

Feelings chart Feelings and Emotions Emotions List Colors and emotions Feelings list Understanding Emotions Teaching Emotions EMOTION FACES Emotion words Forward Feeling faces: This is great for children that have a hard time finding the right word to describe their emotions--use with a feeling journal to help them learn what the feeling is and.

How Emotions Are Made Bio: In addition to the book How Emotions are Made: The Secret Life of the Brain, Dr. Barrett has published over peer-reviewed, scientific papers appearing in Science, Nature Neuroscience, and other top journals in psychology and cognitive neuroscience, as well as six academic volumes published by Guilford Press. Welcome to the Bregman Leadership Podcast. This podcast is part of my mission to help you get massive traction on the things that matter most. We have a treat today on the podcast. Lisa Feldman Barrett is with us. She lives in Boston. We are getting the benefit of her research on emotion in the brain in her new book, How Emotions Are Made: The Secret Life of the Brain. Do not be dissuaded by the thickness of the book. So, if you cut out the research notes. So Lisa, with all of that, thank you so much for coming on the Bregman Leadership Podcast. Thank you so much for the kind words about the book. What is the classical view of emotions? The classical view is the view that really is guided by our own subjective experience, right? So when an emotion happens, it feels like it happens to you, you know it bubbles up and causes you to do and say things that maybe are somewhat ill advised. And this leads us to believe that emotions are built into the brain. That our brains come pre wired with a handful of emotion circuits that are shared with other animals that when something triggers one of these circuits. It causes your body to take a certain pattern. Maybe a blood pressure increases, your heart rate increases. It causes you to â€¦ The idea is it causes you to make an expression that everyone around the world can recognize. Everyone expresses anger in the same way, with a scowl. Everyone recognizes emotion without â€¦ recognizes a scowl as anger without any training or language or socialization. That our emotions are built into some animalistic part of our brain that we share with other animals and that we need our really robust rational parts of our brain that are uniquely human to regulate our emotions and keep our animal nature, our inner beast, in check. One question is, make a distinction for us if you can between feeling something and having an emotion. But in general, you will probably find that brevity is not my strong suit in answering. To control your heart, your lungs, your immune system, and so on and so forth. And when your heart rate changes, when your breathing changes, when your temperature changes, there are sensations that go along with those changes. For the most part, our brains are wired in a way to make the internal workings of our own bodies kind of like a mystery to us. We are not wired to feel every sensation that comes from a change in heart rate, a change in breathing, a change in blood pressure, a change in temperature, and so on. If we were, we would never pay attention to anything else ever again in the world. Because just think of the last time that you had gastric distress or some GI problems- Peter: What they experience is what scientists call affect which are simple feelings of feeling great or feeling terrible, feeling worked up or feeling calm. So, these feelings of affect, these simple feelings, are with you always actually. Sometimes we experience affect as part of an emotion. But you could also have those feelings when you, for example, have a thought or when you have a perception. Really, what those â€¦ the heat behind those perceptions is affect, is these feelings that are coming from your body all the time. Emotions are not feelings. Emotions are the way that your brain makes sense of- Peter: Interprets but the mechanism is actually one where â€¦ that your brain uses to interpret all sensations, all the time, right? It actually sounds like there might be three steps for you to have biological responses. That those biological responses are then articulated in your brain as your feeling of something which then leads to an emotion. Your brain reacts to very little actually. Your brain is wired anatomically to be predictive. So what do I mean by that? What I mean is that in each moment your brain is making a guess using past experience. So right now, to you, it may seem as if you are just listening to me talk and reacting to the things that I say. But in fact, your brain has had a lot of experience with the sounds of the English language and what they mean. So your brain is actually predicting every single word that comes out of my â€¦ Peter: I would have gone faster if I knew where you were headed with it. But you got it, you got it.

