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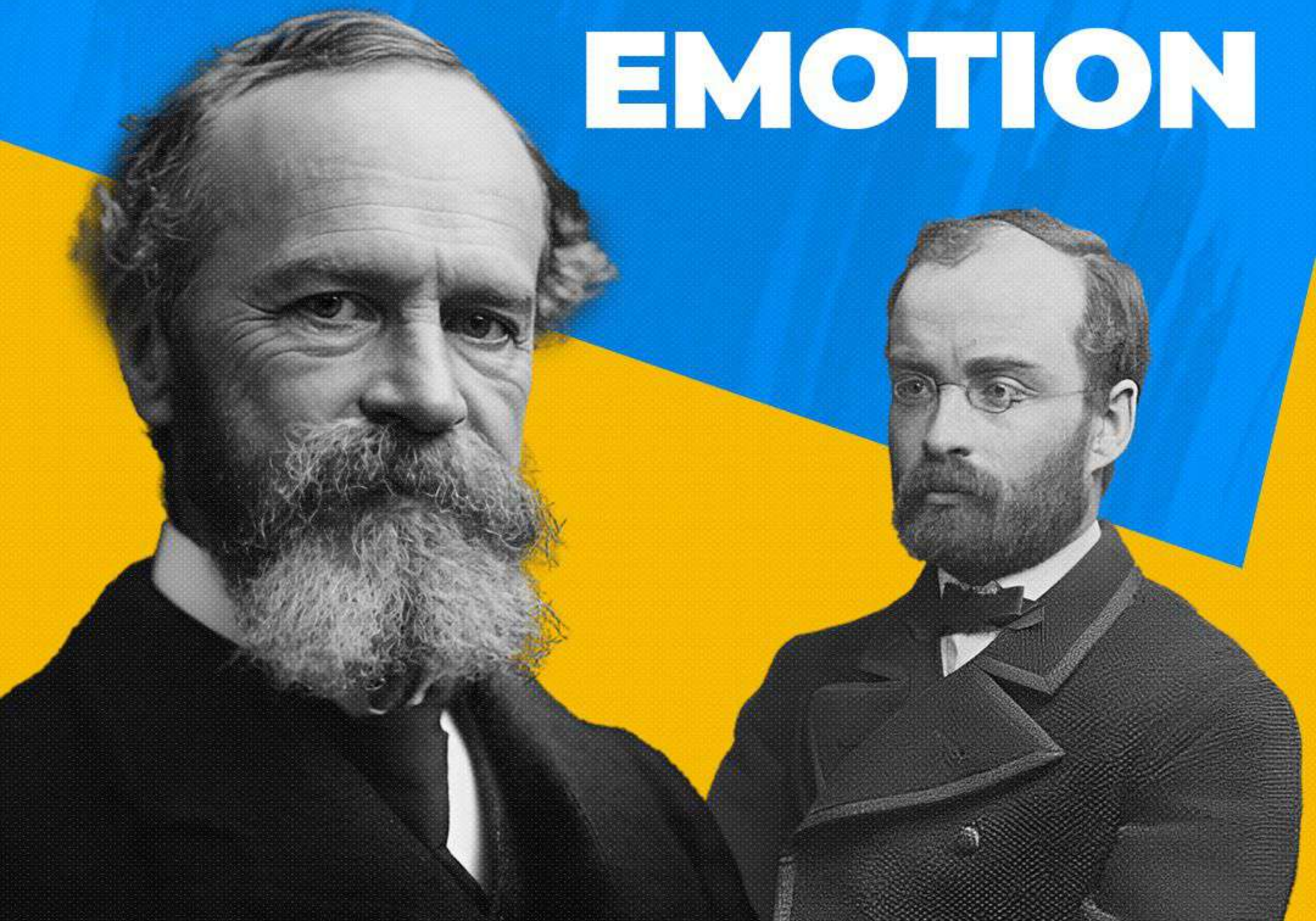
JAMES-LANGE THEORY OF EMOTION



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In the James-Lange theory, a stimulus like encountering an aggressive dog triggers a physiological response through the sympathetic nervous system (fight-or-flight reaction), causing bodily changes such as increased heart rate and rapid breathing. James and Lange proposed that these bodily changes anticipate and define our emotional experience ("I feel nervous because my hands are shaking").

However, studies on individuals with spinal cord injuries challenge this theory.

Despite lacking sympathetic nervous system responses, these individuals can still experience emotions as intensely as before their injuries.

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