

Reflecting on Yourself

Self Conscious Emotion



Appraisal of the Self

- Basic emotions arise from things that happen to us
- Self Conscious Emotions reflect our self evaluation
- Develop later than basic emotions
- Require sense of self and feedback from our trusted others

- Will be culturally variable
- Reflect either:
 - social comparison (envy, jealousy)
 - or
 - self evaluation (guilt, shame, pride)



Sense of Self

- Develops around age 2 (rouge test)
- Self conscious emotions emerge about the same time
- Self conscious emotions weave self evaluation and basic emotion together
- Pride: joy and positive self
- Shame: sadness and negative self
- Animals that develop a sense of self (orangutans and chimps)
- Reliably display self conscious emotions



Oops...

- Self punishing emotions after mistakes
- Guilt, shame, embarrassment
- Urge to withdraw/ hide
- How different are they?
 - Similar brain regions activated for each
 - Different situations evoke each one



Embarrassment

- Arises quickly in response to an unexpected error
- Lasts briefly and fades
- Draws unexpected attention from others
- Tend to feel somewhat less personally responsible
- In retrospect it can seem a little funny
- Feel onlookers are typically amused



What embarrasses you?

- Making social mistakes
- Being the center of attention
- Awkward social moments
- (impacts the 'presented self' not the 'core self')
- Creates a sense of foolishness and fluster
- Always occurs with others present/ never alone



Display & Function

- Avoid eye contact/ cover face with hands
- Turn head, usually to the left
- Small sheepish smile – as though trying to suppress it
- Flush of cheeks


Function

- Appeasement – to gain forgiveness
- Research shows this works
 - Observers try to help the embarrassed person feel better
 - Report liking and esteem for the embarrassed person
 - Offer examples of situations where they felt similarly
- Videotapes of knocking over pile of toilet paper rolls in a grocery
- Embarrassment with repairs – most liked




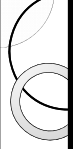
Theory

- Temporary Loss of Self Esteem
- Being judged negatively, for a moment, by social audience
- Experiment
 - Failed at a task in group context/ influenced success of the group
 - Group criticized the performance (either publicly or privately)
 - Measured self esteem and embarrassment
 - Lower self esteem was associated with higher embarrassment
- Is everyone equally susceptible?
 - Varies with measures of neuroticism and social self confidence
 - No sex differences
 - Declines with age



Shame and Guilt


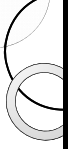
- Arises from expected events
- Builds slowly, dissipates slowly
- Can occur alone
- Violated a moral standard
- Felt the situation was serious
- Felt others were angry at them
- *Counterfactual thinking:* Engage in rumination after to try to understand causes
- Guilt
- Specific behavior is bad/ hurtful/ immoral
- *Counterfactual thinking:* change behaviors
- Shame
- Entire self is bad/ worthless
- *Counterfactual thinking:* change who they are as a person

Telling them Apart


Have similar facial display

- **Guilt**
 - Feel some control over actions
 - Take responsibility for change
 - Better than average social problem solving
 - Motivated to repair mistakes/ repent
 - Promotes forgiveness/ reconciliation
- **Shame**
 - Feel less control over actions
 - Problems in relationships
 - Anger/ social anxiety/ less empathy
 - Poor social problem solving
 - Slower to help others in need
 - Promotes hiding/ collapse of self esteem


Theory

- Regulate Moral Behavior
- Parents induce feelings after transgressions
 - Dispositional Differences
 - In place by middle childhood
 - Reactions of loved ones/ teachers/ siblings during childhood shapes
- Lessens the likelihood of repeating transgressions
- Once internalized become mechanism of self control
- Dispositional tendencies
 - Tendency to interpret situations as 'bad self' versus 'bad behavior'



Pride

- You accept credit for causing a positive outcome that supports your self concept
- Moral emotion to promote positive action
- Expression
 - Tilt head back slightly
 - Stand tall, puff chest
- Desire to be seen/ self confident
- Tendency to inhibit it slightly



Can you be too proud?

- Bragging and Hubris
- Pride – positive feeling based on job well done (behavior)
 - Take credit but for a one time thing
 - Associated with development of positive self esteem
 - Leads to hard work and self-efficacy
 - Enhances altruism
- Hubris – based on arrogant self satisfaction (self)
 - Take credit in a global ongoing way
 - Associated with highly fluctuating self esteem
 - Others shun hubris
 - Associated with aggression and hostility



Jealousy & Envy

Social comparison emotions

- **Jealousy**
 - Relationship is threatened by another person or activity
 - People over apply the word
 - Often includes feelings of hurt and rejection
- **Envy**
 - Another person has what you want and don't have
 - Tend to use this word less (carries very negative religious implications)
 - Often includes feelings of longing and motivation to improve



Envy ... two types

- | | |
|--|--|
| <ul style="list-style-type: none"> • Malicious • Wish for the other not to have the desired characteristic • Feelings of bitterness • Sense of 'unfairness'; the other is unfairly advantaged | <ul style="list-style-type: none"> • Non-malicious • Disappointment with the self • Desire to emulate the other • Sense of being 'lesser' • Leads to sadness |
|--|--|

Jealousy

- Romantic relationships/ coworkers/ siblings
- Loss of attention is views as loss of worth to the significant person
- **Function**
 - Over-reactions can be harmful
 - But.. A little jealousy may be good for a relationship
 - Shows value of your loved one
 - Motivates reparations and improvements
- **Sex differences**
 - Men more jealous of sexual infidelity
 - Women more jealous of emotional infidelity



conclusions

- We learn the self conscious emotions
- Require a sense of self and feedback from important people

- Show cultural influence

- Serve important social functions
 - Maintain expected behavior/ moral behavior
 - Maintain relationships
 - Motivate improved behavior (often)

