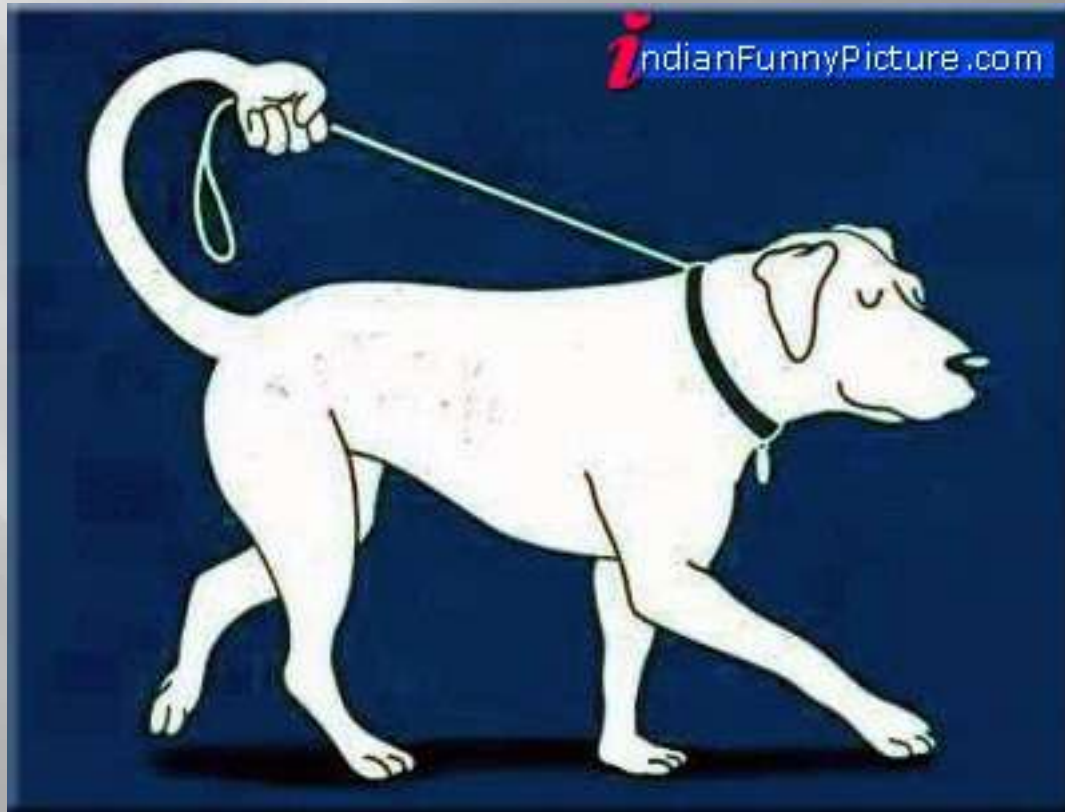


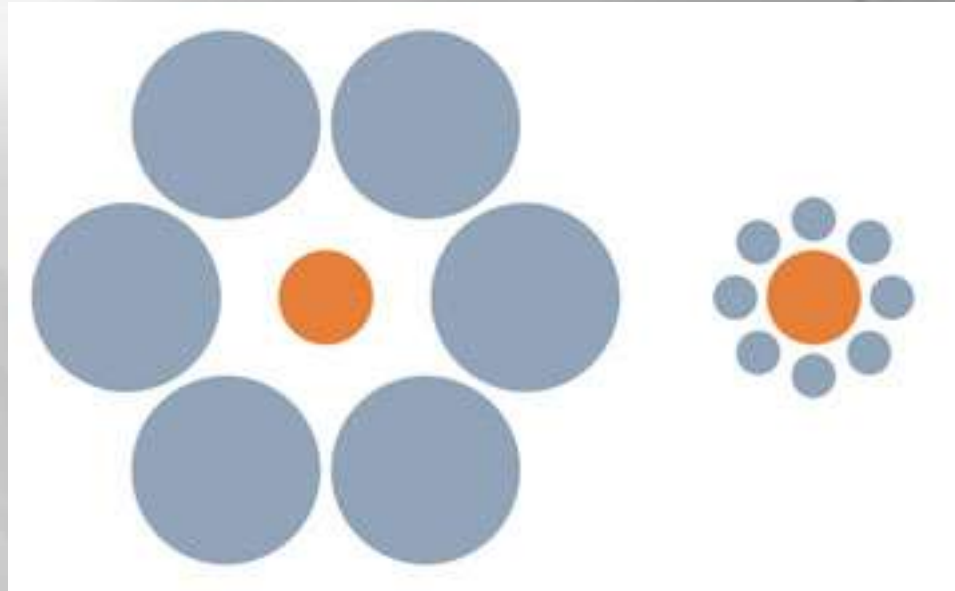
# The Principles of Human Struggle

Emotion, motivation, and action



**What the eye doesn't see the heart doesn't ache for.**

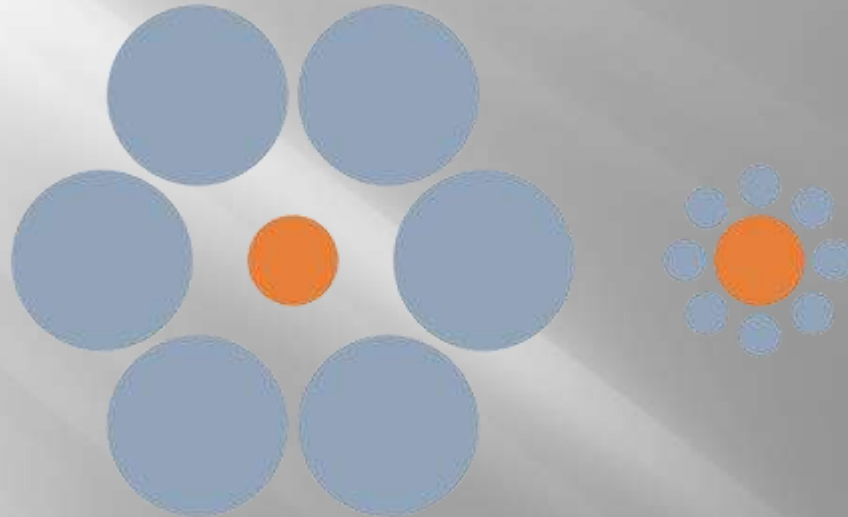
*(Czech proverb)*



**How powerful are the effects  
of context?**

**What the eye doesn't see the heart doesn't ache for.**

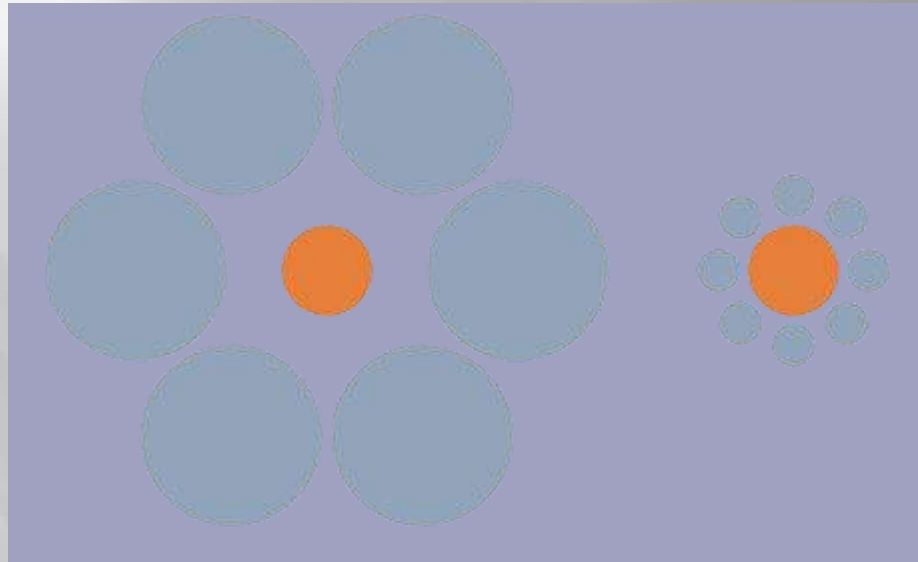
*(Czech proverb)*



**How powerful are the effects  
of context?**

**What the eye doesn't see the heart doesn't ache for.**

*(Czech proverb)*



**How powerful are the effects  
of context?**





R A B E D

# PRIMING

## R A B E D



*= previously processed stimuli influence the processing of subsequent stimuli*



# SEMANTIC PRIMING

R A B E D



*= previously processed stimuli influence the processing of subsequent stimuli*

**How powerful are the effects of context on our behaviour?**

# Behavioural priming

# Behavioural priming



# Behavioural priming

# Behavioural priming



Ever heard of  
subliminal  
advertising  
messages?

# Behavioural/social priming

Bargh, J. A., Chen, M., & Burrows, L. (1996). Automaticity of social behavior: Direct effects of trait construct and stereotype activation on action. *Journal of Personality and Social Psychology*, 71(2), 230-244.

## STEREOTYPE PRIMING

*Showing participants words associated with certain concepts can influence their behaviour*

- ❑ **EXPERIMENT 1: Priming rudeness made participants interrupt the experimenter more quickly and frequently**
