

Glossary

Acetylcholine A neurotransmitter that acts on the nervous system and primarily functions to stimulate muscle movement.

Acrophobia An extreme fear of heights.

Aesthetic chills A bodily response, most notably “goosebumps”, experienced when we view or experience something awe-inspiring.

Affect infusion model (AIM) A theory that suggests how emotions and moods influence judgments. When faced with complex or demanding decision-making situations, we are more likely to fall back on (i.e., “infuse”) our decisions based on how we feel.

Affective computing The field of research and development devoted to designing computer systems that can understand, process, and relate to human emotions. Much of the attention is on designing such systems to authentically empathise with human users.

Affective/Emotional empathy A process that motivates us to assume and share the emotions of another person.

Aggression Any action directed with the goal (intentional or unintentional) to harm another.

Amygdala A pair of almond-shaped parts residing within our brain’s limbic system. This part of the brain is often considered the “fear centre” of the brain, though it is also associated with aggressive and impulsive actions.

Androids A robot or computerised being that resembles a human being.

Anger An approach-oriented emotion that is caused by offences to the self or discomfort.

Annoyance A mild form of anger that can be triggered by unpleasant sensations (e.g., a bad smell, noise, etc.).

Anticipation An emotion experienced due to an imminent or eventual reward.

Antonio Damasio Portuguese-American neuroscientist who is known for his work on how emotion influences decision-making. Also known for his study examining the brain damage sustained by Phineas Gage.

Anxiety Prolonged fear. Anxiety is caused by perceiving a threatening and demanding situation as approaching incrementally. Used in this book as a synonym for uncertainty.

Appraisal theme The common characteristics or qualities of a situation that give rise to emotions. The appraisal theme for fear could be a dangerous situation, while the appraisal theme for anger could be discomfort or perceiving offences to the self. Similarly, the appraisal theme for sadness could be loss or injury, while it could be safety, comfort, and pleasure for joy.

Appraise/Appraisal A cognitive process in which we make sense of, interpret, or assess an object. In emotion theory, we usually appraise the situation or our physiological reactions to a given situation.

Approach-adverse Our tendency to feel less positively (and more negatively) about objects that approach us than those that move away from us.

Artificial emotional intelligence See *affective computing*.

Artificial intelligence (AI) Computerised systems that emulate human brain processes and abilities.

Astrology The study of the positions and movements of planets and stars as determinants of a person's personality. Astrology is not a scientifically valid or reliable approach to understanding someone's personality.

Attachment One part of three emotion systems that motivate mating, reproduction, and parenting. Attachment motivates long-term commitment and companionship with another.

Authentic pride Pride experienced when we see a personal accomplishment as being primarily due to controllable causes such as one's effort. See also *hubristic pride*.

Autonomic specificity hypothesis The idea that different emotions can be matched to unique and distinct bodily reactions.

Awe A pleasant emotion experienced in response to viewing stimuli seen as vast and overwhelming, prompting a change in how we see the world.

Basic emotions Our most fundamental emotions. Basic emotions are conveyed via our facial expressions in a largely consistent and identifiable manner regardless of culture. The six basic emotions are fear, anger, joy, sadness, surprise, and disgust. Contempt is sometimes included as a basic emotion.

Behavioural activation system (BAS) The general motivation system that causes an individual to start and increase movement towards a goal. This system is sensitive to rewards and prompts individuals to advance towards rewards. See also *behavioural inhibition system (BIS)*.

Behavioural economics The application of psychological theory and research towards understanding human economic behaviours. Behavioural economics attempt to model and explain seemingly “irrational” behaviours such as donating blood, giving money to charity, or opting for handmade gifts over cash.

Behavioural inhibition system (BIS) The general motivation system that causes an individual to avoid or move away from a goal. This system is sensitive to threats and prompts individuals to move away from threats. See also *behavioural activation system (BAS)*.

Benign envy A form of envy that motivates us to better ourselves by emulating and attaining the desired qualities or possessions of the envied other. See also *malicious envy*.

Bewilderment An emotion experienced upon perceiving something as complex and difficult to fully comprehend. Used in this book as a synonym for confusion.

Biomimicry Using ideas from the natural world to model or create solutions to human problems.

