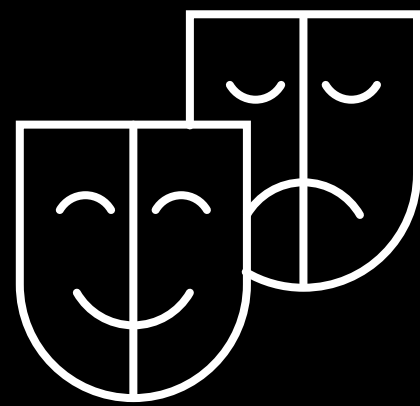


Lisa Feldman Barrett PhD



Emotions: Separating Fact from Fiction

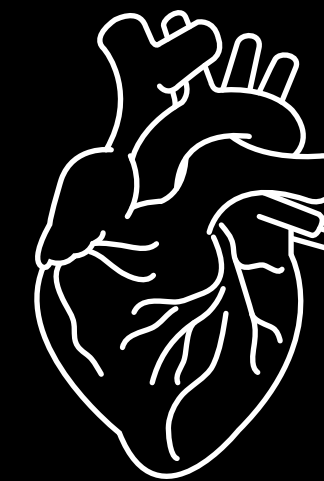
Three Fictions



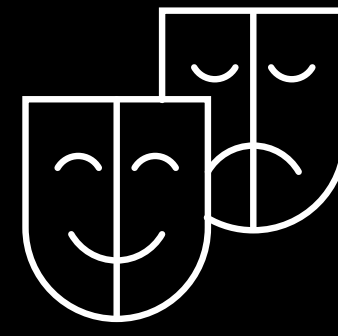
FACES



BRAINS



BODIES



Emotions are displayed on the face
with expressions we recognize.



Nº 1



Barrett et al. (2019). *Psychological Science in the Public Interest*



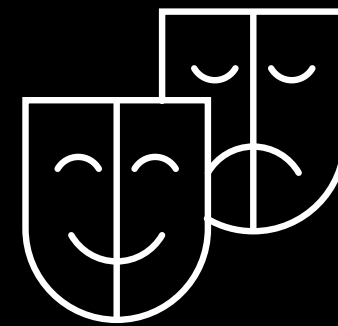
Photo courtesy of Linda Camras

Barrett et al. (2019). *Psychological Science in the Public Interest*



FACT Nº 1

A face does not speak for itself.



VARIATION IS THE NORM







STEREOTYPES





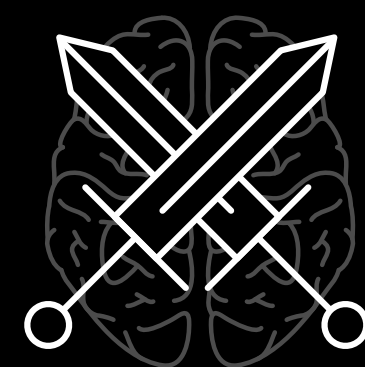
The emotions you seem to detect in other people
are partly inside your own head.



There are dedicated emotion
circuits in the brain.