- ❑ **EXPERIMENT 2: Priming old age made participants walk more slowly**
- ❑ **EXPERIMENT 3: Subliminally priming African American stereotype made participants react with more hostility to the experimenter's request**

**What do you think of this?**





# Behavioural/social priming

Bargh, J. A., Chen, M., & Burrows, L. (1996). Automaticity of social behavior: Direct effects of trait construct and stereotype activation on action. *Journal of Personality and Social Psychology*, 71(2), 230-244.

## STEREOTYPE PRIMING – problems?

- ❑ **EXPERIMENT 2: Priming old age made participants walk more slowly:** “For the elderly prime version, the critical stimuli were *worried, Florida, old, lonely, grey, selfishly, careful, sentimental, wise, stubborn, courteous, bingo, withdraw, forgetful, retired, wrinkle, rigid, traditional, bitter, obedient, conservative, knits, dependent, ancient, helpless, gullible, cautious, and alone.*”

# Behavioural/social priming

Messner, C., & Brügger, A. (2015). Nazis by Kraut: A playful application of moral self-licensing. *Psychology*, 6(9), 1144-1149.

- ▣ **Drinking sauerkraut juice as opposed to less healthy drinks makes people respond more positively to Nazi-esque right wing ideology, *which supports the idea of moral licensing*** (“If I do something really beneficial though unpleasant, I have a right to do loosen my moral standards for a while.”)



# Behavioural/social priming

- ▣ **Is it plausible that our mind works this way?**
