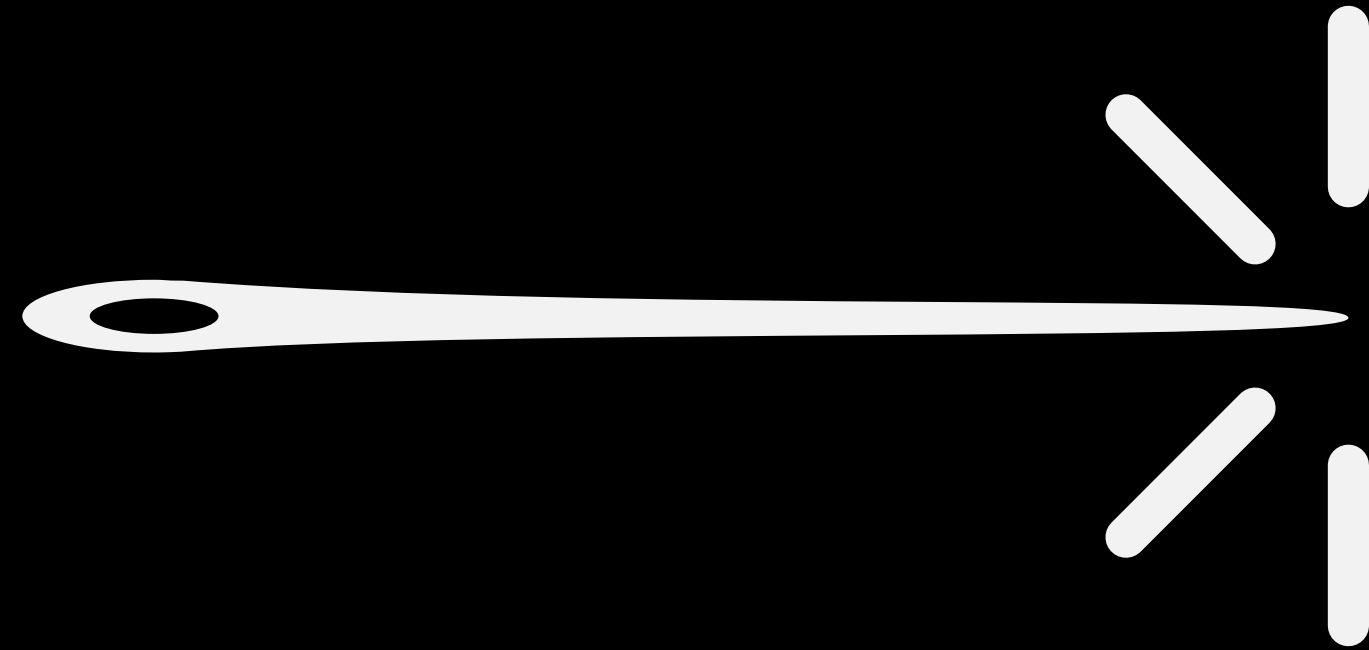
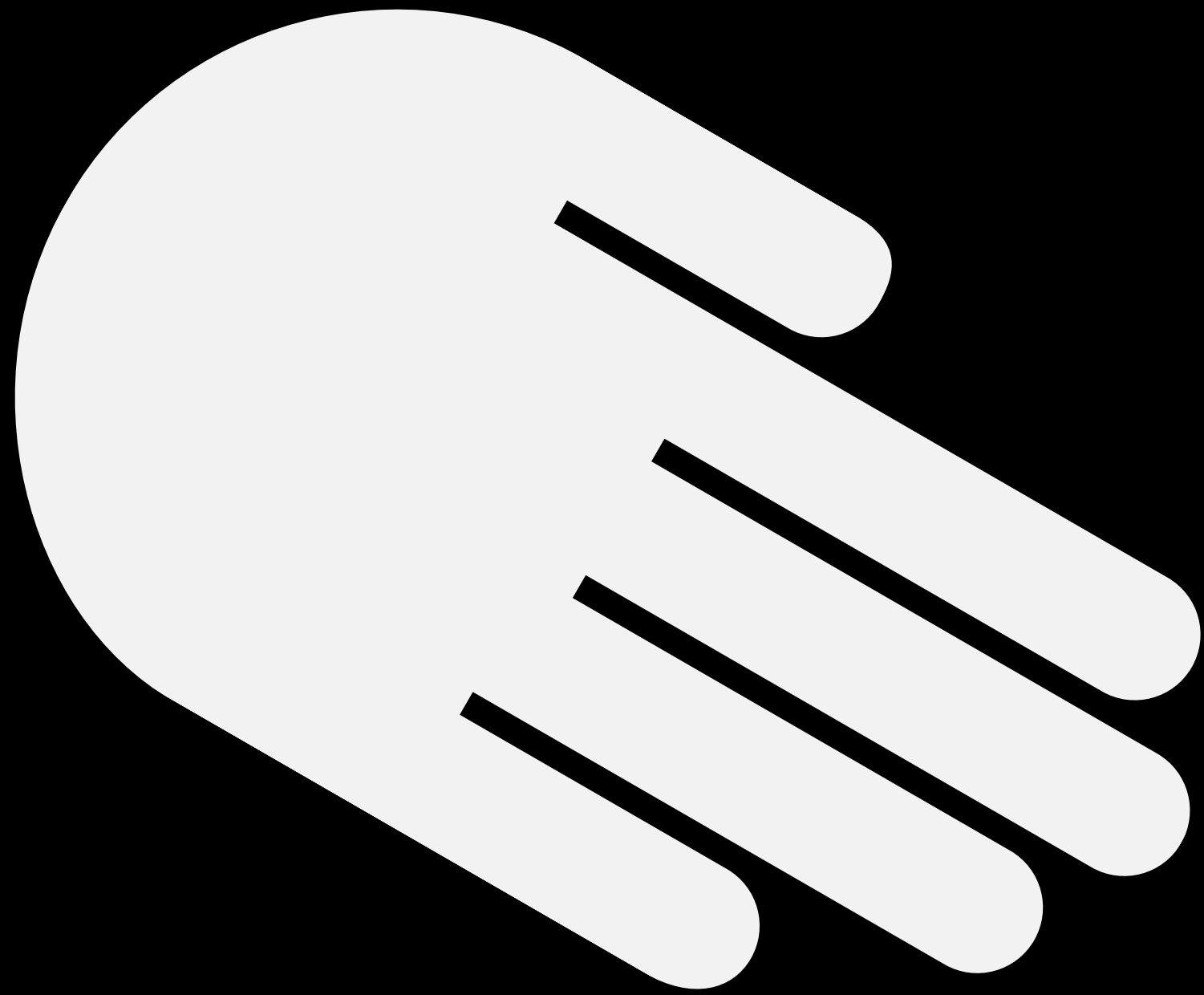


