“Other” Assignment #8

For this assignment, you will conduct a simple test of the James-Lange theory. Recall that this theory states that your emotions stem from your body's reactions, including your internal arousal state, your body posture and your facial expressions.

For this test, you are to spend one day wherein you smile as much as humanly possible. Basically, no matter what is happening, try to keep a smile on your face at all times. Try to do this for a whole day and note what emotions you feel.

Then, on a different day, spend the whole day frowning as much as humanly possible. Basically, under all conditions, maintain your frown, no matter what is going on around you. Try to do this for a whole day and note what emotions you feel.

For the written part of the assignment, explain how this activity tests the James-Lange theory of emotion. In addition, relate whether your experiences support that theory or not. Make sure you justify your answer (i.e., explain why your experience supports the theory or not).

Approximate length: 1 – 2 pages.

Due date: 4/15/03