

How do you feel? The origins of the emotions

Lecture 3

CONCLUSIONS

- WE HAVE INHERITED FROM OUR ANIMAL ANCESTORS, INCLUDING REPTILES, BIRDS AND MAMMALS, ONE OF THE MOST ANCIENT PARTS OF THE BRAIN, WHICH ALERTS US TO DANGER AND ACTIVATES THE BODILY SYSTEMS THAT PREPARE US FOR FIGHT, FLIGHT OR FREEZE.

CONCLUSIONS

- THESE SYSTEMS PRODUCE THE BODILY SYMPTOMS OF AROUSAL: SWEATING, INCREASED HEART RATE, RAPID BREATHING, FLUSHING OR PALLOR, AND HORRIPILATION (HAIR STANDING ON END), WHICH IN SOME CULTURES AND SOME INDIVIDUALS, DOMINATE EMOTIONAL EXPERIENCES

CONCLUSIONS

- AMONG ANIMALS WITH RELATIVELY LARGE BRAINS WHICH LIVE IN WELL-ORGANISED SOCIAL GROUPS – ELEPHANTS AND OUR CLOSEST RELATIVES AMONG THE GREAT APES, THE REMARKABLE ABILITY TO EMPATHISE HAS DEVELOPED. THIS IS LINKED WITH SELF-RECOGNITION, AND IN HUMANS A THEORY OF MIND

CONCLUSIONS

- IT IS CHARACTERISTIC OF HUMANS THAT THE RANGE OF EMOTIONS SHOWN BY ANIMALS HAS BEEN EXTENDED, MODIFIED, AND ALTERED UNDER THE INFLUENCE OF THE DEVELOPMENT OF LANGUAGE AND OF THE DIVERSIFICATION OF CULTURAL CUSTOMS AND RITUALS

CONCLUSIONS

- THE UNIVERSALITY OF HUMAN EMOTIONAL EXPRESSION THAT DARWIN SOUGHT TO DEMONSTRATE DOES EXIST, CONFIRMING OUR COMMON HERITAGE