“In addition to our immediate consciousness, which is of a thoroughly personal nature and which we believe to be the only empirical psyche (even if we tack on the personal unconscious as an appendix), there exists a second psychic system of a collective, universal, and impersonal nature which is identical in all individuals. This **collective unconscious** does not develop individually but is inherited. It consists of pre-existent forms, the archetypes, which can only become conscious secondarily and which give definite form to certain psychic contents.”

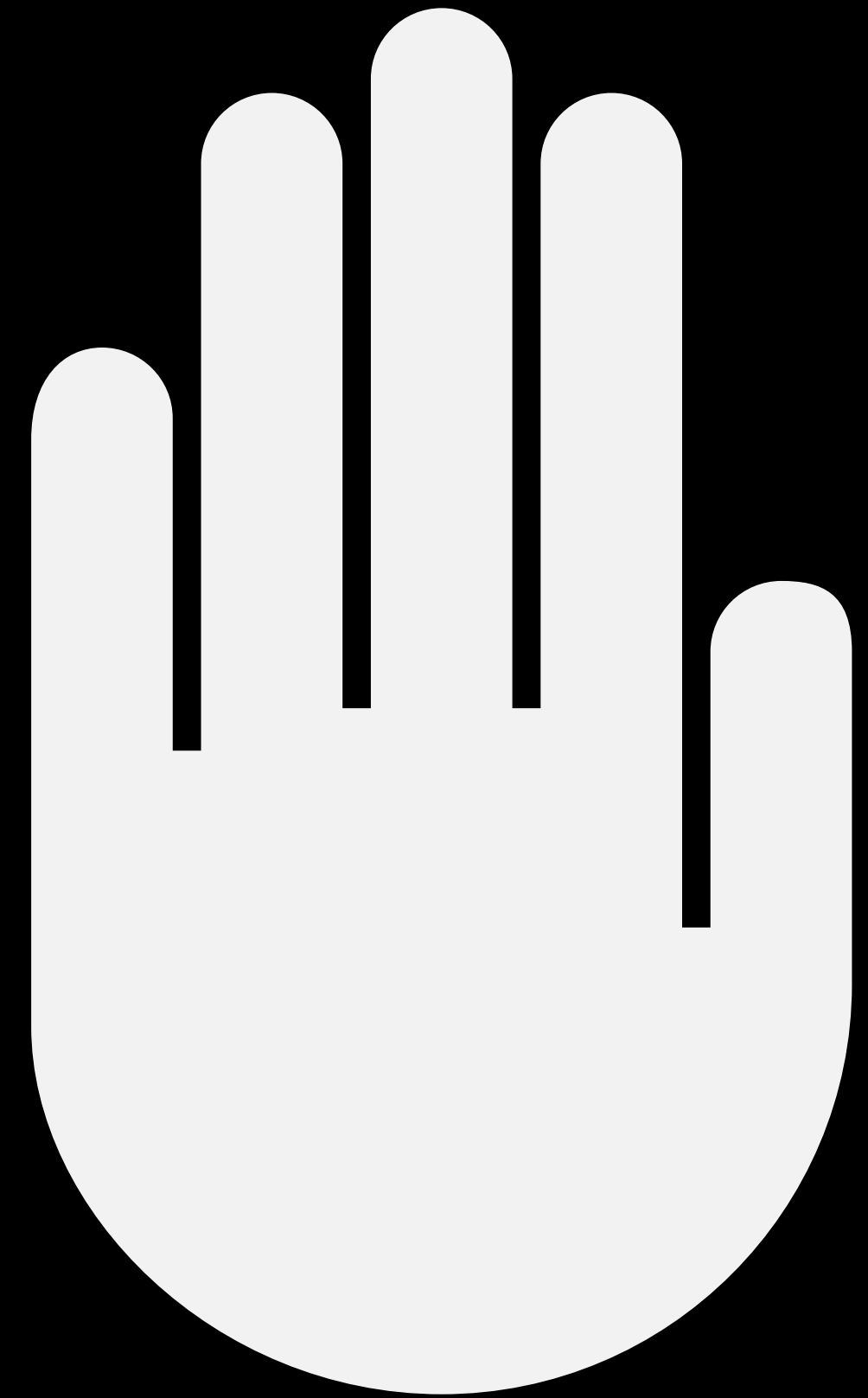
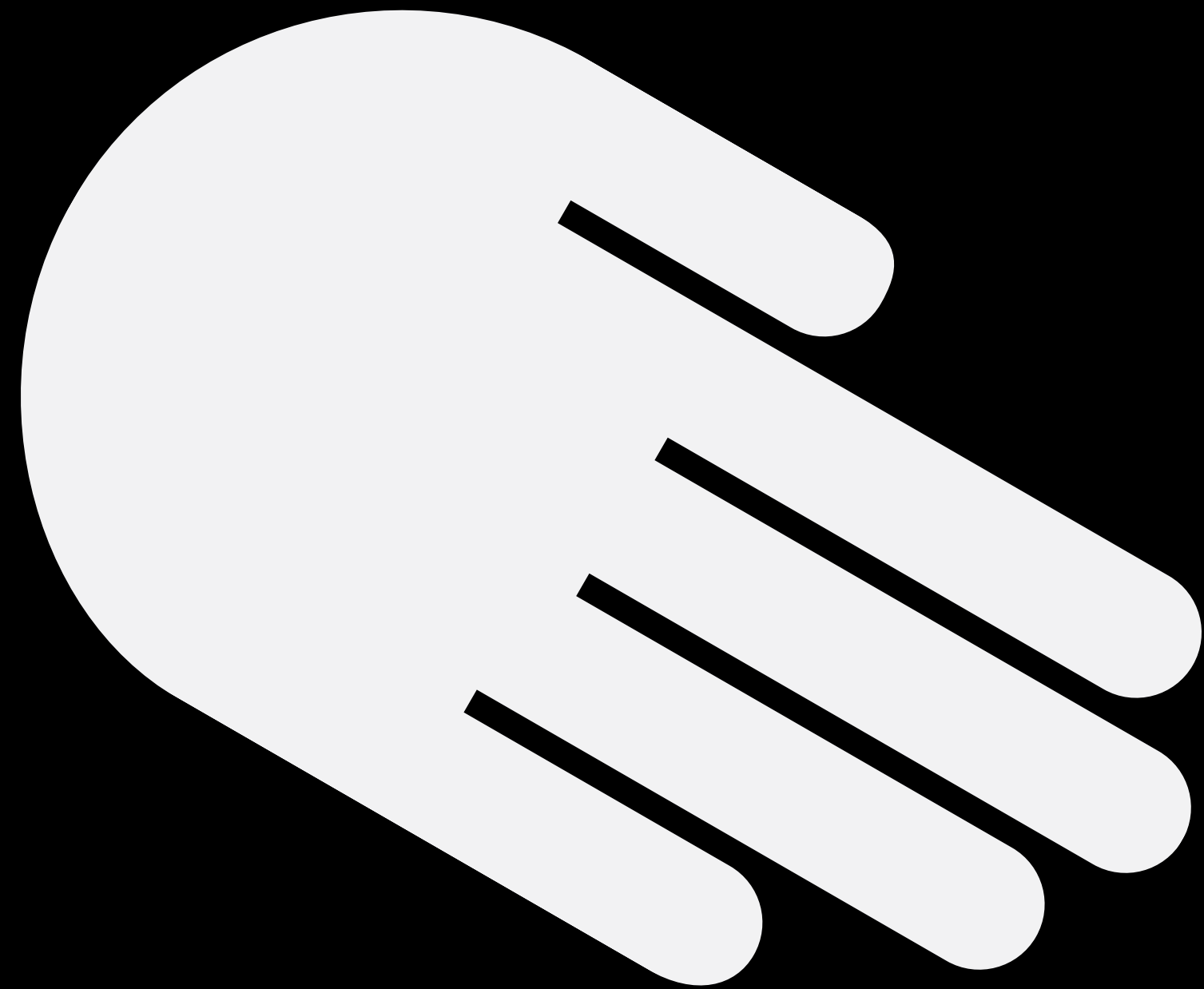
Carl Jung