- ▣ Most studies on behavioural/social priming have **NOT** been replicated
- ▣ What is going on?
  
- ▣ *Whether and how a prime will affect our behaviour, attitudes and feelings depends on what motivational value it already has to us and what associations the prime triggers in us based on our unique experience.*

*Input – what is happening?*

# **Cognition**

**Emotion**

*Signal – how does it  
relate to me?*

**Motivation**

*How should I  
respond?*



# Behavioural/social priming

- ▣ **Is it plausible that our mind works this way?**
- ▣ Most studies on behavioural/social priming have **NOT** been replicated
- ▣ What is going on?
  
- ▣ *Whether and how a prime will affect our behaviour, attitudes and feelings depends on what motivational value it already has to us and what associations the prime triggers in us based on our unique experience.*

*If you hate Coke, that subliminal ad won't work on you. If you sell Coke or work for the Coca-Cola company, it probably won't work either.*

**What *definitely* works**

# Classical Conditioning

## ▣ I. P. Pavlov

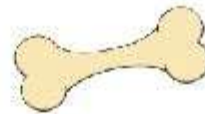


# Classical Conditioning

Before conditioning

**FOOD**  
**(UCS)**

**SALIVATION**  
**(UCR)**



**BELL**

**NO RESPONSE**



During conditioning

**BELL +**  
**FOOD**  
**(UCS)**

**SALIVATION**  
**(UCR)**



After conditioning

**BELL**  
**(CS)**

**SALIVATION**  
**(CR)**





# Classical conditioning

Why is this important to us (humans)?