That would have been shocking, right? Yes, so basically in this moment right now, if we could just freeze it, right? Based on the sights and sounds and smells and also the state of your own body, your brain is making predictions. Those predictions are the beginning – those guesses are the beginning of your experience in the next moment. And your brain kind of works like a scientist. It makes these predictions and then when the information from the world comes in and when information from the body gets to the brain, the brain checks its predictions against the information. And if the information confirms the prediction, then the prediction becomes your experience. What you see, what you hear, what you taste, what you smell, what you feel is what your brain predicted. However, if there is some difference. Your brain has a choice. It can correct itself. So it can change its prediction and that – We have a fancy name for that in science. We call it learning. Or your brain can ignore the information in the world and just go with its prediction. They call that denial. And we call that denial. We call that a lot of things. We can call it delusions. Like, oh that was an error of prediction. And my guess, my brain would use my past experience in situations like that. And so my brain starts to predict, what is he going to do next? What is he going to say next? How am I going to feel next? And so, maybe he might say something a little challenging or a little dramatic. So my heart might start racing. My blood pressure might go up. I might start sweating. He gives a full facial scowl. I just want to connect that with emotion. So the prediction error and your husband – Is his name David? The psychiatrist also saw him concentrating really hard and so he knit his brow and he was frowning, like a really full facial scowl which is the stereotype of an anger expression. We do a lot of things in anger. Scowling, the stereotype is not frequent. The next question is, is the emotion real though? This is not special. Is my face real? Well, your ability to see my face, to see my facial muscle move, what you see is your brain is making predictions and then the movements from my face as they travel to you, they enter your retina. They learn to see a face in the first couple of days of life. Your ability to know that the sound is actually coming out of this moving part that moves actually is all predictive. Why is this important? The part when you think about how emotions are made. That we actually create our emotions. I would see it like this that we have more control over what we feel than probably what we think we do and based on the classical view. If that were true, that would be great if that were true. It would also put me out of a job. However, we are in much more control – Our horizon of control is actually much bigger than we might otherwise believe.

Chapter 2 : English Blog: POETRY

Lisa: Noticing it calendrierdelascience.comy. The thing is for most people who aren't meditators, they don't experience every little ache and tug and what have you. What they experience is what scientists call affect which are simple feelings of feeling great or feeling terrible, feeling worked up or feeling calm.

Origins[edit] Walter Bradford Cannon " was a physiologist at Harvard University , who is perhaps best known for his classic treatise on homeostasis. Through these studies, Cannon and Bard highlighted the role of the brain in generating physiological responses and feelings; a role that is important in their explanation of emotion experience and production. This was necessary because the link between visceral changes and the feedback required to stimulate cerebral manifestations of an emotion would no longer be present. Cannon compiled his experimental results in , then refined and expanded them, and finally proposed his model of emotion as a challenge and alternative to the James" Lange theory of emotion. The viscera were attributed a major role by James. The viscera are composed of smooth muscle and glands. In an experiment, cats were kept alive and healthy after having their sympathetic nervous systems completely removed. Removal of this system resulted in the abolishment of all the reactions under control of the vasomotor center , the region that the James" Lange theory purported to be responsible for emotional experiences. The cats displayed the typical signs of rage in response to a barking dog, and the animals displayed full emotional expression in all organs that had not had their connections to the brain destroyed. The sympathetic nervous system functions as a single unit. These physiological changes can be seen in great excitement under any circumstances, including in distinguishable emotional states such as fear and rage, as well as situations of fever, asphyxia, and exposure to cold temperatures. Cannon articulated that these responses of the viscera are too uniform to offer a means of distinguishing emotions that have varying subjective qualities. He postulated that if emotions were the result of impulses from the viscera, we could expect fear, rage, chilliness, asphyxia, and fever to feel similarly, which is not the case. The viscera are relatively insensitive structures. Cannon wrote that there is a common belief that the more deeply the body is penetrated, the more sensitive it becomes; however, this is not the case. Such processes are undemonstrative and beyond our physical awareness, even when marked changes are induced in them. As previously stated, the viscera are composed of smooth muscle and glands, which are typically sluggish in their responses. It has been found that the latent period of the psychogalvanic response in man is approximately 3 seconds. The James" Lange theory contends that such affective responses result from reverberations from the viscera. Cannon pointed out that the time required for nerve impulses to travel from the brain to the periphery and back to the brain again could not occur quickly enough to be the cause of such emotional responses. Artificial induction of the visceral changes typical of strong emotions does not produce them. When adrenalin is injected it induces the physiological responses typical of sympathetic nervous system activity previously discussed dilation of bronchioles, constriction of blood vessels, increased blood sugar etc. These changes are typical of intense emotional states. Therefore, if these visceral changes were artificially induced by the injection of adrenalin , one would expect the emotions to follow, as articulated by the James" Lange theory of emotion. When this experiment was done, participants experienced no specific emotions. However, it was found that an emotional response may develop only when the adrenalin as injected subsequent to discussing with patients their sick children or their dead parents. Thus, injection of adrenalin had an effect when an emotional mood already existed in participants. He outlined two ideas regarding the existence of two sources of cerebral processes of emotions. Emotional expression results from action of subcortical centers. Cannon summarized research done by Bechterev regarding emotional expression. Furthermore, after cerebral hemispheres were removed from animal test subjects, correct affective responses could be elicited by appropriate stimulations. These emotional effects were no longer present when the optic thalamus was removed from the animals; thus, it was concluded that this region plays a significant role in the expression of emotions. Location of the human diencephalon red , a brain area implicated in the sham rage response in cats studied by Cannon and Britton. To further support the assertion that emotional expression results from action of subcortical centers, Cannon and Britton [11] performed further experimental