Korsakoff Syndrome



Claparede (1911/1951)



Claparede (1911/1951)

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Emotion Priming Studies

Experiencing Physical Warmth Promotes Social Warmth

24. A. J. Herr, A. Molnar, A. Jones, D. C. Baulcombe, *Proc. Natl. Acad. Sci. U.S.A.* **103**, 14994 (2006).
25. S. Guil, J. F. Caceres, *Nat. Struct. Mol. Biol.* **14**, 591 (2007).
26. P. Goymer, *Nat. Rev. Mol. Cell Biol.* **8**, 597 (2007).
27. See supporting material on Science Online.
28. We thank J. Beggs, E. S. Choi, A. Pidoux, F. Simmer, I. Stancheva, and D. Tollervey for comments; N. Kaufer, D. Moazed, and T. Tani for materials; and the

Allshire lab for support. Supported by Epigenome Network of Excellence (EC-FP6/Contract/LSHG-CT-2004-503433), of which R.C.A. and K.E. are members (E.B.); UK Medical Research Council grant G0301153/ID:69173 (A.K.); Wellcome Trust Prize Studentship 067844 (M.P.); Marie Curie Excellence Grant MEXT-CT-014171 from the European Commission (J.R.); and Wellcome Trust Principal Research Fellowship grant 065061/Z (R.C.A.).

Supporting Online Material

www.sciencemag.org/cgi/content/full/322/5901/602/DC1

Materials and Methods

Figs. S1 to S5

Tables S1 and S2

References

31 July 2008; accepted 18 September 2008

10.1126/science.1164029

Experiencing Physical Warmth Promotes Interpersonal Warmth

Lawrence E. Williams^{1*} and John A. Bargh²

“Warmth” is the most powerful personality trait in social judgment, and attachment theorists have stressed the importance of warm physical contact with caregivers during infancy for healthy relationships in adulthood. Intriguingly, recent research in humans points to the involvement of the insula in the processing of both physical temperature and interpersonal warmth (trust) information. Accordingly, we hypothesized that experiences of physical warmth (or coldness) would increase feelings of interpersonal warmth (or coldness), without the person’s awareness of this influence. In study 1, participants who briefly held a cup of hot (versus iced) coffee judged a target person as having a “warmer” personality (generous, caring); in study 2, participants holding a hot (versus cold) therapeutic pad were more likely to choose a gift for a friend instead of for themselves.