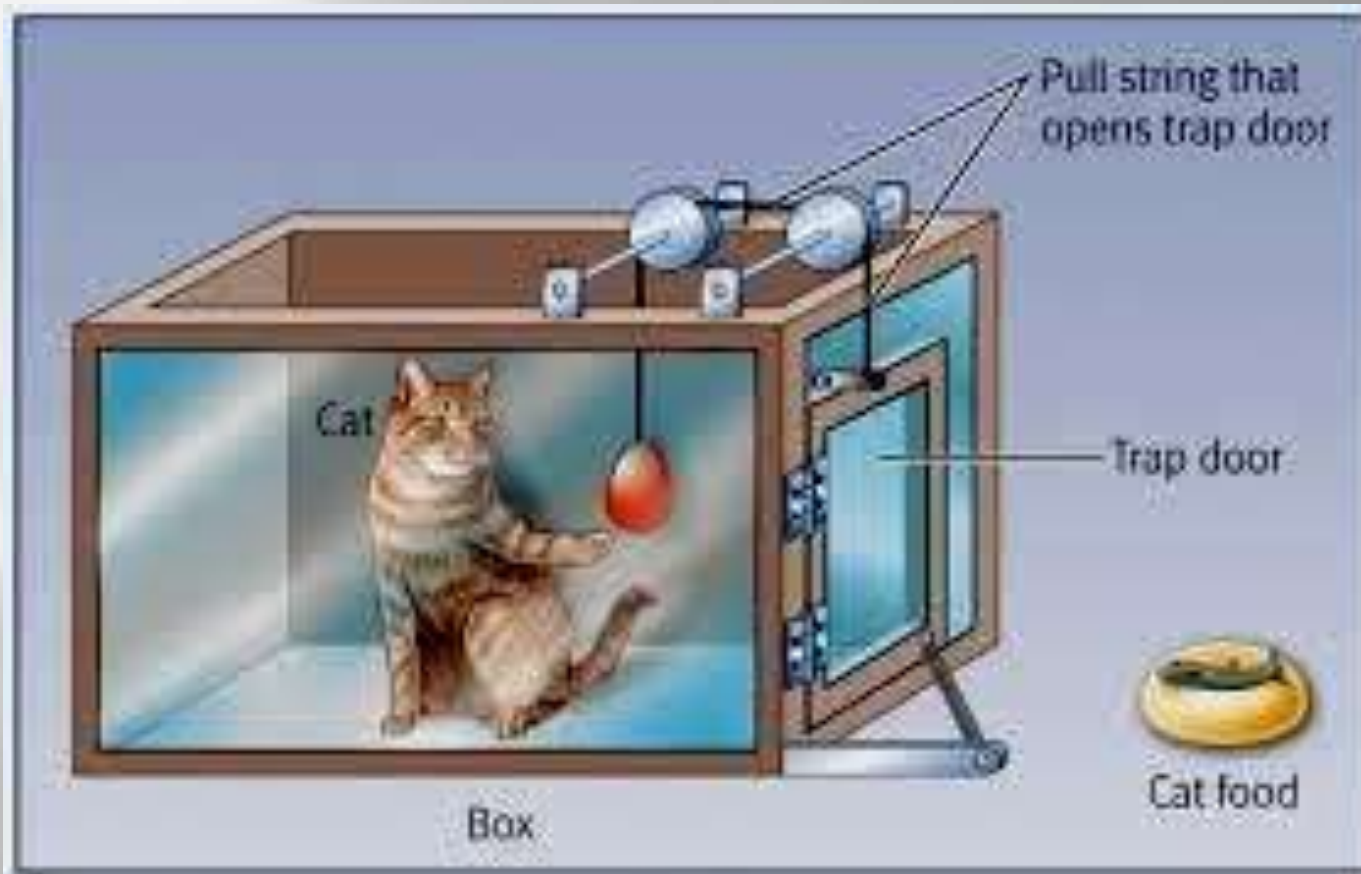
- ▣ *Salivation in Pavlov's dogs signals increased anticipation of reward = increased need*
- ▣ *Cues in the environment previously associated with motivational states will become **triggers of those motivational states** in the future regardless of whether the reward/punishment is currently present or not.*

# Instrumental learning

## ▣ E. L. Thorndike



# Instrumental learning



# Instrumental learning

Why is this important to us (humans)?