research with cats. Cats were decorticated, and after a period of recovery they spontaneously displayed the behaviours characteristic of intense fury. This response, referred to as sham rage, continued to be displayed after ablation of all brain regions anterior to the diencephalon. Based on this finding, it was concluded that the thalamus was a region from which, in the absence of cortical control, impulses are discharged which evoke an extreme degree of "emotional" activity, both muscular and visceral. Based on these findings and observations, Cannon asserts that the optic thalamus is a region in the brain responsible for the neural organization for the different emotional expressions. There are numerous reported and cited cases of patients with unilateral lesions in the thalamus region who have a tendency to react excessively to affective stimuli. For example, pin pricks, painful pressure, and excessive heat or cold all cause more distress on the damaged side of the body as compared to the normal side. The increased influence of stimuli resulting in excessive responses was attributed to the release of the thalamus from cortical inhibition. When the thalamus is released from cortical control, the affective states and responses are increased; thus, it was concluded that the thalamic region is occupied with the affective component of sensation. According to Cannon, an external stimulus activates receptors and this excitation starts impulses toward the cortex. Upon arriving in the cortex, the impulses are associated with conditioned processes that determine the direction of the subsequent response. It is this response that stimulates the thalamic processes. Once the thalamic processes are activated, they are ready to discharge. The thalamic neurons fire in a special combination in a given emotional expression. These neurons then discharge precipitately and intensely. Cannon wrote that within and near the thalamus, the neurons responsible for an emotional expression lie close to the relay in the sensory path from the periphery to the cortex, and when these neurons fire in a particular combination they innervate muscles and viscera and excite afferent paths to the cortex by direct connection or irradiation. The key component of the Cannon-Bard theory of emotion is that when the thalamic discharge occurs, the bodily changes occur almost simultaneously with the emotional experience. The bodily changes and emotional experience occur separately and independently of one another; physiological arousal does not have to precede emotional expression or experience. The theory asserts that the thalamic region is the brain area responsible for emotional responses to experienced stimuli. These reactions cease when the thalamus is then removed. The Cannon-Bard theory of emotion was formulated as a challenge and alternative to James-Lange theory. The Papez-Maclean theory is another influential theory of emotion that differs from the Cannon-Bard theory in terms of the area that is considered to be responsible for emotion expression. James Papez [16] initially suggested that the interconnections among structures of the limbic system were ideally constituted to handle the long-lasting, intense aspects of experience that are typically associated with emotion.

Chapter 3 : Episode Lisa Feldman Barrett â€“ How Emotions Are Made â€” Bregman Partners

quotes have been tagged as hurt-feelings: Ranata Suzuki: 'It didn't hurt me. Not "hurt". Hurt is a four letter word. It's short, almost cute sounding.