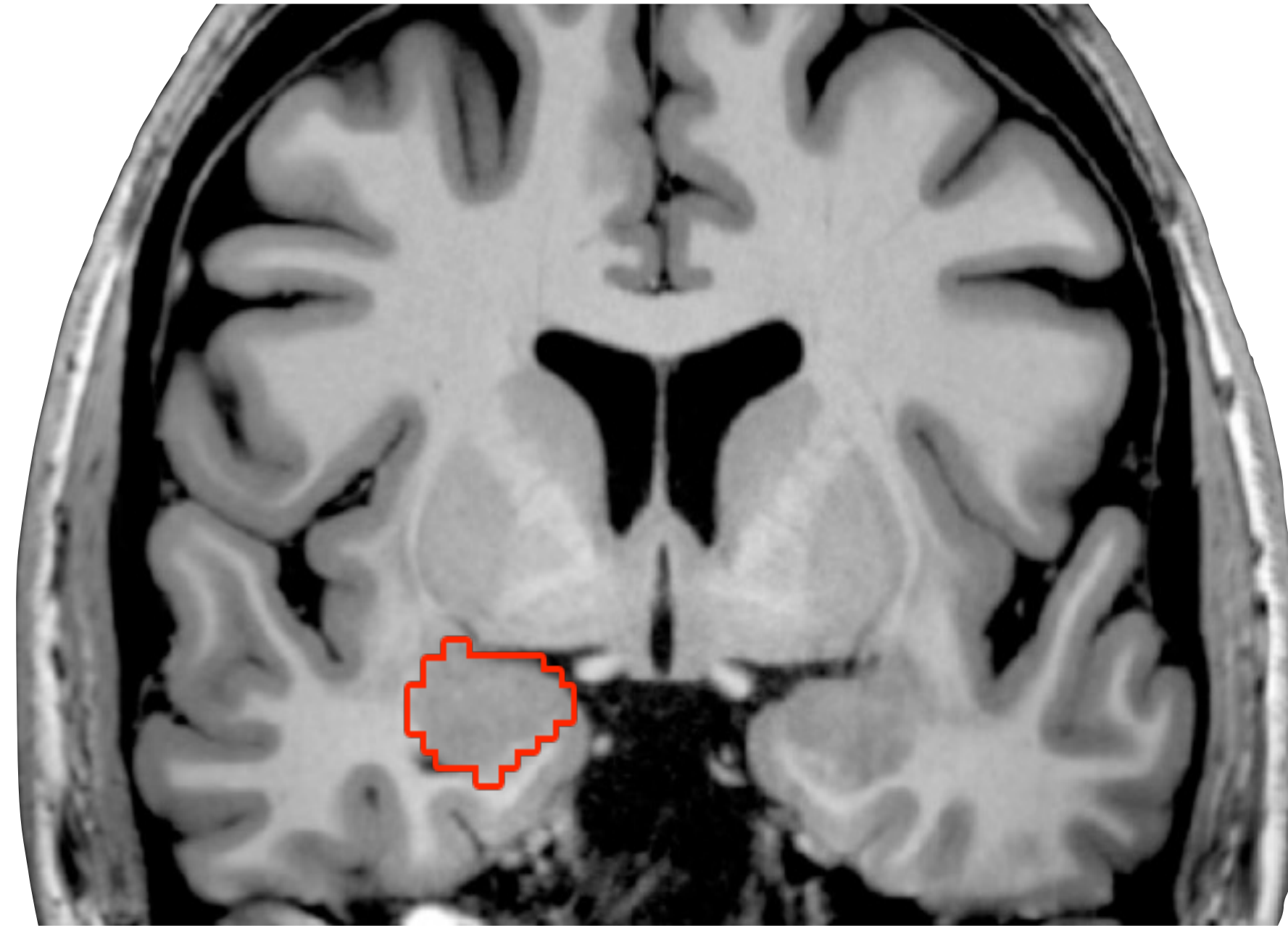
Nº 2



A brain is a battleground between
reason and emotion

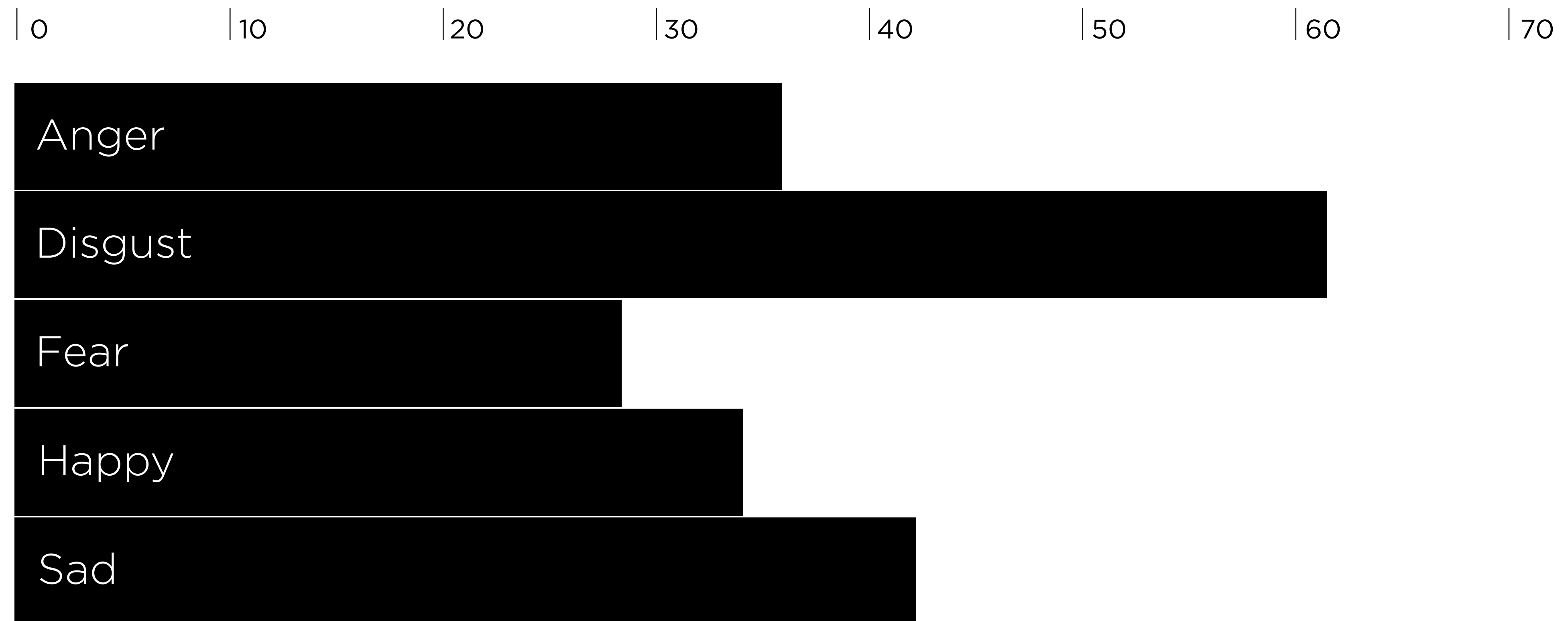
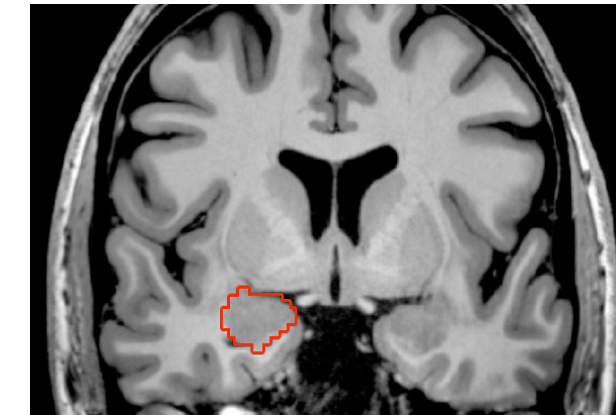