- ▣ *Objects and situations can trigger automatic behavioural responses = HABITS*
- ▣ *Intertwined with classical conditioning (a stimulus triggers a motivational state as well as a behavioural response)*

# Summary: Why our behaviour is not rational

- ▣ *Our decisions and behaviours are dependent on immediate (here-and-now) cues previously associated with **motivational states** or **general human heuristic systems** rather than global judgment of advantages and disadvantages in different situations.*
- ▣ *While we are capable of making **relatively** more global judgments, the quality and perceived necessity of these judgments is **ALSO** influenced by the present context.*
- ▣ *This is because our capacity of information processing is limited.*



**Fighting off contextual  
emotional/motivational cues:**  
*How to resist temptations?*

# How to resist temptations?

## Emotion regulation

- ▣ *J. Gross*
- ▣ **PREVENT THOSE PESKY LITTLE TRIGGERS FROM ENTERING THE BRAIN AND PRODUCING AUTOMATIC RESPONSES!!!**
- ▣ **How...?**





# How to resist temptations?

## Emotion regulation

- ▣ *Choose situation*



# How to resist temptations?

## Emotion regulation

- ▣ *Choose situation*
- ▣ *Change situation*



# How to resist temptations?

## Emotion regulation

- ▣ *Choose situation*
- ▣ *Change situation*
- ▣ *Divert attention*



# How to resist temptations?

## Emotion regulation

- ▣ *Choose situation*
- ▣ *Change situation*
- ▣ *Divert attention*
- ▣ *Change thinking*



# How to resist temptations?

## Emotion regulation

- ▣ *Choose situation*
- ▣ *Change situation*
- ▣ *Divert attention*
- ▣ *Change thinking*
- ▣ *Act as if nothing happened*



# How to resist temptations?

Emotion regulation – EFFECTIVENESS:







- ▣ **Situation selection**
- ▣ **Situation modification**
- ▣ *Attentional deployment*
- ▣ *Cognitive change*
- ▣ *Response modulation*



# Reappraisal v. suppression

Gross, J. J. (1998). Antecedent-and response-focused emotion regulation: Divergent consequences for experience, expression, and physiology. *Journal of Personality and Social Psychology*, 74(1), 224.

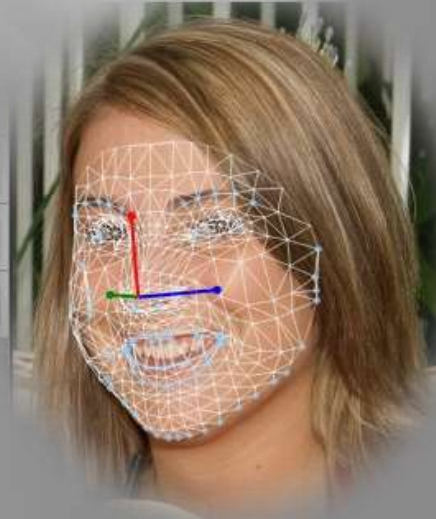
## Three groups watching a disgusting movie:

	Facial expressions	Physiological reactions
Group 1: No instruction		
Group 2: "Think of the movie in way that you'll feel nothing."		
Group 3: "Behave in a way so that others think you feel nothing."		

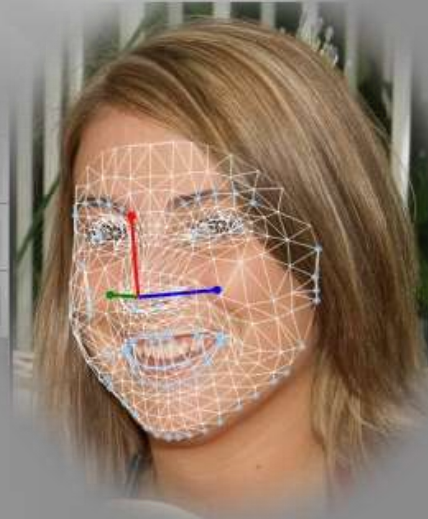
**...but do we actually know  
what we feel?**



