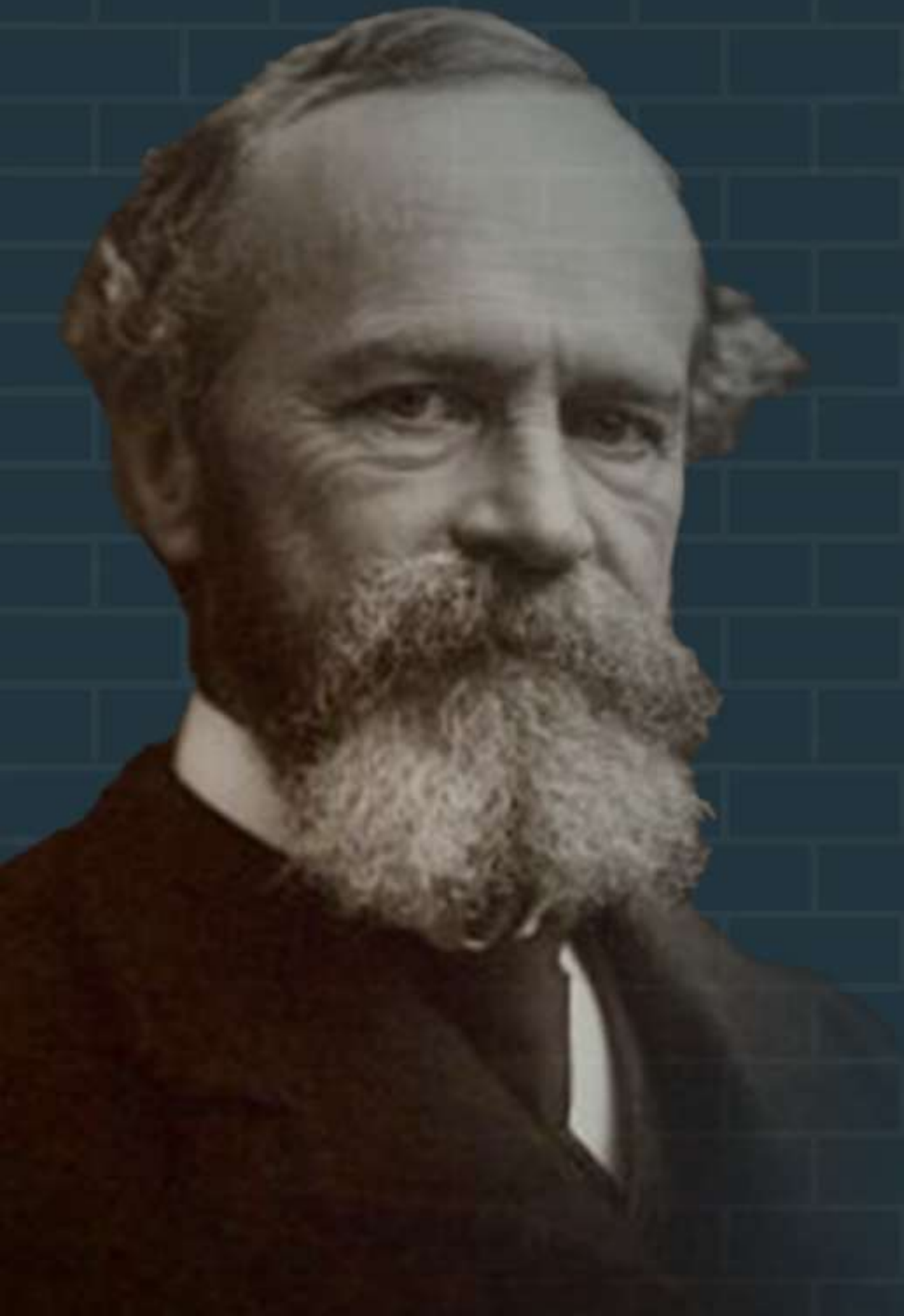


# 4 Theories of emotion



# James-Lange Theory



**Emotions arise from physiological responses to stimuli, where we feel emotions because we first experience physical changes.**

# Cannon-Bard Theory

Emotions and physiological responses occur simultaneously but independently; the brain processes emotions and bodily reactions separately.



# Schachter-Singer Theory

Emotion is the result of both physiological arousal and cognitive interpretation of that arousal, combining physical and cognitive components.



# Facial Feedback Hypothesis

Facial expressions can influence emotional experiences; smiling or frowning can intensify or alter the emotion felt.



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