Nº 2

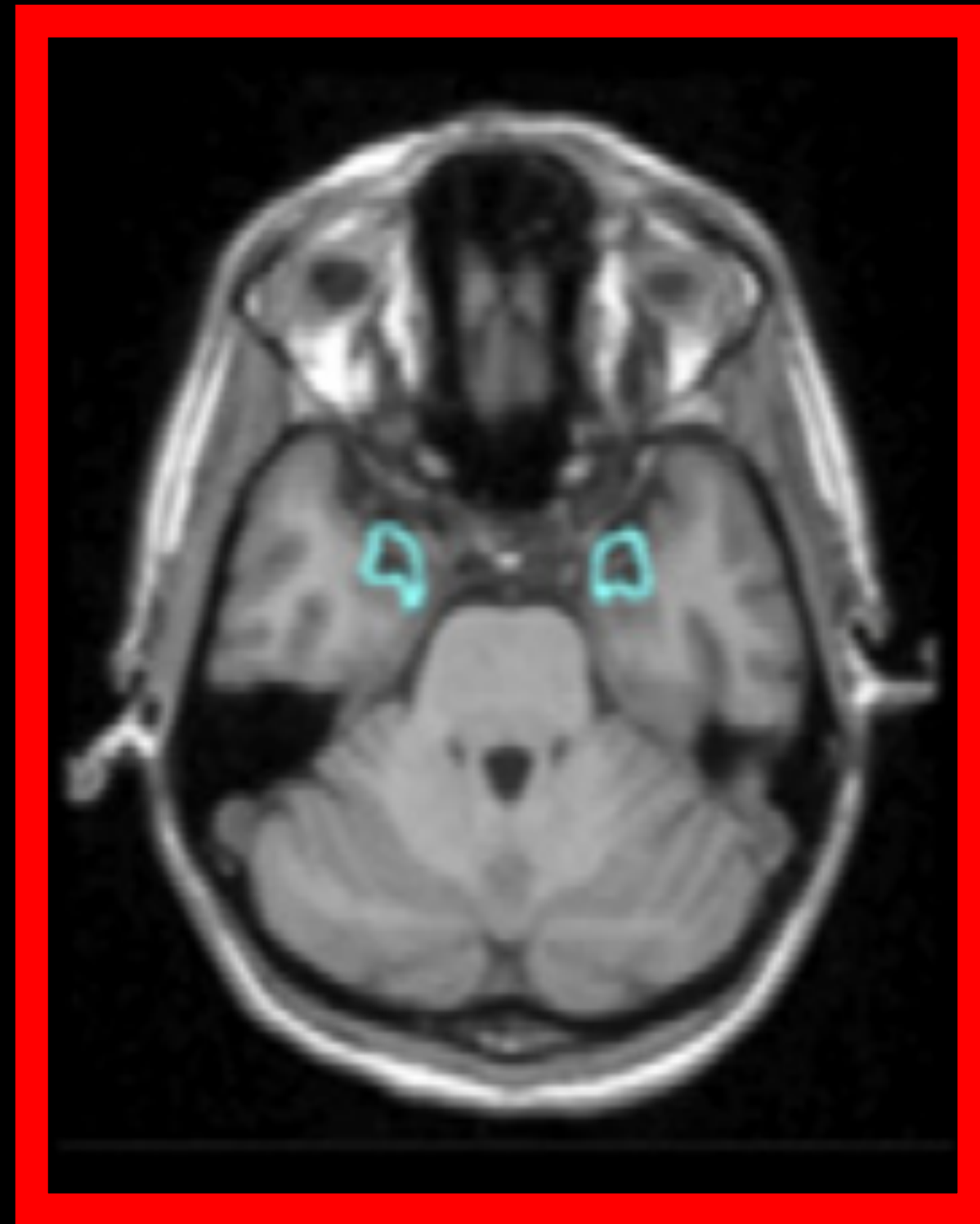


Amygdala

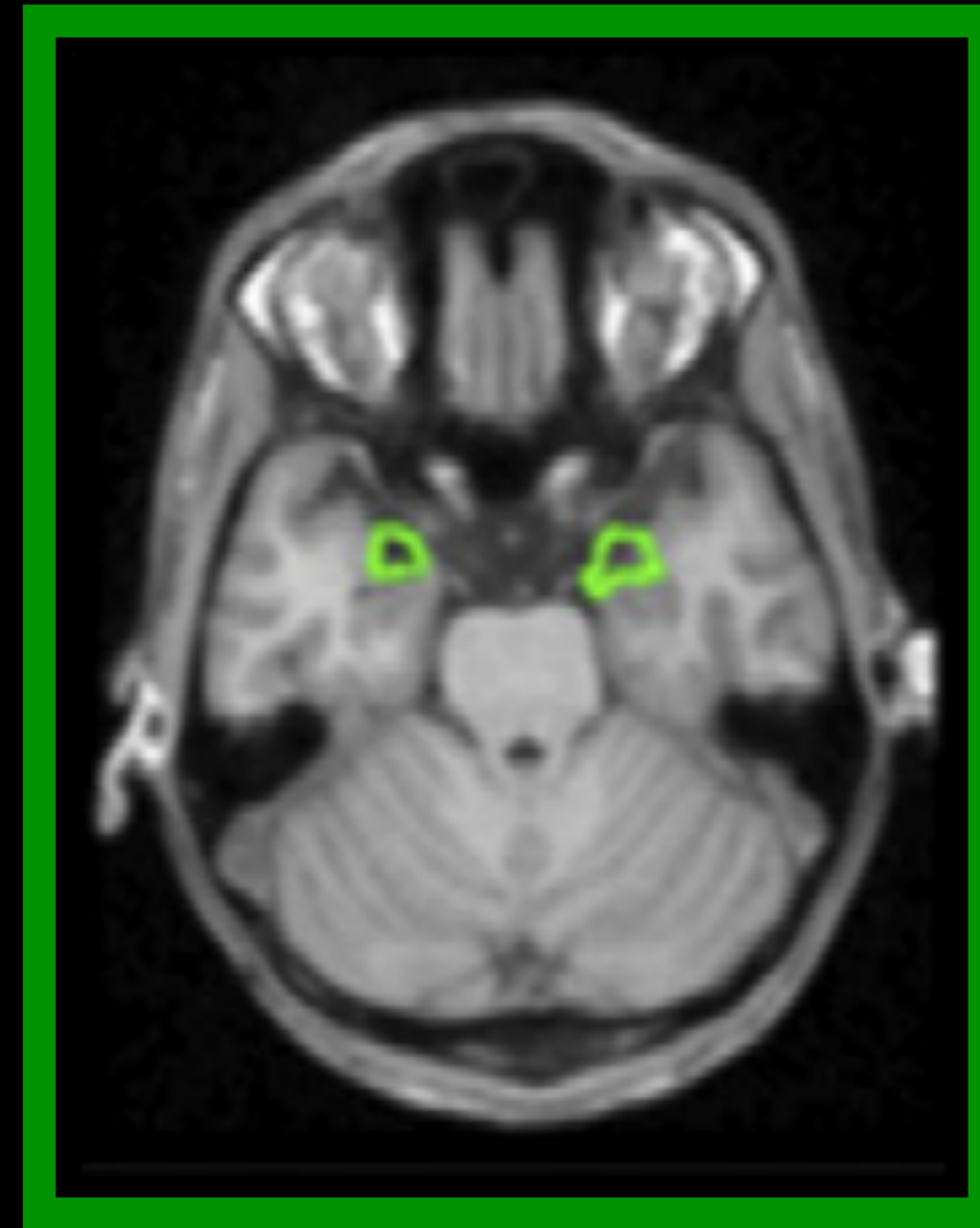
Proportion of Studies Reporting Increased Amygdala Activity



