Chapter 11 Study Guide

After studying this chapter and the information about Daniel Goleman you should be able to answer the following questions:

1) What are the three main biological components of emotion?

2) What evidence is there that facial expressions of primary emotions have a universal quality?

3) What are four reasons why people from different cultures might disagree about the meaning of a facial expression of emotion?

4) How do the amygdala and the prefrontal cortex each play a role in the experience of emotions?

5) How do our attributions for an event shape our emotional reactions to that event?

6) What are display rules?

7) Who is likely to engage in emotion work as a requirement of a job or social status?

8) What evidence is there that people can discern emotional states from body language other than facial expressions?

9) What are five factors that contribute to the ability to accurately “read” the emotional signals of another person?

10) Who is Daniel Goleman and why is he important to the subject of emotion?

11) Daniel Goleman says we can increase our emotional intelligence so that we are less often “hijacked” by the more primitive emotional areas of the brain. One way we can do this is through meditation.

What does meditation have to do with emotion? What is the difference between learning to regulate negative emotion and attempting to repress all emotion by ignoring its cues in our body? That is, why is emotion IMPORTANT?