Blind optimism Unjustified or unwarranted optimism; wishful thinking.

Blue Zones Places in the world in which people tend to live longer, enjoy higher-quality health, and suffer fewer health afflictions than the rest of the world. The term was coined by author and explorer Dan Buettner.

Boredom An emotion experienced upon perceiving something as simple and (much) easy to understand. Usually reserved for the mundane, routine, or ordinary.

Bounded rationality The constraints or restrictions imposed on our cognitive abilities. The idea that our rationality is bounded by limited cognitive ability, time, and/or energy.

CAD hypothesis A hypothesis proposed by psychologist Paul Rozin and colleagues suggesting that three moral emotions—contempt, anger, and disgust—correspond to violations in moral expectations of community, autonomy, and divinity.

Cannon-Bard theory of emotion A theory of emotion proposed by physiologists Walter Cannon and Phillip Bard which states that bodily responses occur concurrently with our emotional experience. Also referred to as the thalamic theory of emotion.

Charles Darwin British naturalist who proposed the theory of evolution by natural selection. The theory describes how and why biological life forms change over time. Author of *On the Origin of Species by Natural Selection and The Expression of the Emotions in Man and Animals*.

Cognitive empathy A process that motivates us to assume and share the same perspective of the other person.

Cognitive psychology The domain of study within psychology that focuses on mental processes. These tend to involve scientific studies of attention, perception, memory, language, and decision-making.

Cognitive revolution A period in the 1950s–1960s in which psychological research and theory shifted its focus towards cognitive processes. This shift moved psychologists away from behaviourist and psychoanalytic models and was made possible by new research tools that allowed for in-depth study of the human brain. The cognitive revolution is also said to be a result of increasing research collaborations between psychologists and linguists, neuroscientists, and anthropologists.

Collective action Any group behaviour directed towards a common cause. Collective action occurs when group members, united by a shared identity and emotion, perceive that their group is disadvantaged or being treated unjustly.

Compassion An emotion experienced when we see another suffer and are motivated to act to relieve the other of their suffering. See also *empathy* and *sympathy*.

Confusion See *bewilderment*.

Contempt An emotion related to disdain or condescension, directed towards individuals perceived as inferior or violating certain group standards.

Contentment Low-arousal joy, experienced in safe, satisfying situations.

Cortisol The body's stress hormone. Part of the body's stress mechanism called the HPA axis, which consists of the hypothalamus, pituitary, and adrenal glands.

Cross-cultural psychology The study of how psychological processes vary or are shaped by different aspects of culture.

Daniel Goleman Science journalist known for popularising the concept of emotional intelligence in the 1990s. Author of *Emotional Intelligence Why It Can Matter More than IQ*.

Deep acting A form of emotional labour whereby we alter our internal feeling state to match that of our outward expression of emotion. For instance, an actress who empathises and assumes the emotions of her character to improve her onstage performance is engaging in deep acting. Also known as "acting in good faith".

Delight See *pleasure*.

Depersonalisation The psychological process in which our individual identities become secondary to our social or group identities. Depersonalisation occurs when we see ourselves more in relation to who we are within the group than who we are as individuals.

Depression A prolonged mood disorder characterised by persistent unpleasant mood, loss of energy and appetite, disrupted sleep, and/or constant thoughts of suicide.

Depressive realism hypothesis The hypothesis that depressed people make more realistic assessments and judgments.

Descent illusion The bias in our estimation of height, whereby we are more likely to overestimate the distance to the ground than from the ground. If we look down from an elevated place, we are more likely to overestimate how high up we are. When we are on the ground level looking up, we underestimate how high up something is.

Despair An emotion often elicited by the threat of death and a loss of hope. Related to hopelessness.

Discrete emotions Separate emotion states. The labels for each emotion state are determined based on what causes them, how the emotions are appraised, how they affect our bodily responses, or what behaviours they motivate. Fear, for instance, may be caused by a wild animal (cause), resulting in an assessment of the situation as dangerous and threatening (appraisal) along with elevated breathing and heart rates (bodily responses), ultimately prompting us to run or flee (behavioural response).