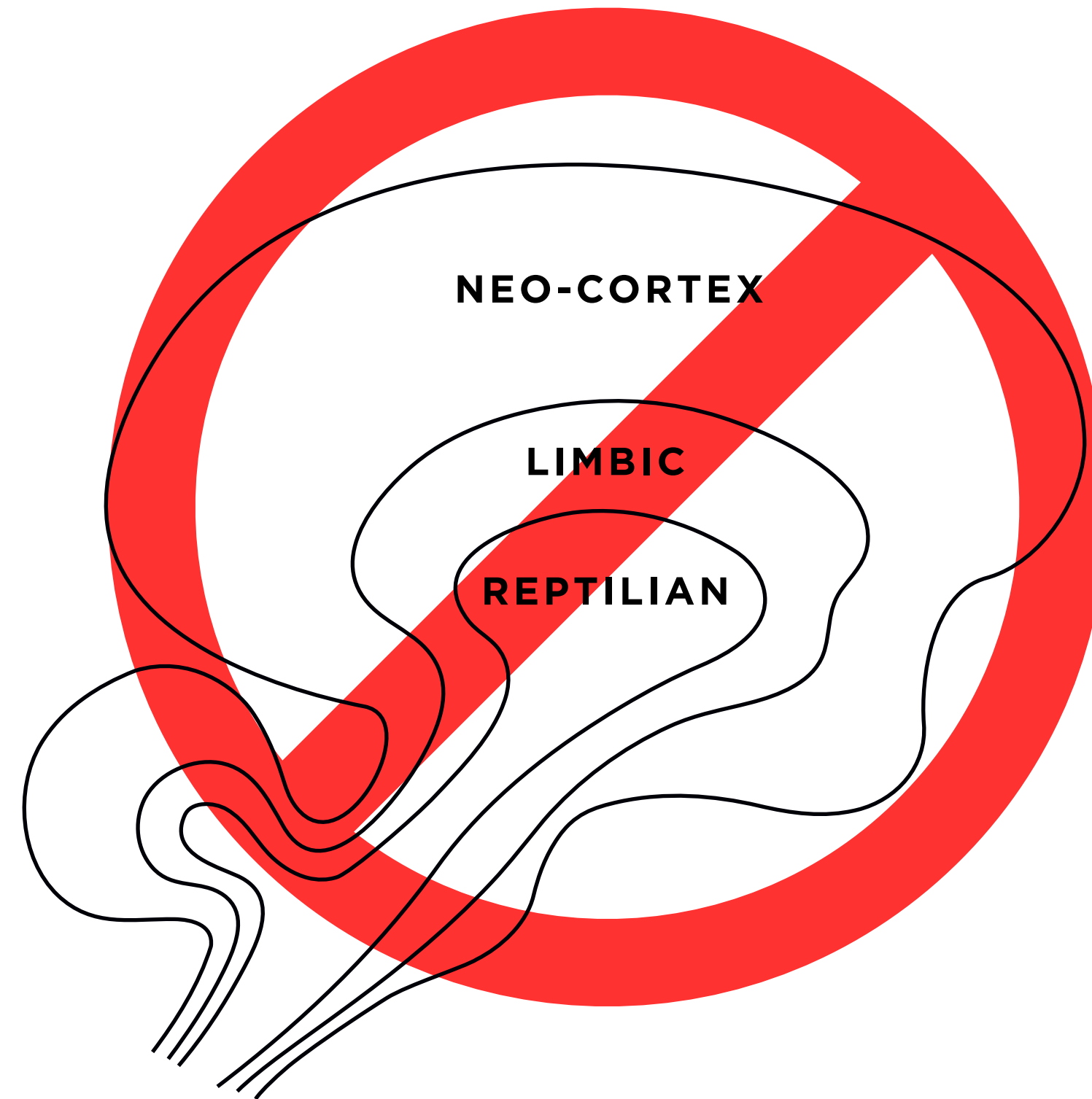
Monozygotic Twins with Amygdala Lesions



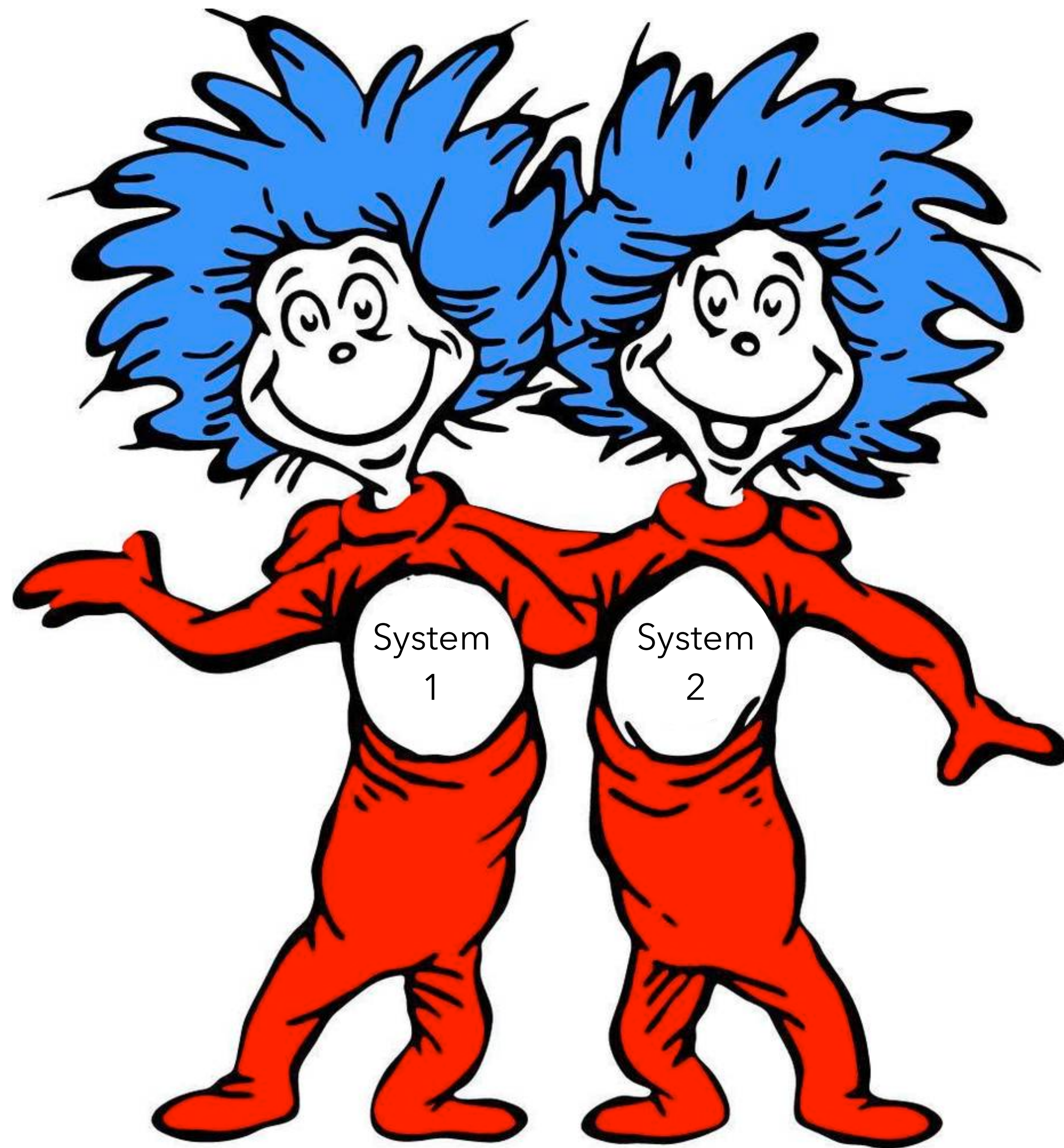
BG



AM



Triune Brain



FACT № 2

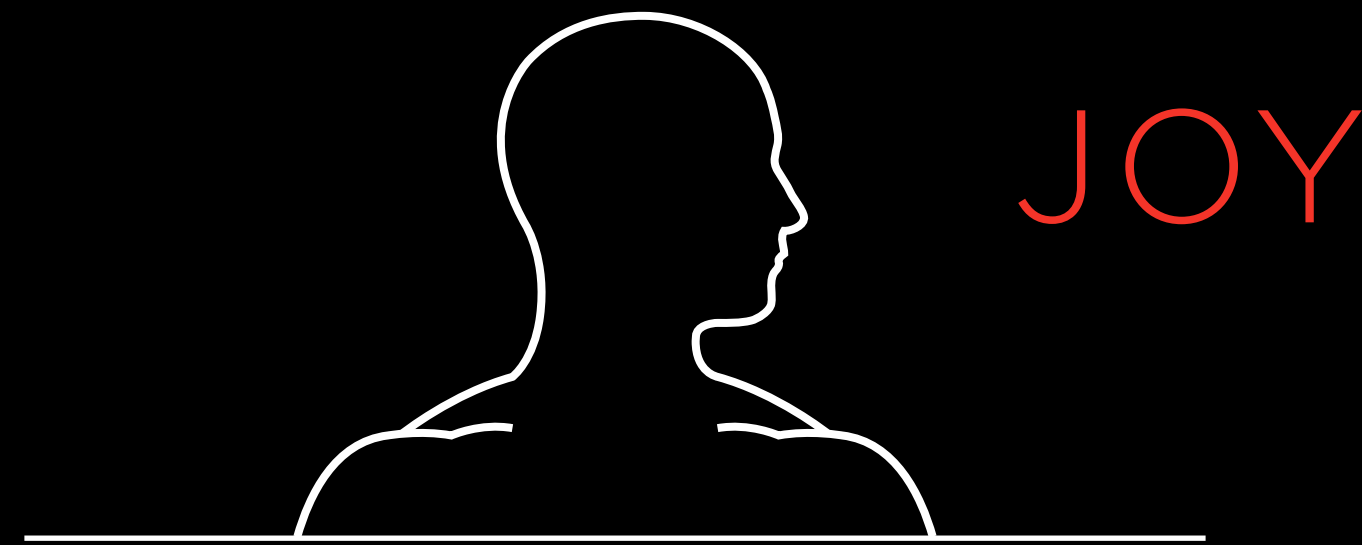
Emotions are complex constructions, not simple circuits.