# How do we measure emotions?



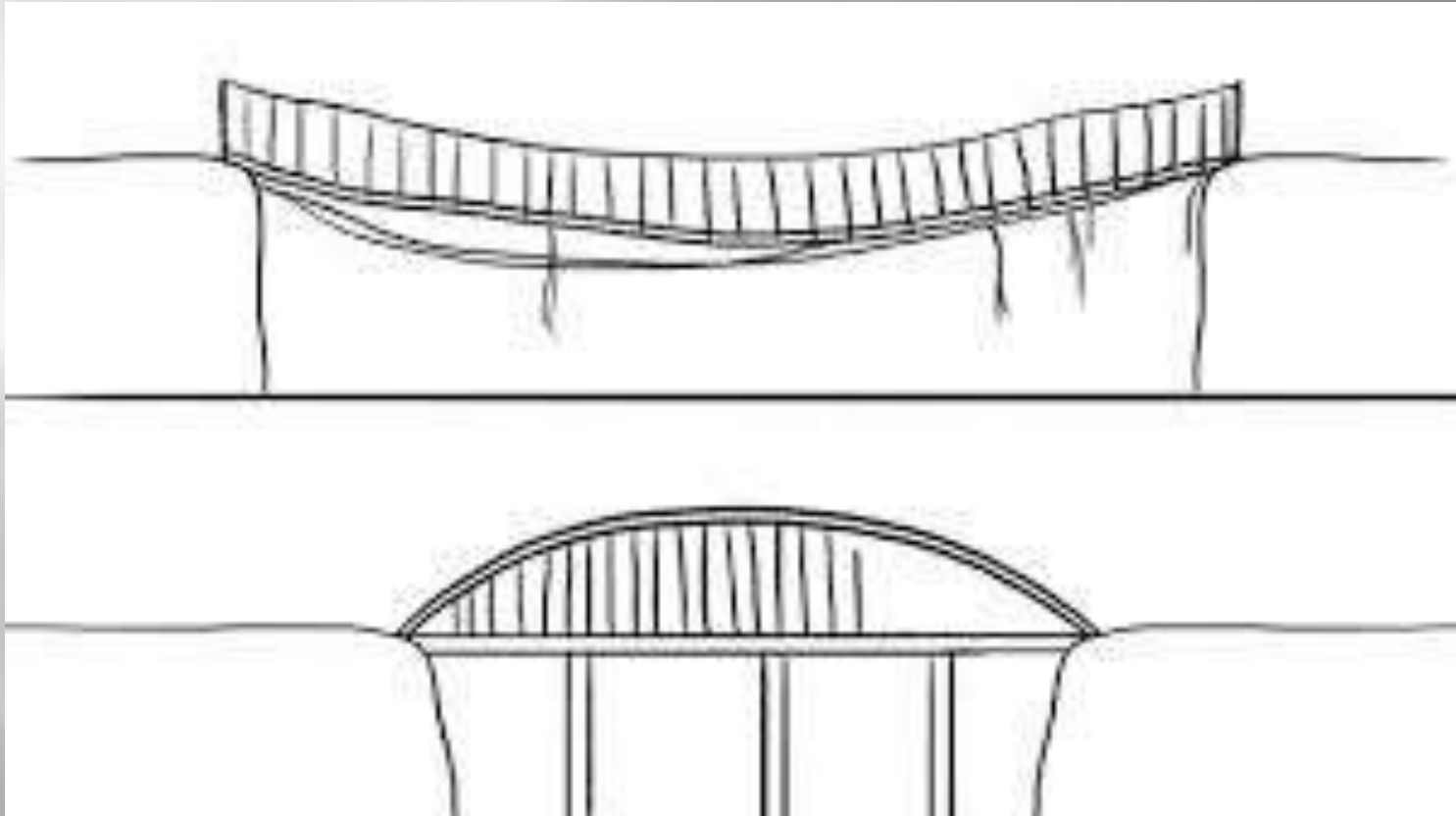
# Do these always show the same thing...?