Ever since Solomon Asch’s (1) original demonstration of the transformational power of “warm” and “cold” as personality traits in first impressions of individuals, the concept of

attempt to interfere with one’s ongoing goal pursuits (i.e., cold). [The competence assessment is then a “second-pass” evaluation of whether the newly encountered individual (or group) has the

bottle was attached to the wire) and the cloth mother was not. Tellingly, the cloth and the wire mothers differed in another important respect: The cloth (but not the wire) mother was a source of warmth for the infant monkey (a 100-W light bulb had been placed behind the cloth). As Harlow (15) concluded, contact comfort with the mother was a very important factor to the infant monkey, over and above her meeting nourishment needs; moreover, monkeys “raised” by the warm cloth mother showed relatively normal social development as adults, in stark contrast to the infants left alone with the wire mother.

In agreement with Harlow’s findings, the seminal attachment theorist John Bowlby (16) also posited an innate need for direct physical contact with the caretaker, over and above the caretaker’s satisfaction of the infant’s primary needs of hunger and thirst. Bowlby, as had Lorenz (17) before him, argued that maintaining closeness to caretakers during infancy, a period of relative helplessness, is



http://youtu.be/lpo_yoWh64I?t=1m54s

Mere Exposure Effect: Early Studies

Robert Zajonc

Unconscious Emotions

Mere Exposure Effect, Robert Zajonc



“Preferences
need no
inferences”

Emotion Priming Studies

Subliminal Emotional Faces

Unconscious Emotions?

Subliminal Face Priming

Primed with negative face pictures

- Graduate students rate their own research more negatively.
- Evaluate even neutral stimuli more negatively.



Unconscious Emotion Regulation

Williams & Bargh (2008)