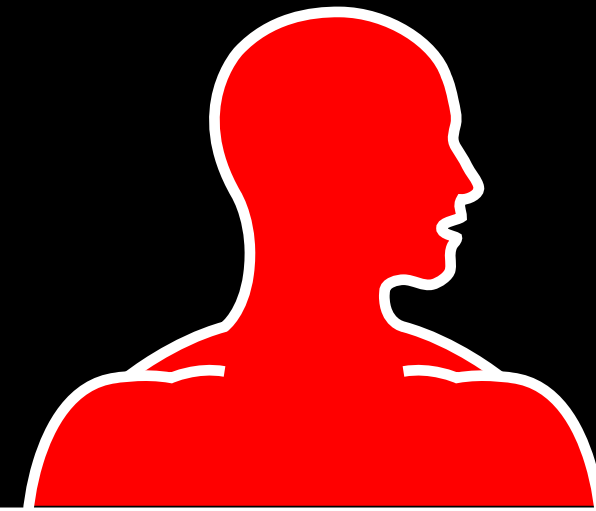
FACT NO 2

Reason does not rule emotion.
(They don't live in separate parts of the brain.)

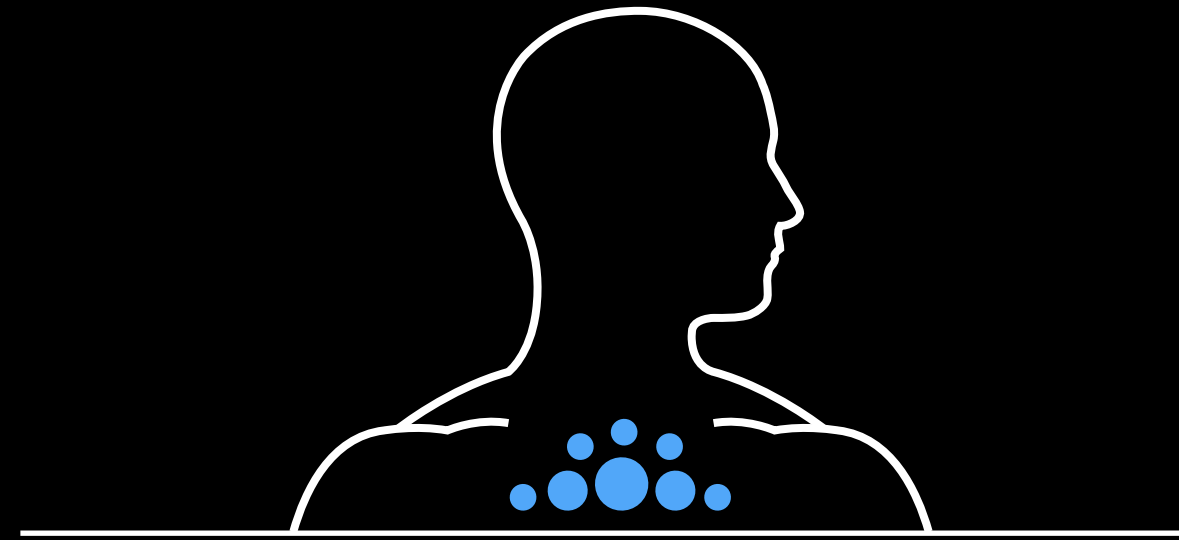




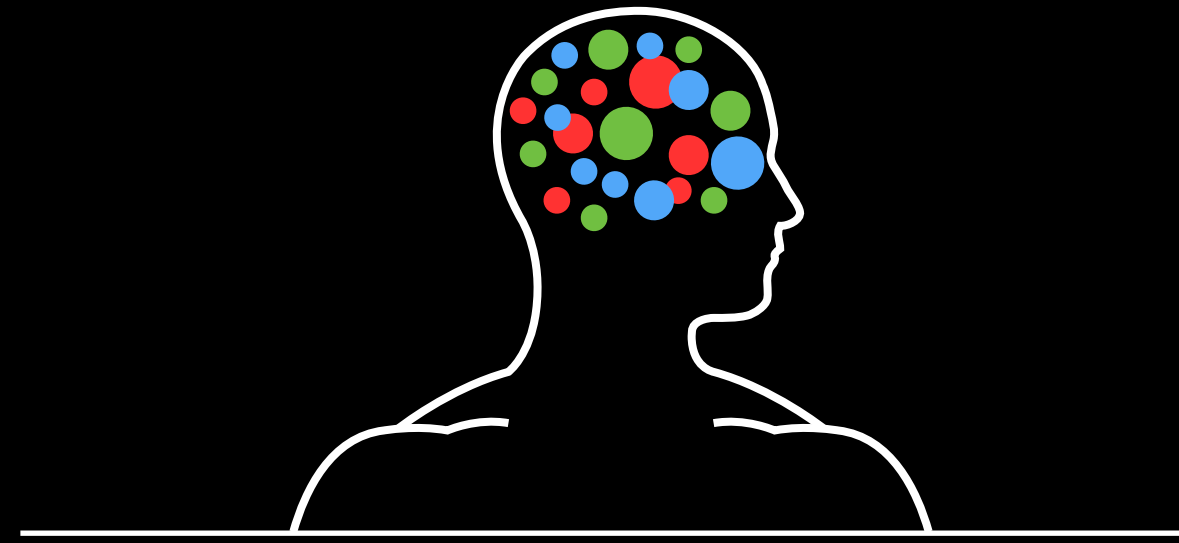
Emotions are not built in.
They're built.