# Falling off or falling for...?

Dutton, D. G., & Aron, A. P. (1974). Some evidence for heightened sexual attraction under conditions of high anxiety. *Journal of Personality and Social Psychology*, 30(4), 510-517.



# Falling off or falling for...?

Dutton, D. G., & Aron, A. P. (1974). Some evidence for heightened sexual attraction under conditions of high anxiety. *Journal of Personality and Social Psychology*, 30(4), 510-517.

**Asked to respond to pictures by an experimenter:**

	Filled the questionnaire	Accepted the number
Wobbly bridge ♀	22/33	78.3%
Stable bridge ♀	23/33	72.7%
Wobbly bridge ♂	22/42	27.3%
Stable bridge ♂	23/51	30.4%

# Falling off or falling for...?

Dutton, D. G., & Aron, A. P. (1974). Some evidence for heightened sexual attraction under conditions of high anxiety. *Journal of Personality and Social Psychology*, 30(4), 510-517.

**Asked to respond to pictures by an experimenter:**

	Sexual / romantic content in stories	Called the experimenter
Wobbly bridge ♀	<b>49.4%</b>	<b>9/18 50.0%</b>
Stable bridge ♀	<b>28.2%</b>	<b>2/16 12.5%</b>
Wobbly bridge ♂	<b>12.2%</b>	<b>1/6 16.7%</b>
Stable bridge ♂	<b>16.0%</b>	<b>2/7 28.6%</b>

# Misattribution of arousal







Schachter, S., & Singer, J. (1962). Cognitive, social, and physiological determinants of emotional state. *Psychological Review*, 69(5), 379-399.

- ▣ Emotional experience has two components: **physiological changes (arousal)** and **cognitive interpretation** of the situation
- ▣ If a person experiences arousal, s/he will attribute this arousal to the most “meaningful” interpretation available at the moment = risk of **misattribution of arousal**
- ▣ Later research – also works with false feedback (i.e. being provided false information about one’s actual physiological state)
- ▣ **Misattribution not necessary** – emotions bias interpretation of situation also when we are aware of the origin of feelings

# Reappraisal v. suppression

Gross, J. J. (1998). Antecedent-and response-focused emotion regulation: Divergent consequences for experience, expression, and physiology. *Journal of Personality and Social Psychology*, 74(1), 224.

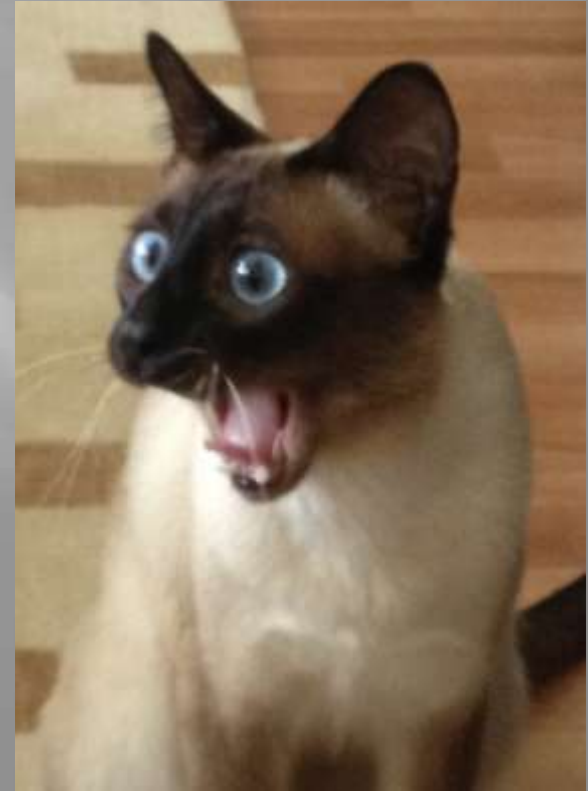
## Three groups watching a disgusting movie:

	Facial expressions	Physiological reactions
Group 1: No instruction		
Group 2: "Think of the movie in way that you'll feel nothing."		
Group 3: "Behave in a way so that others think you feel nothing."		



