Human Emotion

Emotions and the Self

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!
Returned next week in class
Great Job Guys! :)

Weekly Reading Question
Due date extended until 12am
Because you’re worth it!
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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Take-Away Qs & Expert Interview
PRIDE

EMBARRASSMENT

SHAME

GUILT
Thought Exercise:
Feeling Proud
## Characteristics of Pride

<table>
<thead>
<tr>
<th>Elicitor</th>
<th>Behavior</th>
<th>Consequence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Achievement</td>
<td>Advertise elevated status.</td>
<td>Gain respect within social hierarchy</td>
</tr>
<tr>
<td>or Success</td>
<td>Signal to others that &quot;I'm a successful</td>
<td></td>
</tr>
<tr>
<td></td>
<td>person who deserves high status&quot;</td>
<td></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
Is Pride Universal Across Cultures?

Burkina 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
Too Much Pride?

Aggression
Antisocial
Narcissism
Roadmap

Course Logistics

Features of Self-Conscious Emotions

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Take-Away Qs & Expert Interview
EMBARRASSMENT
EMBARRASSMENT
## Characteristics of Embarrassment

<table>
<thead>
<tr>
<th>Elicitor</th>
<th>Behavior</th>
<th>Consequence</th>
</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/
Keltner & Anderson (2000)

IDENTIFYING AS EMBARRASSMENT

INDIA  USA

EMBARRASSMENT

100%  80%  60%  40%  20%  0%

50.0%  51.5%

TONGUE BITE

100%  80%  60%  40%  20%  0%

52.0%  10.0%
Remain seated quietly → SING → WATCH → Emotion Experience

BASELINE     SING        WATCH        REPORT
Too Much Embarrassment?
Roadmap

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Interview

Dr. June Tangney

Professor of Psychology
George Mason University

Guilt and Shame
Shame or Guilt?
You Decide
“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
### Characteristics of Guilt

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

SELF

Guilt

Shame

OTHER
Differences
### Local vs. Global Focus

<table>
<thead>
<tr>
<th><strong>GUILT</strong></th>
<th><strong>SHAME</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Local behavior: Feel bad about specific behavior</td>
<td>Global Dispositions: Feel bad about oneself</td>
</tr>
<tr>
<td>How could I have done <strong>THAT</strong>?</td>
<td>How could <strong>I</strong> 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>
</tr>
</tbody>
</table>

Tangney (1995)
## Motivation to Amend vs Hide

<table>
<thead>
<tr>
<th>GUILT</th>
<th>SHAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amending Behavior</td>
<td>Hiding Behavior</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>
</tbody>
</table>

Tangney (1995)
## Relation to Empathy

<table>
<thead>
<tr>
<th>GUILT</th>
<th>SHAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other-oriented</td>
<td>Self-oriented</td>
</tr>
<tr>
<td>Take another person’s perspective</td>
<td>Take your own perspective</td>
</tr>
<tr>
<td>Related to increased EMPATHY</td>
<td>Related to decreased EMPATHY</td>
</tr>
</tbody>
</table>
### Defensive vs. Non-Defensive

<table>
<thead>
<tr>
<th>Guilt</th>
<th>Shame</th>
</tr>
</thead>
<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>
</tbody>
</table>
Guilt or Shame?
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Features of Self-Conscious Emotions
Pride
Embarrassment
Shame & Guilt
Critical Questions
Expert Interview
Experts In Emotion

*EXTRA CREDIT OPPORTUNITY*
Experts In Emotion Interview

Dr. Dacher Keltner

Professor of Psychology
University of California, Berkeley

Embarrassment
Thank You!

Psychology 3131
Professor June Gruber