Emotions that seem to happen to you
are made by you.

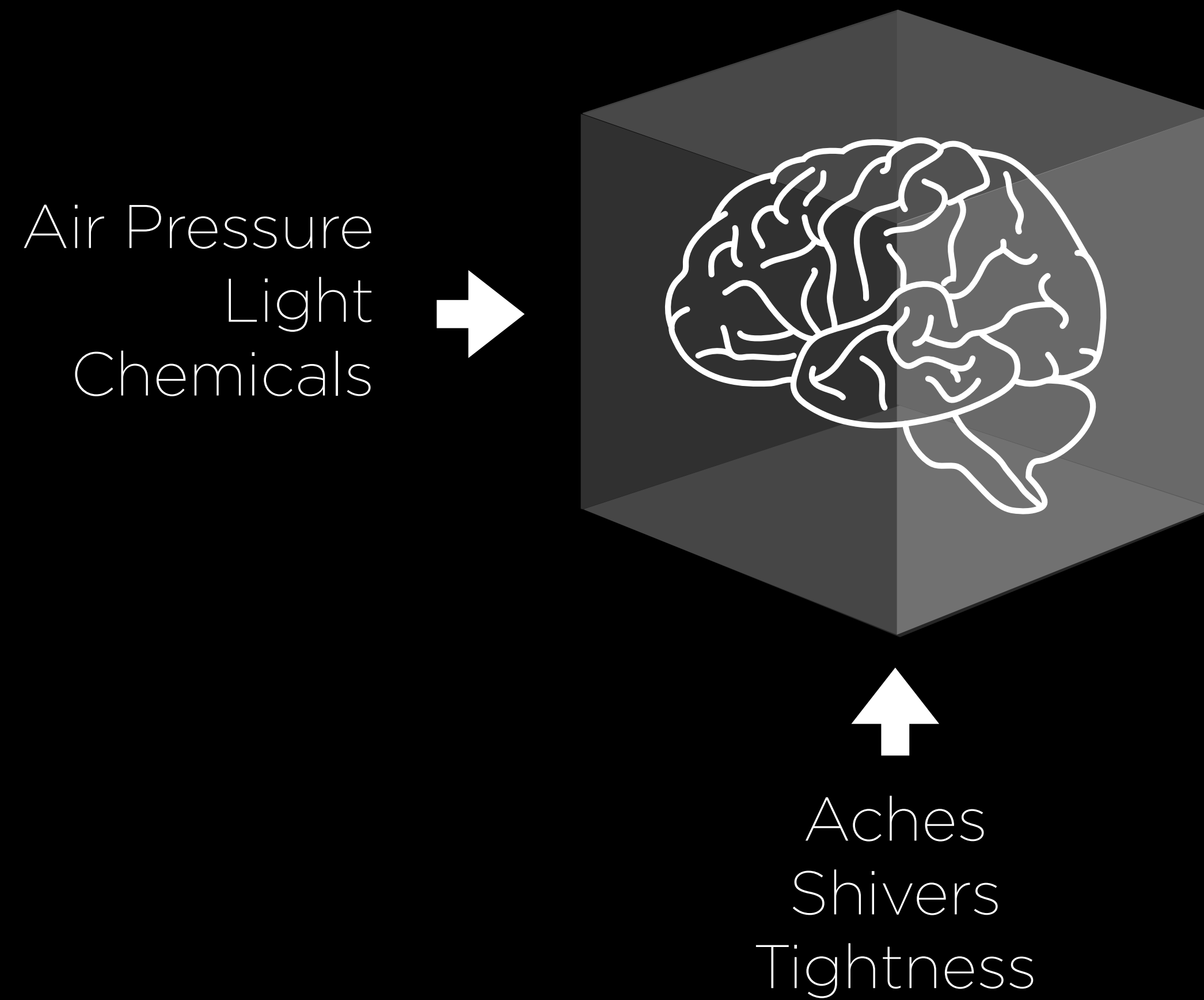


Physical changes in your body have no
inherent emotional meaning.

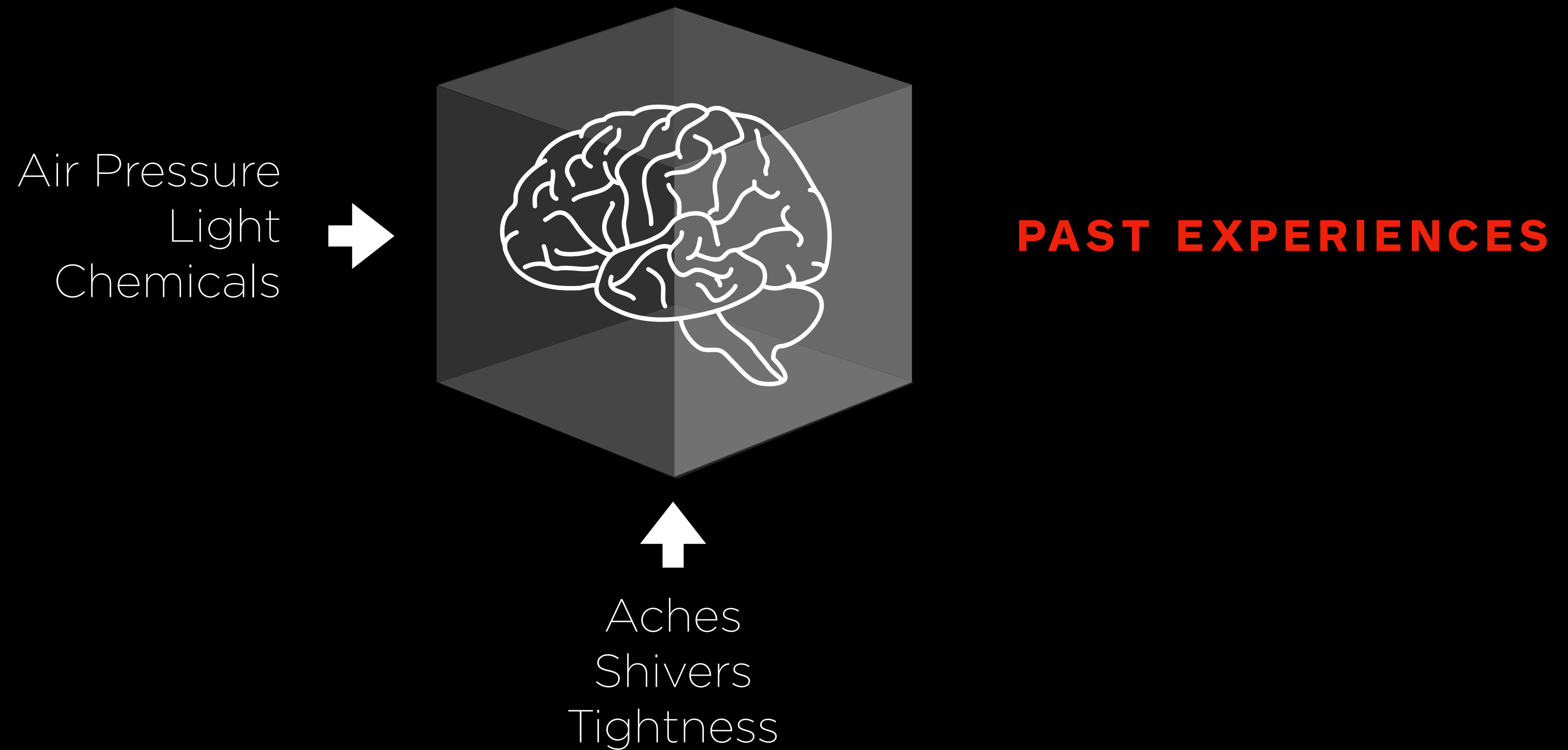


Your brain makes bodily changes meaningful
as an episode of emotion.