# Human brain

**The fact that we can exercise self-control should not be taken for granted...**



# Analogy of three brains

- ▣ **Reptilian brain** - *basic reflexes*



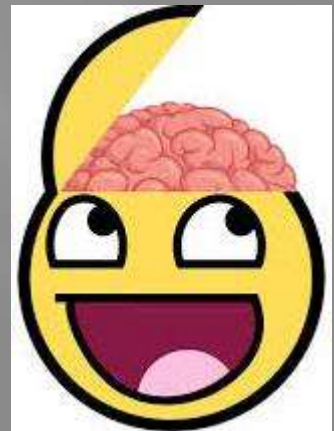
# Analogy of three brains

- ▣ **Reptilian brain** – *basic reflexes*
- ▣ **Mammalian brain** – *emotions*



# Analogy of three brains

- ▣ **Reptilian brain** – *basic reflexes*
- ▣ **Mammalian brain** – *emotions*
- ▣ **Human brain** – *reasoning, mental representation, planning – delay of gratification*



**How does self-control work?**

# How does self-control work?

- ▣ Based on inhibition of automatic responses

blue

green

red

yellow

- ▣ *Turning our attention AWAY from what unwanted thought/feelings/objects*
- ▣ *Turning our attention TOWARDS what we need to deal with*
- ▣ *Switching attention back and forth when needed*
- ▣ *Being able to manipulate with ideas in our minds*
- ▣ **EXHAUSTING!**



# Is our self-control like a muscle?

- ▣ **Ego depletion**
- ▣ *Roy Baumeister*



# Ego depletion

Baumeister, R. F., Bratslavsky, E., Muraven, M., & Tice, D. M. (1998). Ego depletion: is the active self a limited resource? *Journal of Personality and Social Psychology*, 74(5), 1252-1265.

## Three groups:

Instructed to eat:	Group 1	Group 2	Group 3
			No food
Persistence on subsequent unsolvable figure-drawing task	18.9 min.	8.85 min. + more fatigue	20.86 min.



# Our self-control is like a muscle

Muraven, M., & Baumeister, R. F. (2000). Self-regulation and depletion of limited resources: Does self-control resemble a muscle? *Psychological Bulletin*, 126(2), 247-259.

- ▣ *It is a limited but renewable resource – it can get depleted*
- ▣ *It is common for all types of self-control (inhibition of automatic reactions)*
- ▣ *This means that if we use it up for one activity (studying for a test) there won't be enough for another activity (being nice to your boss)*

blue

green

red

yellow

# Our self-control is like a muscle

Muraven, M., & Baumeister, R. F. (2000). Self-regulation and depletion of limited resources: Does self-control resemble a muscle? *Psychological Bulletin*, 126(2), 247-259.

## *GOOD NEWS:*

- ▣ *It can be restored – rest, motivational reinforcement, good plans/structure*
- ▣ *It can be used economically when necessary*
- ▣ *It can be trained*
- ▣ **OVERTRAINING IS NOT TRAINING!!!**

# Ego depletion - real?

COVER STORY

READ THIS FIRST.

MARCH 6 2016 8:02 PM

## Everything Is Crumbling

An influential psychological theory, borne out in hundreds of experiments, may have just been debunked. How can so many scientists have been so wrong?

By Daniel Engber



14.1k



1.3k



618

Slate

FROM NEW YORK MAGAZINE



11 TV Shows That Fill the Abbey Life



Trump Punch Says I Have

A joint replication project of 25 labs  
**FAILED** to detect an effect.

# Ego depletion - real?

- ▣ Not sure which tasks are depleting in which situation and how the mechanism works in general
- ▣ *Meta-analyses of ED research: Self-control is probably a much more complex and diverse phenomenon that the Ego Depletion Model assumes = the theory oversimplifies how self-control works*

# Additional materials

- ▣ **Before attempting the second quiz, watch the videos on the “Stanford marshmallow experiment” available in the interactive syllabus in the IS**
- ▣ **Recommended materials:**
  - Roy Baumeister’s videos on ego depletion (for research examples)*
  - James Gross’s video on emotion regulation*

# The Principles of Human Struggle



Thank you!