Disgust A basic emotion experienced in response to objects that we find repugnant, repulsive, or potentially disease-carrying. Used in this book as a synonym for revulsion.

Display rules A set of rules established by groups, society, or culture that influence the display of emotions. Display rules can be thought of as “emotion expression scripts”—they determine what is appropriate or inappropriate for different roles, situations, or circumstances.

Dissonant relationship Relationships in which unpleasant, negative emotions are regularly experienced. Such relationships also create a sense of disharmony (“being out of tune” with the other), triggering brain and bodily responses associated with threat and danger.

Dopamine A neurotransmitter involved in reward, motivation, and addiction.

Dopaminergic reward circuitry A distinct pathway in the brain, consisting of the ventral tegmental area (VTA) and nucleus accumbens. Associated with response and approach towards rewards.

Double depression The experience of both dysthymia and major depressive disorder.

Dual-process theory A model of human thought that suggests two underlying processes underlie our cognitive processes—a rapid, impulsive, and emotion-driven System 1 and a slower, more deliberate, and “rational” System 2.

Duchenne smiles Genuine, authentic smiles that activate both the mouth (zygomaticus major) and eye (orbicularis oculi) muscles. Named in honour of French neurologist Guillaume-Benjamin-Amand Duchenne (de Boulogne).

Dysthymia Persistent feeling of sadness, experienced without any identifiable, discernible cause. Also known as persistent depressive disorder.

Easterlin Paradox The finding that wealth is associated with happiness within a country, but not across countries. The paradox is based on the unexpected finding that rich people tend to report higher levels of happiness, but rich countries are not necessarily happier than poorer ones. It is named after economist Richard Easterlin.

Ecstasy High-arousal joy, expressive and exuberant enjoyment or celebration.

Emotion A psychological response system that coordinates bodily processes to help us adapt and respond to our situations.

Emotional contagion The emotion process that describes the tendency for a person to automatically copy another’s expressions of emotions. This copying results in the sharing of emotion states.

Emotional intelligence A form of intelligence that relates specifically to understanding and managing emotions in oneself and others. Emotionally intelligent individuals can discriminate between emotions and to use them to promote goal-oriented thoughts and actions.

Emotional labour The altering of our emotions to match the requirements of our work role. People who engage in emotional labour are paid to deliberately increase or decrease certain emotional expressions to match what is expected of them from their work roles.

Empathy Feeling with another. Empathy prompts kind reactions and responses to another's suffering by vicariously experiencing the other person's emotions. See also *sympathy*.

Envy A self-conscious emotion experienced when we covet, wish, or desire something (material possessions, qualities, or skills) that another has. Different from jealousy.

Ethnocentrism An attitude that causes one to perceive one's group or culture as superior to others.

Euphoria See *ecstasy*.

Evolution by natural selection The gradual change in a biological life form's appearance and qualities over time. The change occurs because certain characteristics or qualities in the biological organisms are beneficial in aiding survival goals. Biological organisms with these characteristics or qualities then go on to reproduce, making these qualities more commonly seen in their species over time.

Evolutionary genetics The study of how genes (the chemical elements of biological life) affect the evolutionary process.

Facial feedback hypothesis A theory of emotion proposed by psychologist Silvan Tomkins that suggests a link between our facial expression and our experience of emotion.

Fear A basic emotion experienced in relation to threatening or dangerous situations.

Fear of missing out (FOMO) The persistent, unpleasant feeling that others are experiencing rewarding experiences from which one is absent.

First night effect The difficulty in falling asleep when sleeping at a new place on the first night.

Friluftsliv Pronounced "free-luvs-leav". A Norwegian word that translates to "free air life", the term is also viewed as an approach to life that encourages greater connection to and time spent in nature.

Frustration An emotion experienced in response to blocked goals. A variant of anger.

Generalised anxiety disorder Persistent anxiety not tied to any circumstance that impedes normal day-to-day functioning.

Graphology The study of a person's handwriting as indications of their personality. Graphology is not a scientifically valid or reliable approach to understanding someone's personality. Also known as handwriting analysis.

Gratitude A pleasant emotion experienced when we receive a benefit, gift, or favour from another, and know that this came at a substantial cost to the giver. Gratitude motivates a self-motivated intention to repay the benefit. Used in this book as a synonym for thankfulness.