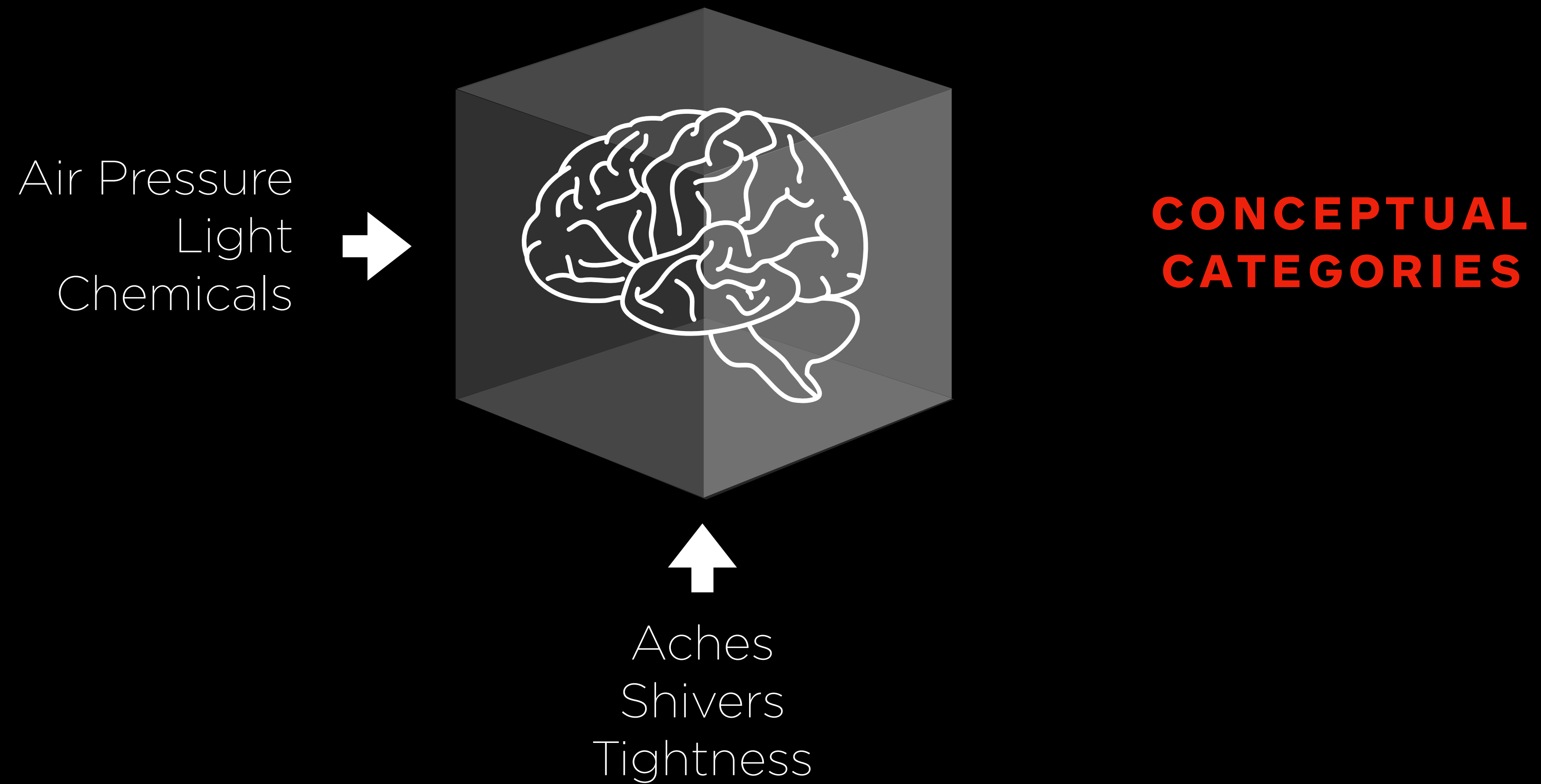
Reverse Inference Problem

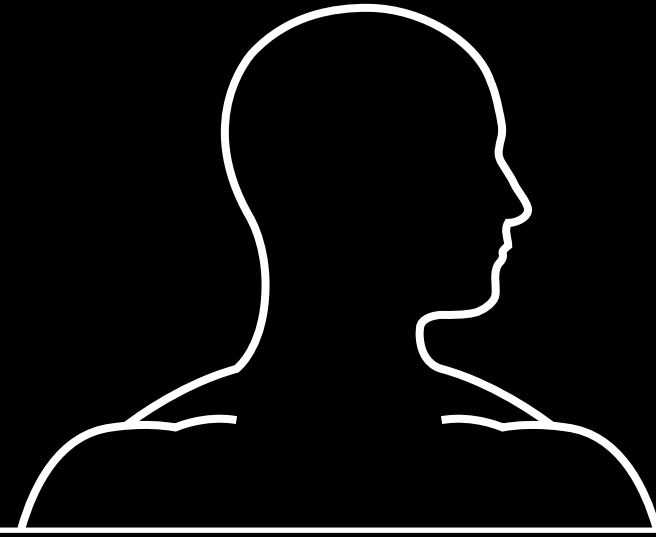


Reverse Inference Problem

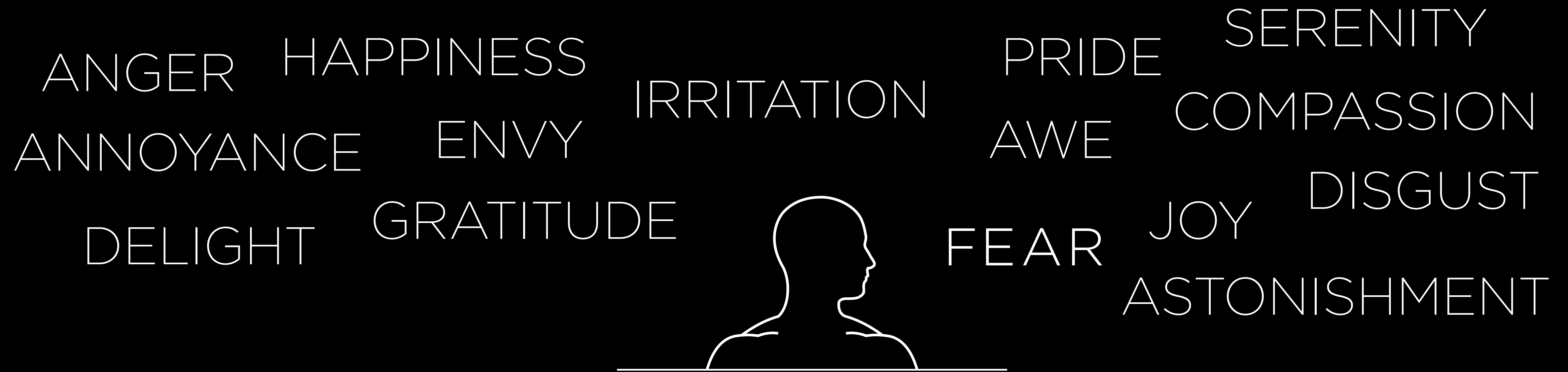


Reverse Inference Problem

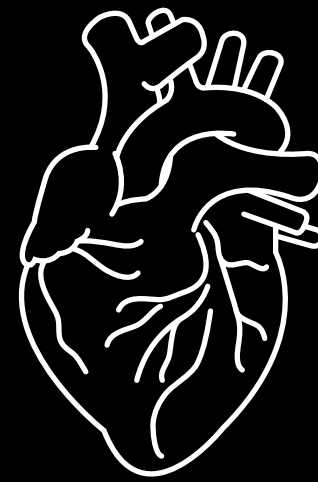




Emotional Granularity



Emotional Granularity



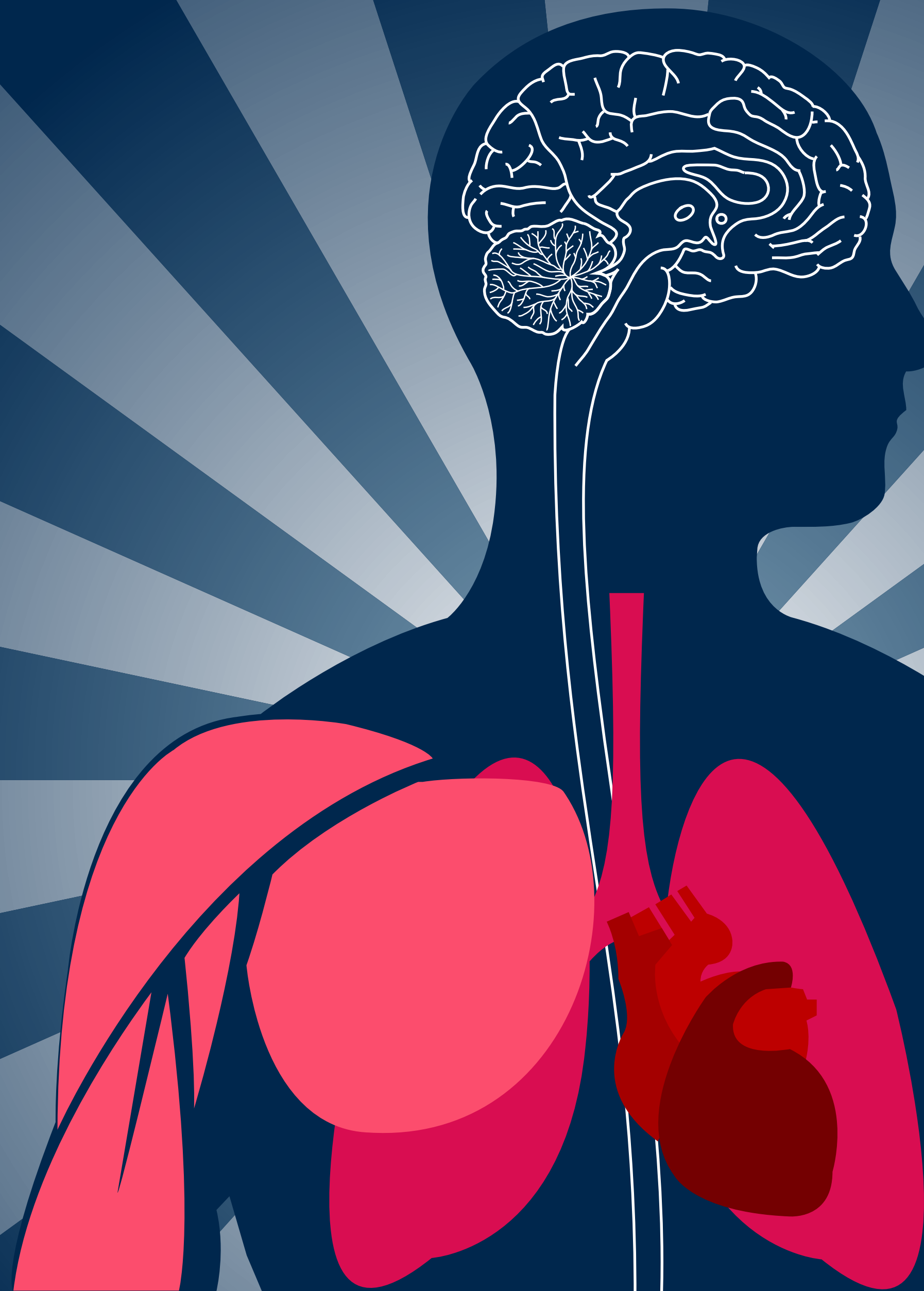
The body is important for emotion but
unimportant for thinking

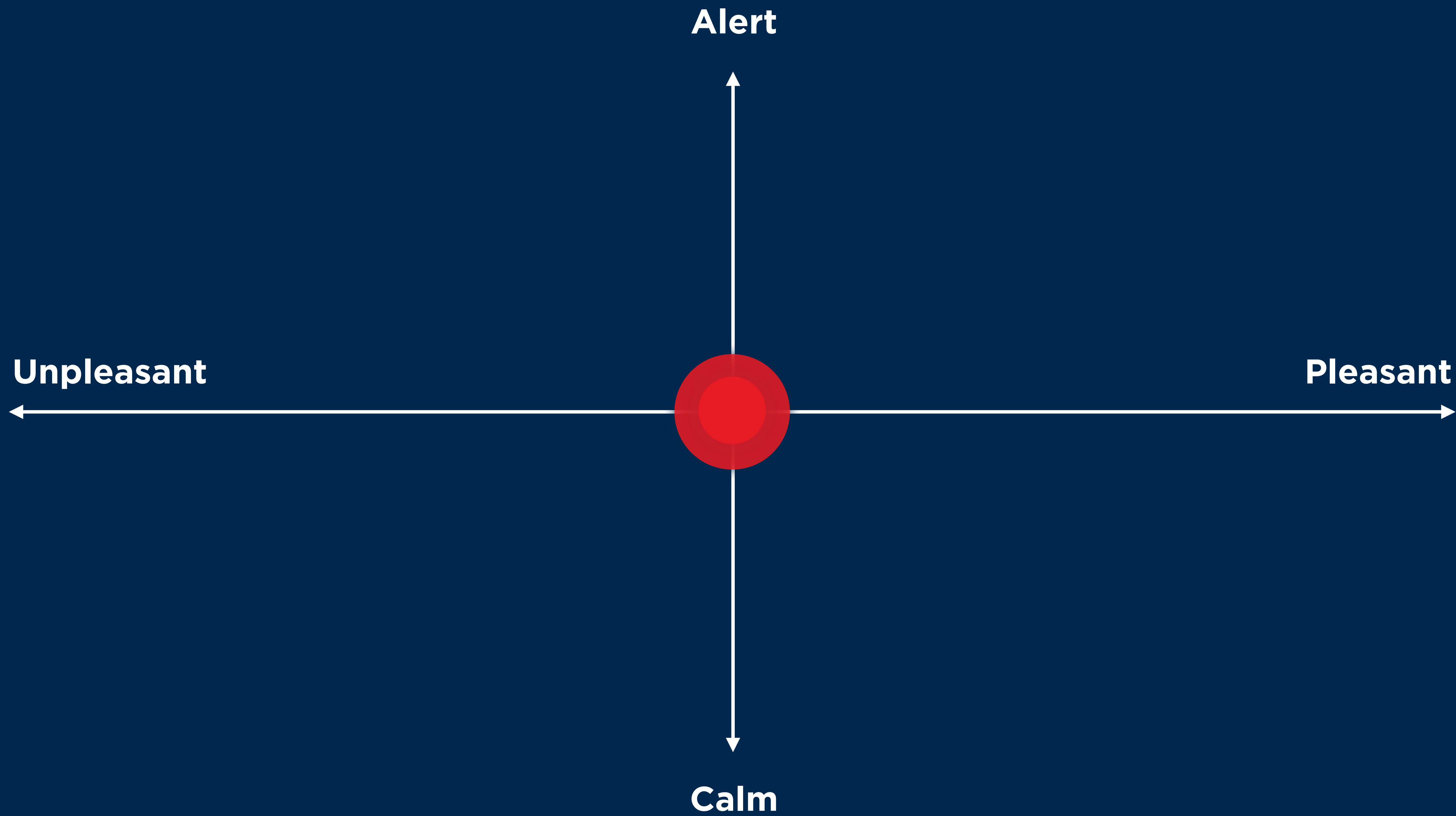


Nº 3



“The core task of all brains
... is to regulate the
organism’s internal milieu...
by *anticipating* needs and
preparing to satisfy them
before they arise.”