Research Article

Keeping One's Distance

The Influence of Spatial Distance Cues on Affect and Evaluation

Lawrence E. Williams and John A. Bargh

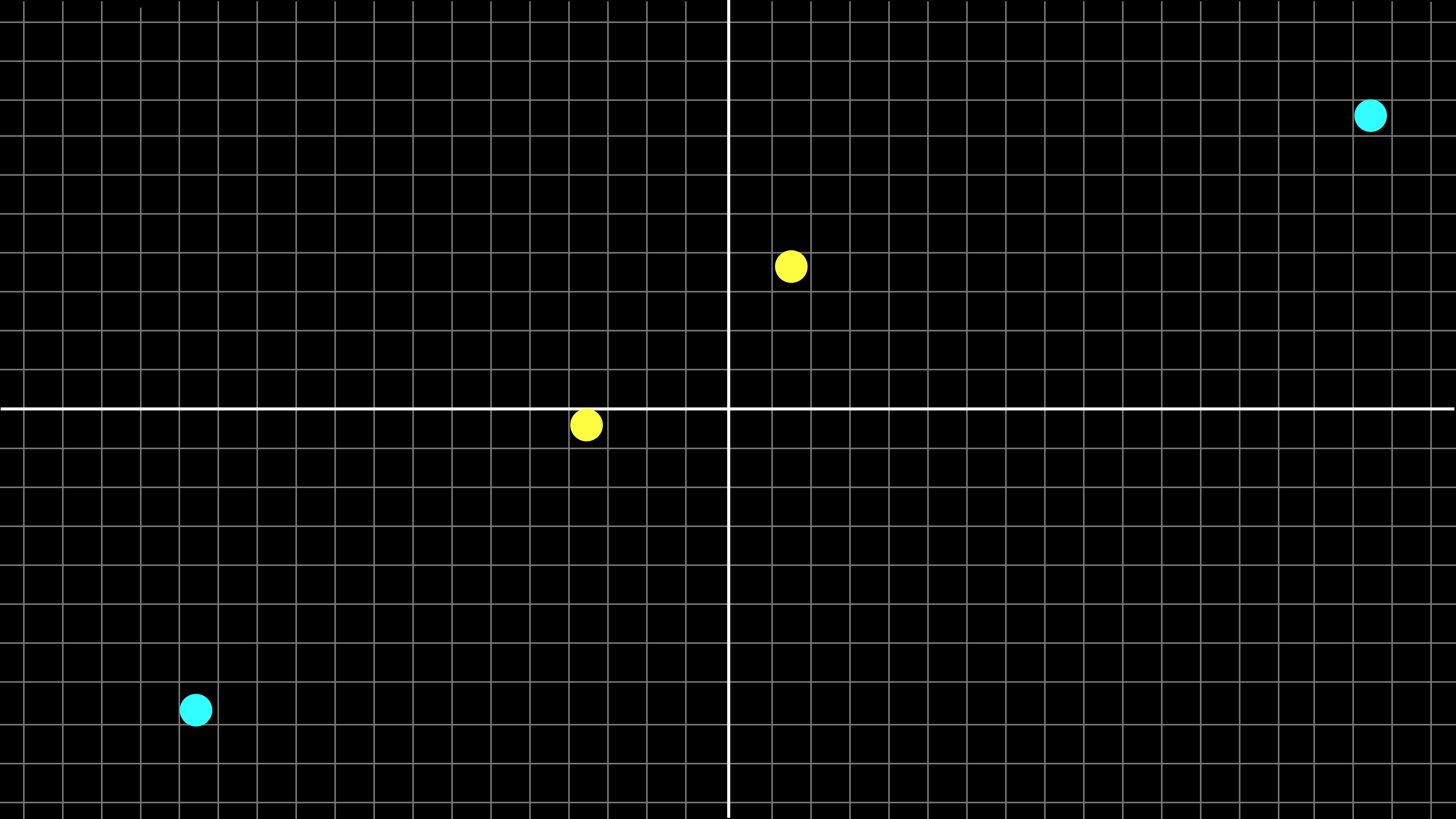
Yale University

ABSTRACT—*Current conceptualizations of psychological distance (e.g., construal-level theory) refer to the degree of overlap between the self and some other person, place, or point in time. We propose a complementary view in which perceptual and motor representations of physical distance influence people's thoughts and feelings without reference to the self, extending research and theory on the effects of distance into domains where construal-level theory is silent. Across four experiments, participants were primed with either spatial closeness or spatial distance by plotting*

inently affect people's judgments and feelings? Informed by theories of embodiment and conceptual development, the present research examined the power of physical-distance cues to moderate people's emotional experiences.

A NEW LOOK AT PSYCHOLOGICAL DISTANCE

The main framework of current theorizing about the nature of psychological distance is *construal-level theory* (CLT; Trope &