Grief An emotion felt in relation to loss and usually the death of a close friend or family member.

Guillaume-Benjamin-Amand Duchenne (de Boulogne) French neurologist who is known for his work on electrophysiology—the study of the electrical activity of cells and tissues. Author of *The Mechanism of Human Facial Expression*.

Guilt A self-conscious emotion that results when we realise we have acted in a way that violates the personal standards and expectations we have of ourselves.

Guilty pleasure Actions or activities that give us a temporary boost of pleasant emotions, but at the expense of long-term benefits or advantages. Often caused by failures of self-control.

Hangry A combination of the words “hungry” and “angry”; anger caused by hunger.

Happiness A broad term used to describe our overall sense of satisfaction and generally positive views about our life.

Harmonious passion Passion towards activities and actions that do not control us.

Hate An emotion caused by perceiving another as dangerous, evil, or morally irredeemable. Not considered an extreme version of anger.

Helper's high See *warm-glow giving*.

Hippocampus A part of the brain's limbic system that is associated with memory formation and recall, spatial navigation, and emotion regulation. The name means "seahorse" in Greek.

Homesickness An unpleasant emotion experienced when we are away from home. Homesickness is caused by perceiving our new environment as unfamiliar and feelings of attachment to the comfort of our home.

Homo economicus The assumption that human beings are perfectly rational and "self-interested maximisers". This model of behaviour assumes that human beings will always act in a selfish manner, maximising their chances of satisfaction while minimising their risk of loss.

Homo reciprocans The assumption that human beings are willing to cooperate with others to gain some economic or psychological benefit. This model of human behaviour stands in contrast with the idea that human actions are motivated by selfish self-interest (see *homo economicus*). Reciprocal actions may include rewarding or punishing others as responses to others' actions.

Hope A pleasant emotion experienced when we see possibilities and have the motivation to overcome a difficult situation.

Hopelessness An emotion experienced when we see a lack of options and the means to overcome our dire situation. See also *hope*.

Horror An emotion that contains elements of fear and disgust, arising when we see something as impure and threatening.

Hubristic pride Pride experienced when we see a personal accomplishment as being primarily due to uncontrollable causes such as one's ability. See also *authentic pride*.

Hygge Pronounced "hoo-gah", a Danish and Norwegian term denoting feelings of comfortable cosiness.

Identity politics Political alliances or groups formed around shared ethnic, religious, or cultural similarities.

Indebtedness A state of feeling obliged to repay the kindness of another. Unlike gratitude, indebtedness is not self-motivated but caused by expectations and/or demands of the other. See also *gratitude*.

Individual differences Variations between people on one or a series of characteristics.

In-group Members of a group that share beliefs, goals, or an identity similar to one's own. See also *out-group*.

Insecurity Unpleasant feelings and thoughts of inadequacy, which may lead to a yearning for validation or recognition from others.

Inspiration A pleasant emotion experienced when we realise or stumble upon an idea that motivates us to generate novel outcomes. Inspiration is related to creativity and is part of a group of emotions called self-transcendent emotions.

Insular cortex A part of the brain located underneath the frontal, temporal, and parietal lobe. It is the part of the brain primarily involved in taste and the emotion of disgust.

Interest An emotion experienced upon perceiving something as complex yet understandable. Synonymous with curiosity.

Intergroup competition Situations in which two or more groups engage in competition over valued resources.

Intergroup emotion theory The theory that states that the emotions experienced as a group are distinct from emotions experienced as an individual. Central to this theory is how much we identify with our group. The more we see ourselves as a member of a group, the more we will share in the emotional experiences of our group.

Intolerance of uncertainty The difference between individuals on how much someone tolerates or puts up with uncertainty. People highly intolerant of uncertainty are also more likely to see uncertain situations as threatening or stressful. See also *uncertainty avoidance*.

James-Lange theory of emotion A theory of emotion proposed by psychologist William James and physician Carl Lange that considers emotions to be physiological and bodily responses to our situation. Such physiological and bodily responses must first occur before emotions are experienced.

Janteloven (Law of Jante) Pronounced “yahn-teh low-vern”. A principle described in Danish that advocates modesty, humility, and a focus on the group over individual wants of desires.

