

My Emotional Moment – assignment

Reference Chapter 13 in the Myers Psych text

Read the opening page in which the text author tells a story about his son getting lost and how that experience was an emotional one for him. Now think of a time that something happened that really impacted you emotionally. Tell the story of what happened and describe emotionally what was happening for you (about a page long - 200 words approx.)

Read text pages 513 through 523, utilize the information from the reading to achieve each of the first seven learning objectives. Please relate and or refer to your personal story as you achieve each objective.

Please refer to the example below, it is one way of approaching the assignment certainly not the only way! I have analyzed my story and fulfilled learning objective #1 to give you an idea of what I am expecting you to do with the first seven objectives connecting them to your story.

My Emotional Moment by Mr. Pontalti

One significant emotional moment for me happened when I was a child (You can use a story form any age). Each school day I walked about twenty minutes to and from my elementary school, I was in grade four and was walking home from school late, around 4PM on a winter's day, it was dark and my younger brother was walking with me. We walked on the side walk so we would not be hit by a car on the busy street we soon would have to cross. We approached the intersection where we intended to cross and waited for a break in the traffic so we could then quickly cross. Suddenly a small black cat ran out onto the road and was hit by a passing car. The cat crushed, blood oozing from its wounds, slowly dragged itself to the roads edge, we picked it up, wanting to help it and ran home holding the bloody and mangled cat. We were both crying, our hearts were pounding and we were yelling and had tears streaming down our faces when we reached home. Mom took a look at the cat and told us that unfortunately the cat was dead. We cried more, we did not want the cat to die, I did not think it fair that it should die, it seemed very wrong to me. I was sad and angry and cried more. The next day we dug a hole in the back garden and buried the little black cat, still feeling very sad and crying we tied to small sticks together to form a cross and carved the letters RIP onto the cross and placed the cross on the little black cat's grave.

Learning Objective 1

According to the James Lange Theory we feel emotion *after* we notice our body's response, this does not seem to fit or describe my experience with the black cat very well, it seems to me that Cannon and Bard who theorized that we feel emotion *simultaneously* to our physical experience better fits and describes my emotional experience with the cat. I was scared at the sight of seeing the cat be hit and simultaneously my heart sped up and I found myself crying. The two factor theory could also explain what happened as it *emphasizes an interplay* of thinking and feeling and does not concern itself with the timing of the mental and physical experience of emotion. I am sure that when I saw the cat be hit I was immediately frightened and began to cry I am quite certain the tears came at the same time or at least interacted with the fear but did not precede the feeling of fear, consequently I side with Cannon and Bard or the two factor theory, but not so sure I can believe James and Lange.

The three components of emotion can be easily seen in my story:

1. Physiological arousal – My heart sped up and was crying at the sight of the cat being hit
2. Expressive behavior – Ran home, crying
3. Conscious experience – Our thoughts: wanting to help the cat, have to do something quick, get mom (for safety/help)