

Emotions

1. What are *emotions* or *affect*?
2. What is emotional intelligence?
3. What do emotions come from?
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4. What are the parts of an emotion?
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5. Do we all have the same emotional expressions? Why?
6. What did James Averill determine about emotions?
7. Describe each theory of emotion:
 - James-Lange Theory –
 - Facial Feedback Theory –
 - Cannon-Bard Theory –
 - Schachter-Singer Theory –
 - Opponent Process Theory –