Jealousy A self-conscious emotion experienced when our valued relationship is threatened by a third party. Different from envy.

Job engagement A combination of positive thoughts and emotions towards one's job. Engaged workers tend to display high levels of vigour (emotional energy), find it easy to be immersed in their tasks, and are dedicated to their job.

Job satisfaction A pleasant emotional state resulting from a positive assessment about one's job experiences.

Joy A basic emotion experienced when we perceive our situation as safe, pleasing, comforting or enjoyable.

Lagom Pronounced "lah-gom". A Swedish word generally meaning "just enough". *Lagom* is an approach to life and well-being in which moderation and simplicity are encouraged instead of excesses.

Law of Jante See *Janteloven*.

Lazarus' cognitive-mediational theory A theory of emotion proposed by psychologist Richard Lazarus that suggests emotions arise from the appraisal of a situation.

Limbic (brain) Part of the Triune brain model considered to be critical in the evolution of primitive mammals. Responsible for motivation, reproduction, caring for offspring, and emotional experience. Also known as the paleomammalian complex.

Loneliness An unpleasant emotion state caused by perceiving our existing relationships and social relations as lacking in the quantity or quality that we would like to have. Loneliness can be contrasted with solitude—loneliness is unwelcome isolation from others while solitude is welcome isolation from others. As such, people can be alone but not lonely.

Love Investment in the well-being of another person for his or her own sake. Also known as romantic attraction. One part of three emotion systems that motivate mating, reproduction, and parenting.

Lust An emotion that drives sexual interest and gratification. One part of three emotion systems that motivate mating, reproduction, and parenting.

Malicious envy A form of envy that motivates us to disparage, respond aggressively, or belittle the desired qualities or possessions of another. See also *benign envy*.

Melancholy See *dysthymia*.

Mirror neurons A class of neurons that activate when we observe actions being performed by another individual. The activation of these neurons makes us mirror and imitate the actions of the person we are observing as if we are the ones performing the action. Mirror neurons are thought to be relevant for learning, imitation, and matching behaviour. First observed in primates.

Mood-congruent recall The hypothesis that the memories we find easier to recall are those that share the same quality or “emotional tone” of our current mood. As such, the hypothesis suggests that when we are experiencing a sad mood, we are more likely to easily recall a sad memory. Likewise, recalling a joyful memory is easier when we are experiencing a pleasant mood.

Moral emotions Emotions involved in influencing perceptions and judgments of what is considered moral or immoral. Moral emotions that shape judgments of one’s actions towards the community are shame, embarrassment, and guilt. Moral emotions that shape judgments of others’ actions towards the community are contempt, anger, and disgust. See also *CAD hypothesis*.

Morbid jealousy Also known as pathological jealousy. A maladaptive form of jealousy that is triggered by perceived threats to our valued relationship, often motivating obsessive, controlling, or aggressive behaviours.

Motivation The process by which certain behaviours are started, directed, and continued so that certain wants or needs are met.

Need for affect The personality characteristic that influences how much someone moves towards or away from emotional experiences.

Need for cognition The personality characteristic that influences how much someone moves towards and chooses to engage in effortful cognitive activity.

Neocortex (brain) Part of the Triune brain model considered to be the “newest” portion of the human brain. Responsible for decision-making, use of language, planning, and complex cognitive processes that are collectively considered “executive functions”. See also *prefrontal cortex*.

Neurotransmitter A chemical released by a nerve cell that activates other cells. Neurotransmitters can be thought of as chemicals that send signals to other cells, making them “chemical messengers”.

Nostalgia A positive emotion caused by longing for and feeling affectionate towards the past.

Obsessive passion Passion towards activities and actions that control or overwhelm us.

Omnivore’s dilemma A problem faced primarily by human ancestors on their choice of meals—what to eat, what not to eat, and how to attain enough nutrients while also avoiding toxins or poisons. The dilemma is named after the book, *The Omnivore’s Dilemma A Natural History of Four Meals*, by Michael Pollan.

Optimism A general expectation that our future state will be pleasant, successful, or fulfilling. See also *blind optimism*.