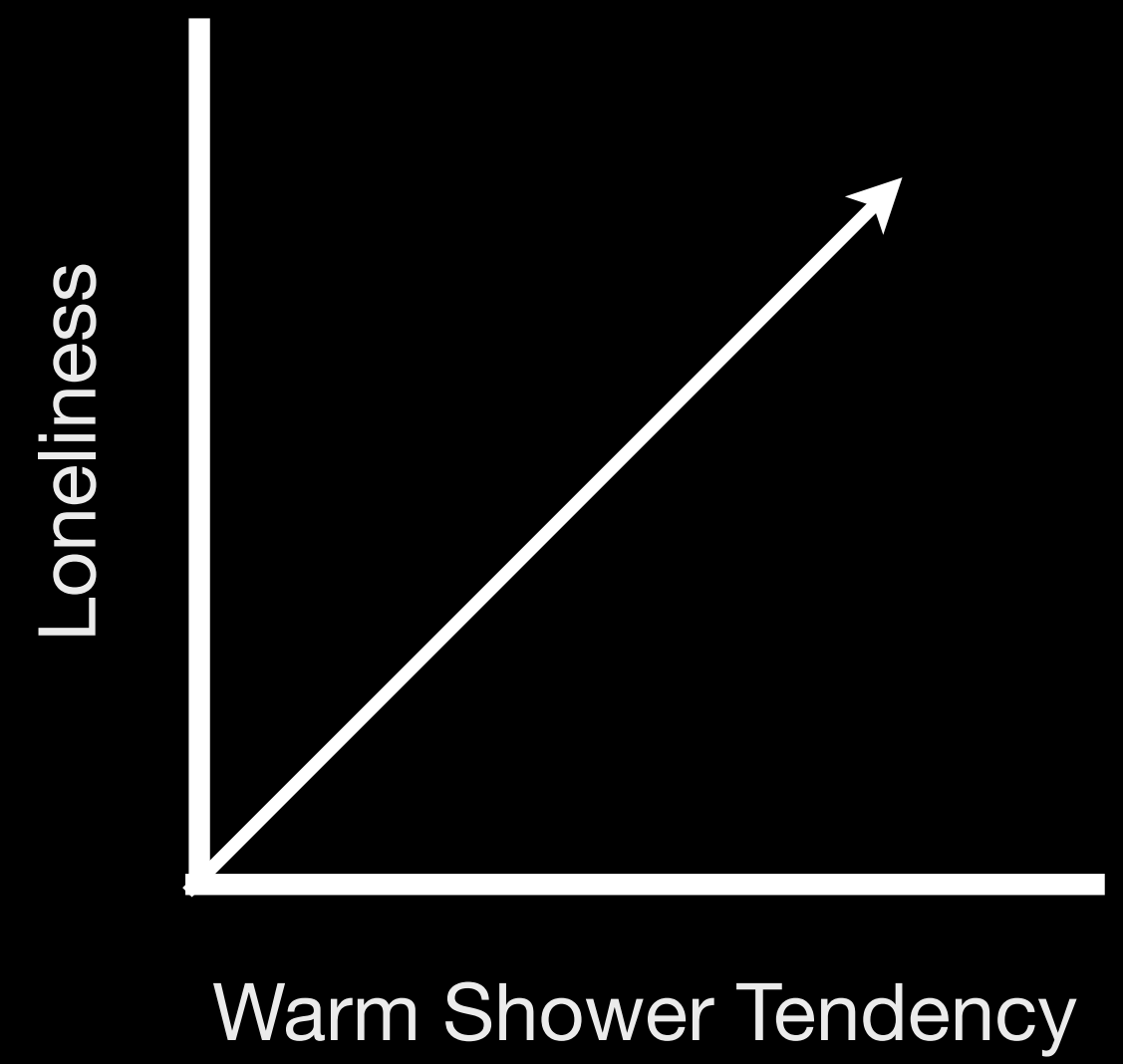
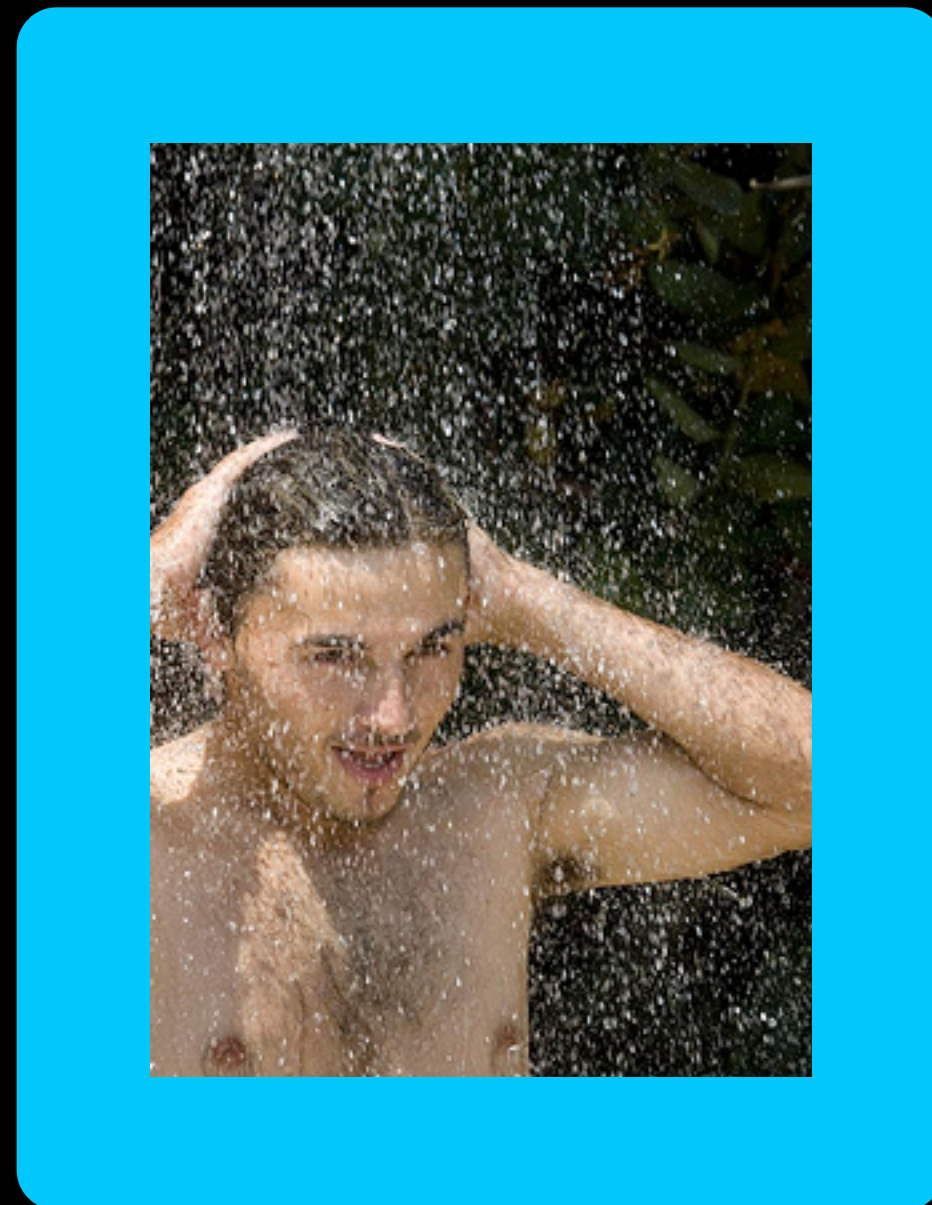