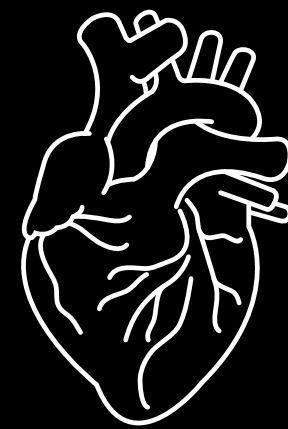




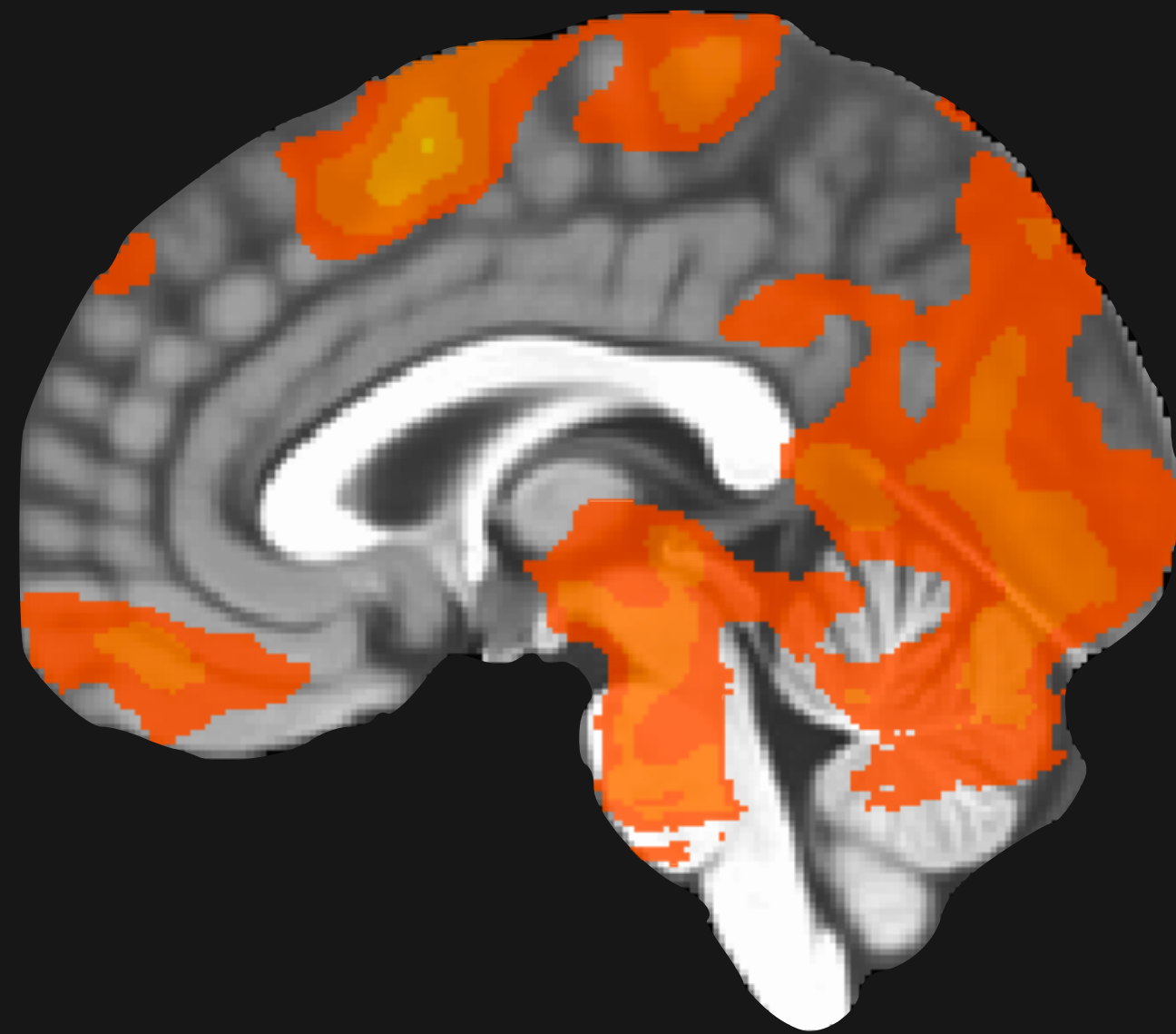
AFFECT

FACT Nº 3

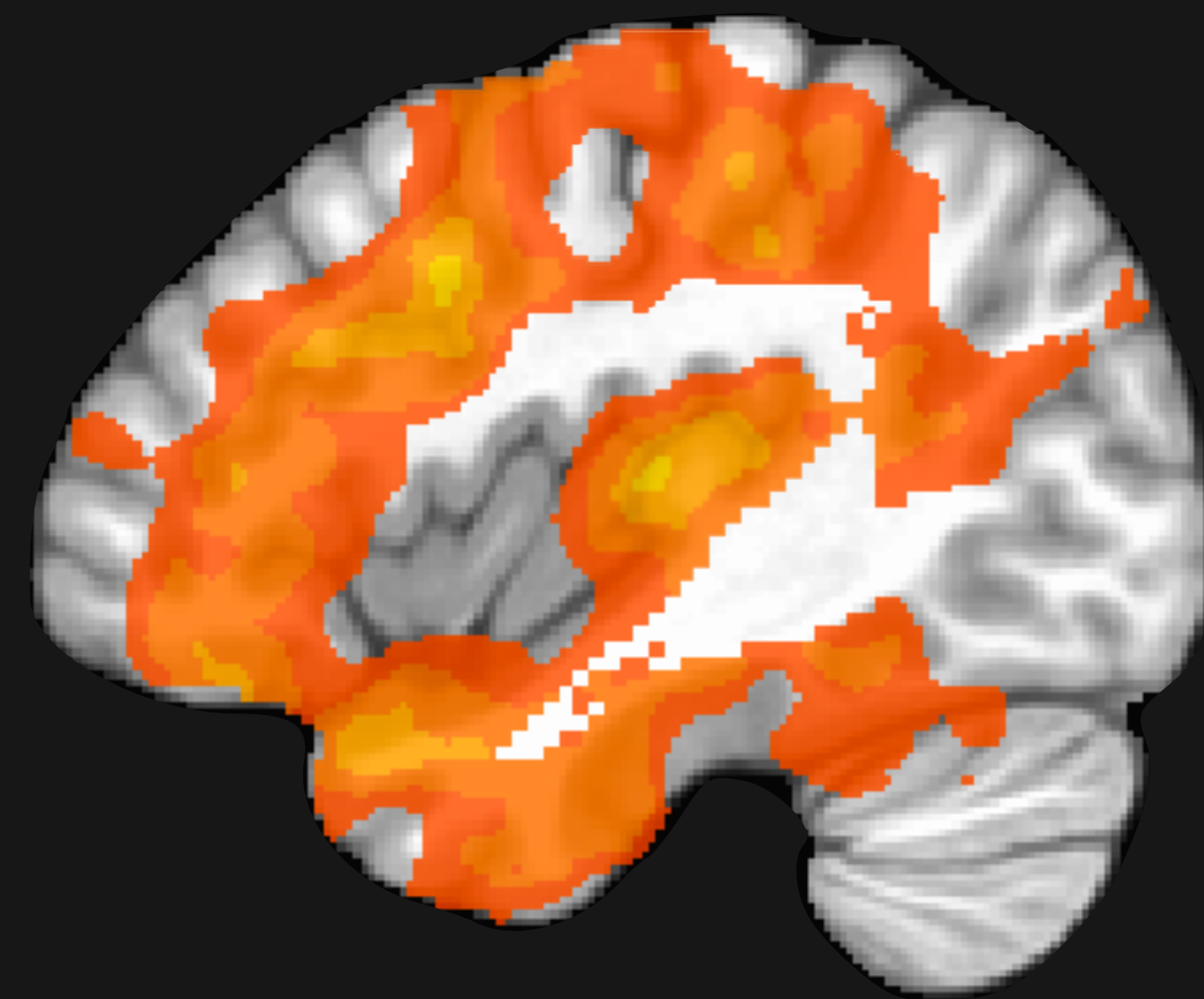
Your body is part of your mind.



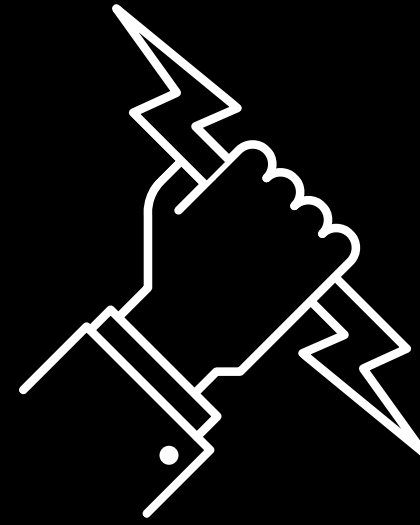
Words in the Brain



Medial



Lateral



Words Are Powerful



We co-construct emotions.



You influence the brains and bodies of
those around you



and they return the favor



HOW EMOTIONS
ARE MADE



The Secret Life of the Brain

LISA FELDMAN BARRETT



LESSONS
ABOUT THE
BRAIN

LISA
FELDMAN
BARRETT

AUTHOR OF
How Emotions Are Made

LisaFeldmanBarrett.com

Thank You.