Optimism bias A bias that causes us to overestimate the likelihood of positive events and underestimate the likelihood of negative events.

Orbitofrontal cortex region (OFC) Part of the prefrontal cortex of the brain, located just above the eye sockets, and responsible for the learning and weighing of consequences in decision-making. Damage to this part of the brain impairs decision-making ability.

Ostracism The act of ignoring or excluding a member from a community or a group.

Other-oriented emotions Emotions directed towards concern for or interest in another’s welfare.

Out-group Members of a group that hold beliefs, goals, or an identity different from one’s own. See also *in-group*.

Overview effect A specific form of awe experienced from viewing the planet Earth from outside its atmosphere.

Oxytocin A neurotransmitter involved in social bonding and caretaking.

Palmar reflex grip A reflex, gripping reaction exhibited by infants and primates when their palms are stroked. Also referred to as the grasp reflex.

Passion A strong emotion that causes people to invest time and energy towards activities, objects, or targets that they find important. See also *harmonious passion and obsessive passion*.

Pathological jealousy See *morbid jealousy*.

Paul Ekman Psychologist who proposed the theory of basic emotions. Basic emotions are clustered based on facial expressions. Ekman is also known for his work on subtle, fleeting facial cues of emotions known as microexpressions.

Paul MacLean American physician known for his early contribution towards mapping the basic structures of our brain. See *Triune brain model*.

Personality The general and consistent ways of how someone thinks, feels, and behaves.

Personality psychology The scientific study of variations between people on one or a series of characteristics. A major domain and area of focus within the psychological sciences.

Perspective-taking See *cognitive empathy*.

Phineas Gage A railway foreman who worked in Cavendish, Vermont in 1848. Gage sustained injuries to parts of his brain that changed his personality, which led researchers to examine how certain brain regions are associated with emotion and decision-making.

Phobia “Irrational”, debilitating fears that impair day-to-day functioning.

Phrenology The study of bumps and contours on the top of a person’s skull as indications of their personality and intelligence. Phrenology is not a scientifically valid or reliable approach to understanding someone’s personality.

Pleasure Joy resulting from gratifying or pleasing sensations.

Pride A self-conscious emotion caused by associating our accomplishments to our abilities or effort. See also *authentic pride* and *hubristic pride*.

Prosperity A concept introduced by the Legatum Institute as a measure of country-level stability, opportunity, and happiness. The prosperity measure is intended as an alternative to traditional and limited economic measures such as the GDP. See also *Prosperity Index*.

Prosperity Index An annual publication from the Legatum Institute, a think tank based in the United Kingdom. The report ranks countries' prosperity on a combination of economic and psychological criteria such as economic quality, governance, personal freedom, and social capital. See also *World Happiness Report*.

Pseudoscience A claim, statement, or area of study that presents itself to be scientific but upon closer scrutiny suffers from unreliability. Pseudoscientific claims make false, unverifiable, or untestable claims, but assert themselves as being the most reliable knowledge available.

Quixotic The state of being excessively idealistic to a point where we behave impulsively or are accepting of the impractical and unfeasible.

Realistic conflict theory A theory that suggests conflict arises because of shared identities within groups and competition between groups for limited resources. This competition promotes prejudice, stereotypes, and aggressive behaviours between the competing groups. The theory is formulated by social psychologist Muzafer Sherif and is based on his findings from the Robbers Cave experiment.

Reciprocal altruism Cooperation between two or more individuals, with both parties mutually benefitting from cooperating. Also known as reciprocation or social exchange.

Remorse An emotion related to deep regret over our moral failings. See also *repentance*.

Repentance An attitude prompted by feelings of guilt that motivate a desire to avoid repeating transgressions. See also *remorse*.

Reptilian (brain) Part of the Triune brain model and considered to be the most primitive portion of the human brain. Responsible for reflex action and drives.

Resentment An emotion experienced when another more influential, powerful target acts unjustly or unfairly towards us. Related to bitterness and lingering anger.

Resilience The process by which someone capably and healthily adapts to adverse situations.

Resonant relationship Relationships in which pleasant, positive emotions are regularly experienced. Such relationships also create a sense of synchrony (“being in tune” with the other), triggering brain and bodily responses associated with calm and safety.