That would be a good question were this not a worm fic and were you speaking to somebody other than the protagonist. Also you forgot to add a period after "Dr". Proper punctuation is important. None of it was. I like this lady. I strive to reach that level of expertise in the way of shit talk. And why my wrist always ached in cold weather. And why, no matter how many cold showers I took, or how many ice packs I applied, I used to hurt all the fucking time. The sudden flare of rage caught me off-guard, searing me from the inside and stealing the limited breath from my lungs. Did you even fucking care? Let it the righteous anger flow through you. Taking care of myself and allowing trained medical professionals to provide proper care and assistance when I desperately need it? Admitting to having problems I know they can fix? Nope, not in my house. Was this some kind of a power trip for her? And kind of a resigned, maybe. None of the medical staff are. While maintaining the requisite authority to point out flaws in her thinking without being pushy or obnoxious? These are truly the end times. By pushing me too hard, too soon. And then he put me back together wrong. The world seemed to tilt oddly around me. My face felt hot, the skin tight like something was trying to force its way out of me. There was a pressure on my chest that had nothing to do with being shot. My girl is learning and I would give her a hug if she were in a stable place to receive it, mentally, emotionally, and physically. Alas, I must limit myself to typing my support. I swallowed as discreetly as I could, trying to clear it. Even that small motion made my chest hurt. And the shadier ones were an infosec risk. I took a breath to clear it away. This is a melting pot of sadness, pride, and understanding to read. I allow myself to feel that on Thursdays. Especially now I finally knew what it felt like not to be in pain. Did that make me weak? Best Boy Chris Kittius said: I was too busy grappling with a sudden and inexplicable rush of some acrid, jagged-edged feeling. It took me a moment to recognise it because it made absolutely no fucking sense. What possible reason could I have to be jealous? What the fuck was wrong with me? My skin felt too tight, like it was about to split apart with the strain of keeping all those fucking feelings trapped inside. You fucking know that. That was about the only thing that stopped me from hitting him. I backed away myself, ordering my metal to stand down. It was much, much harder than it should have been. If I do something wrong, they talk to me about it. I watched his hands tighten and then relax, his fingers uncurling to splay out over his knees. I despised them for it even as a part of me was relieved beyond measure that Chris would never have to worry about goddamned micro fractures. More than anyone else did. I wondered if it meant anything. Most parents do things like that. That spark caught and spread like burning embers in dry grass. I was distantly aware of my hands clenching into fists. And yet here I was, breaking the rules to share my private shame over and over again. I cannot be denied. Chris is best boy by an overwhelming margin. All others pale in comparison to his honest ability to understand when he makes mistakes, as well as his willingness to fix them. Please, trust me on this. After all, his parents had done that to him. Pain, be it emotional, mental, or physical, is something children should be subjected as little as humanly possible. I only wish you could understand that. He just needed to work on his fucking control. Chris looked at me, for a long moment before shaking his head with an oddly helpless expression. The sight of his pain was like a blast of ice water, dousing my rage to ashes.

Chapter 4 : best Feelings images on Pinterest in | Feelings, Tiny tales and Words

12 emotions included with this pack including word flashcards. Also different skin tones to make this a fully inclusive resource for all children.

When you make the two one, you will become sons of man, and when you say: Mountain, move away, it will move away. Visitor Comments This reflects the Buddhist vision of life that our concepts of the world as separate from ourselves are illusions of duality. When the object and subject are one, you are enlightened and you can move mountains. This idea is similar to that expressed in "the kingdom of heaven is laid upon the earth but men do not see it. When in Zen meditation you reach "satori" you achieve a state of being beyond both. I call it "fielking". In this state you can tell the "mountains" of fear that hide the divine to go elsewhere AND they go! Adam was both male and female female was in him until the female was removed from him and given a separate identity in Eve. It seems in reflection on this that neither male nor female even existed until the separation took place Now I consider "Making the two one" in the context of Saying 18; "For where the beginning is, there will the end be. In His plan, we are to seek the unity and wholeness of state that is represented by G-d. The notions of the "female becoming male" make more sense in this context for me anyway. There are times in your life that your subconscious meets your conscious and you say to yourself that you felt bad because something reminded you of a bad experience from the past. Your sub conscious met your conscious. If we were able to point both consciousnesses in the same direction long enough we can move mountains and we have. I feel that the Gospel of Thomas has shown us that Jesus wanted to inspire people and he did, why else did so many follow. He preached of the power within. We are the sons of man, heaven is here on earth if we listen to the words and live by them. The theme of unity runs through the document as a whole. In two sayings it replaces the synoptic "faith" as the force which removes mountains Sayings 48 and But it is probably also true that Thomas now reads 48 in light of Menard, Gospel of Thomas Saying

Chapter 5 : Cannonâ€“Bard theory - Wikipedia

"MIXED FEELINGS" (Ep.) - Dionne attempts to set the record straight with Ryan after his surprise visit. But Dionne's not the only one with a surprise visitor.

Chapter 6 : Gospel of Thomas Saying - calendrierdelascience.com

The Corner is feeling emotional at The Corner Studio. Sp S on S so S red S Â· 17 hrs Â· Charlottesville, VA Â· Get ready to shed a tear with Simple Plan.

Chapter 7 : Emotions Images Â· Pixabay Â· Download Free Pictures

I feel like this everyday, I sit there cross legged in the middle of the night thinking about where to go. Find this Pin and more on Feelings by vedanti. I feel empty, i feel lost.

Chapter 8 : Hurt Feelings Quotes (quotes)

Read from the story My Feelings by Bluewillow_Prime (Bluewillow) with 11 reads. anger, maddness, love.