

# THEORIES OF EMOTION

**Directions:** Complete the following chart using your own examples. The first theory is completed for you as a guide. **NOTE:** For most of the theories there are multiple explanations for the theory to be understood. There may also be multiple problems with the theory.

Name of Theory	Identify an Event	First Response	Second Response	Explanations	Problems
<b>“Common Sense”</b>	Event – See a Snake	Emotional Response – Get Scared	Act – Run	We feel an emotion and this causes us to act.	Sometimes we act before we feel the emotion.
<b>James-Lange</b>					
<b>Cannon-Bard</b>					
<b>Schacter-Singer “Two Factor”</b>					