Revulsion See *disgust*.

Robbers Cave experiment A classic psychology experiment conducted in Robbers Cave Park, Oklahoma by social psychologist Muzafer Sherif. The experiment showed how dividing people into groups results in them favouring members of their own group (in-group) and being hostile towards members of a rival group (out-group) when competing for valued resources.

Roseto Effect A phenomenon where residents of close-knit, supportive communities tend to experience the reduced threat of heart disease. The phenomenon was first observed and subsequently coined from research conducted in Roseto, East Pennsylvania in the 1950s.

Ruminative thoughts Thoughts of unpleasant events or past experiences that we repeatedly go over in our mind, affecting our emotional state.

Sadness A basic emotion experienced in relation to the loss of someone or something valued. Sadness can also be associated with illness or injury.

Satisficing A combination of the terms “satisfy” and “suffice”. Satisficing is choosing the “good enough” option out of a range of possibilities or alternatives because of the limits to our decision-making capabilities and resources. See also *bounded rationality*.

Schachter-Singer theory of emotion A theory of emotion proposed by social psychologist Stanley Schachter and clinical psychologist Jerome Singer. According to the theory, emotions are a result of how we label and interpret our body's responses to situations. Also referred to as the two-factor theory of emotion.

Schadenfreude Joy experienced for another's misfortune, misery, or suffering.

Seasonal affective disorder A recurring depressive episode caused by seasonal changes. This disorder happens around the same time yearly.

Self-conscious emotions A group of emotions that prompt us to look inward and evaluate ourselves and how we stand in comparison to those around us. Example emotions include embarrassment, envy, jealousy, pride, guilt, and shame.

Self-transcendent emotions Emotions that cause us to look beyond our personal concerns and when we perceive something greater than ourselves. Example emotions include gratitude, compassion, inspiration, and awe.

Sensation-seeking The personality characteristic that influences the extent to which a person seeks out a range of psychologically intense, novel, or new experiences.

Sensory-processing sensitivity A personality characteristic that influences how much someone is sensitive towards and aware of subtleties in their surroundings. People high on this characteristic are also more easily and quickly overwhelmed by highly stimulating environments.

Serenity See *contentment*.

Shame A self-conscious emotion that results from a negative, unfavourable assessment of ourselves and who we are.

Sisu Pronounced "see-soo". A Finnish word that loosely relates to "the reserves of psychological strength and willpower that allow us to overcome overwhelming challenges". Researcher Emilia Lahti considers it an "action mindset", moving ahead rather than away from even the most demanding challenges.

Social anxiety Fear of social judgment caused by pressure to make a favourable judgment in social interaction settings.

Social chatbot A chat programme, powered by AI and uses algorithms, big data, and databases of human emotions to generate natural responses when conversing with humans.

Social identity The identity we assume based on our membership to a group. Social identity influences how we see ourselves and how we act within the context of a group.

Social psychology A major domain within psychology; the scientific study of how individuals' thoughts, emotions, and actions are shaped by interactions with other individuals or groups.

Somatic marker hypothesis The hypothesis suggested by neuroscientist Antonio Damasio which claims that bodily responses to current or anticipated emotion-causing events bias our thoughts and actions. The hypothesis more generally claims that our decision-making and behaviours, whether we move towards or away from something, are influenced by our feelings.

Subjective well-being The psychological label for happiness. Often used in measures that help quantify happiness in psychological research.

Suicide ideation Thinking up plans with the intention of committing suicide.

Surface acting A form of emotional labour whereby we alter our outward expression of emotion without changing how we truly feel inside. For instance, a waiter who suppresses his unpleasant feelings towards a difficult customer and continues to smile when carrying out his role is engaging in surface acting. Also known as “acting in bad faith”.

Susceptibility to emotion The personality characteristic that influences how receptive and affected someone is towards others' emotions.

Sympathetic joy See *vicarious joy*.

Sympathy Feeling for another. Sympathy prompts kind reactions and responses to another's suffering without necessarily feeling the other person's emotions. See also *empathy*.

System 1 The implicit, automatic, and intuition-based system that is involved in making rapid decisions and prompting reactionary actions. This system contributes to speed in decision-making at the cost of accuracy. System 1 is likely involved in simple, "low-cost" everyday decisions such as deciding on what to eat for lunch or what to snack on while watching television.