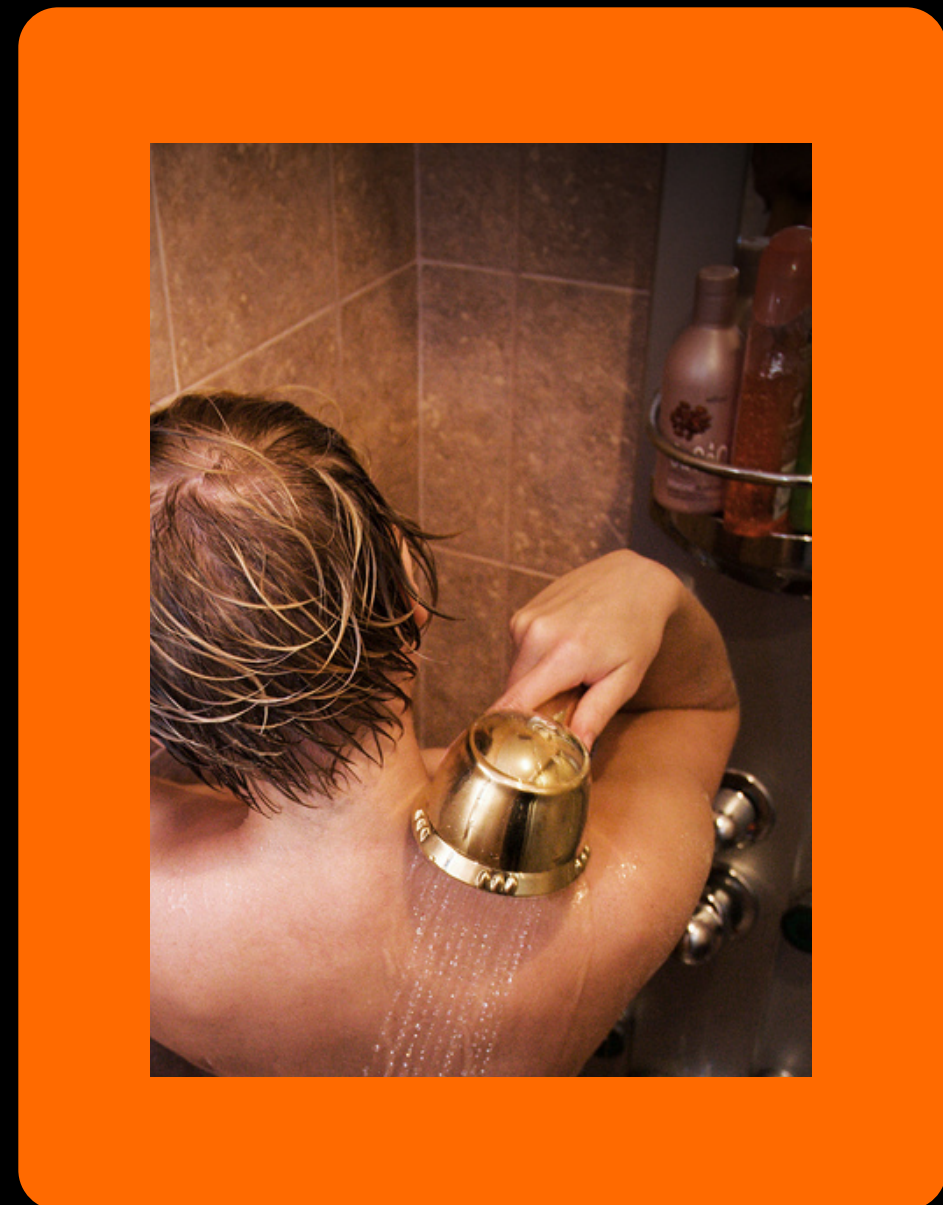
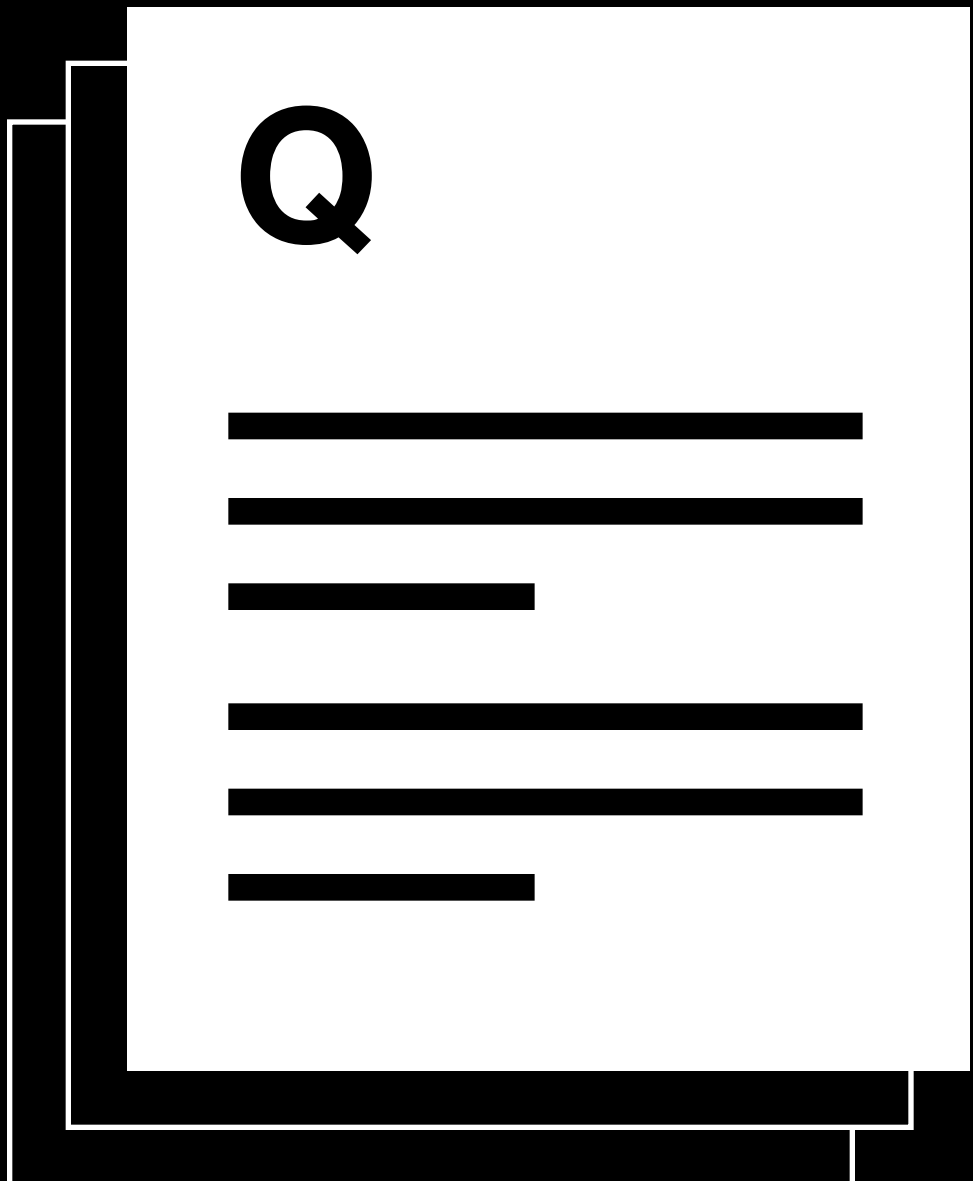