System 2 The deliberate, effortful, and reason-based thought system that is involved in difficult decision-making and reasoned actions. This system contributes to accuracy in decision-making at the cost of speed. System 2 is likely involved in complex, "high-cost" decisions such as deciding on where to buy a house or which university to enrol in for further studies.

Terror An extreme level of fear.

Test anxiety Fear of tests or formal assessments. A form of performance anxiety triggered by feelings that one is unable to do well in examinations.

Thalamic theory of emotion See *Cannon-Bard theory of emotion*.

Thankfulness See *gratitude*.

þetta reddast Pronounced "thet-ah-red-aas". A phrase in Icelandic that translates to "everything will work out in the end" or "everything will be alright". Not the same as fatalism or recklessness, the expression is more akin to a balanced combination of acceptance and hopefulness.

Trait conscientiousness The personality characteristic that influences how much someone is directed, orderly, goal-driven, and disciplined.

Trait extraversion The personality characteristic that influences how much someone is sensitive to rewards and positive emotions. People high in this trait tend to draw energy from social interactions. Trait extraversion can be broadly considered as a person's "reward sensitivity".

Trait introversion The personality characteristic that influences how much someone is introspective or reflective of their thoughts and feelings. People high in this trait are often sensitive to external sensations and draw energy from solidarity activities. Introversion is not the same as shyness, nor is it a form of social anxiety. See also *sensory-processing sensitivity*.

Trait neuroticism The personality characteristic that influences how much someone is sensitive to threats and unpleasant emotions. People high in this characteristic are more likely to be easily stressed and negatively affected by unpleasant emotions.

Trauma A deeply upsetting, stressful, or affecting experience. Traumatic experiences typically change how an individual sees the world around them.

Triune brain model Model of the human brain that divides the brain into three components/parts—reptilian, limbic, and neocortex. Proposed by American physician Paul MacLean.

Turing Test A test of whether a computer can respond intelligently to a human being. If the computer responds to a standard where a human being would think of its responses as indistinguishable from that of another human's, then the computer is deemed "intelligent". Named after British cryptanalyst Alan Turing.

Two-factor theory of emotion See *Schachter-Singer theory of emotion*.

Uncanny valley A sharp decline and decrease in how human beings like or feel empathy for a robot if it becomes too "human-like". When humans encounter this "too human to be a robot, but just missing something" appearance, it elicits unease and discomfort.

Uncertainty avoidance A dimension proposed by psychologist Geert Hofstede in his work on differences between cultures. Uncertainty avoidance is how much a cultural environment and its people are tolerant of ambiguity or change.

Uncertainty See *anxiety*.

Ventromedial prefrontal cortex Part of the prefrontal cortex and frontal part of the brain, it operates in regulating activity in another part of the brain called the amygdala. Together, these influence how well we regulate and use emotions for decision-making.

Vicarious joy Joy experienced for another's success, well-being, or happiness. Also referred to as *sympathetic joy*.

Vigour A pleasant emotional state that results in feelings of enhanced strength, mental sharpness, and emotional energy.

Wanderlust A strong desire to travel and experience continued, varied travel experiences.

Warm-glow giving A pleasant emotional experience felt when we give something to benefit another.

William James Psychologist and philosopher often considered as the Founding Father of American Psychology.

Winter blues See *seasonal affective disorder*.

World Happiness Report An annual publication from the United Nations' Sustainable Development Solutions Network. Based on data primarily from the Gallup World Poll, the report ranks country-level happiness using a combination of economic and psychological criteria such as GDP per capita, life expectancy, and social support. See also *Prosperity Index*.

Worry A thought process that causes us to stay vigilant and on guard towards possible dangers.

Xenophobia A prejudiced attitude towards immigrants. The term has also recently been used to describe a persistent fear of foreigners.

Yearning A desire for or deep wish to obtain something.

Zeal An emotion that causes us to adopt an extreme form of conviction towards an idealistic cause. Zeal may motivate unshakeable loyalty towards our group and intolerance of other groups, making it an emotion experienced in religious or political rivalries.