The Substitutability of Physical and Social Warmth in Daily Life

John A. Bargh and Idit Shalev
Yale University

Classic and contemporary research on person perception has demonstrated the paramount importance of interpersonal warmth. Recent research on embodied cognition has shown that feelings of social warmth or coldness can be induced by experiences of physical warmth or coldness, and vice versa. Here we show that people tend to self-regulate their feelings of social warmth through applications of physical warmth, apparently without explicit awareness of doing so. In Study 1, higher scores on a measure of chronic loneliness (social coldness) were associated with an increased tendency to take warm baths or showers. In Study 2, a physical coldness manipulation significantly increased feelings of loneliness. In Study 3, needs for social affiliation and for emotion regulation, triggered by recall of a past rejection experience, were subsequently eliminated by an interpolated physical warmth experience. Study 4 provided evidence that people are not explicitly aware of the relationship between physical and social warmth (coldness), as they do not consider a target person who often bathes to be any lonelier than one who does not, with all else being equal. Together, these findings suggest that physical and social warmth are to some extent substitutable in daily life and that this substitution reflects an unconscious self-regulatory mechanism.



Feeling Lonely? Take a Warm Bath

Our brain registers our psychological states as physical ones.

Published on January 25, 2012 by Sian Beilock, Ph.D. in Choke

We often talk about personality in physical terms. Whether it's someone giving us the "cold shoulder" or being a "warm" individual, it's not uncommon to reference, say, temperature when describing the people we know. The idea is that we deal with abstract psychological states the best way we know how — we take them literally. This linking of the mental and physical can lead us to act in some surprising ways.

Take loneliness as an example. Through early experiences with caretakers whose trust and comfort often goes hand-in-hand with physical warmth, physical temperature seems to have become indistinguishable, on some level, from psychological feelings of connectedness. Indeed, some of the same brain areas that register physical temperature are also sensitive to feelings of loneliness and social rejection. With these connections in mind, psychologists at Yale University recently tested whether people might use physical warmth as a way to feel better about themselves. Researchers Idit Shalev and John Bargh asked people to fill out a bunch of questionnaires about their "personal habits." Included in these questionnaires were inquiries about how often, in the last three months,

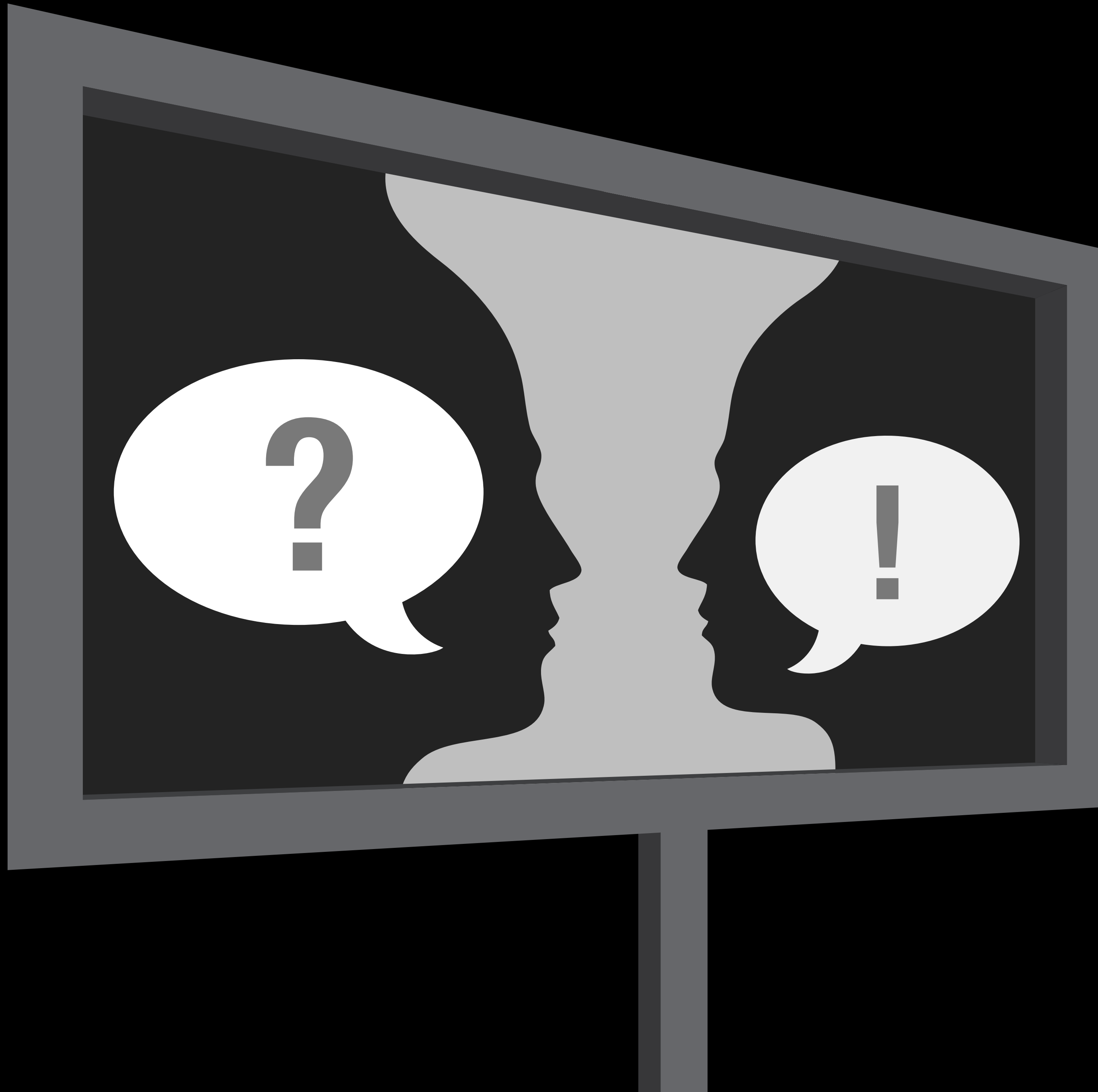
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Experts In Emotion

***EXTRA CREDIT
OPPORTUNITY***

Experts In Emotion Interview

Dr. John Bargh

Professor of Psychology
Yale University

Unconscious Emotion



Thank You!

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Professor June Gruber

