

Motivation & Emotion Notes

How do you think motivation and emotion relate to psychology? _____

Emotion:

- **Emotion** → a mental and physiological feeling state that _____

- Emotions usually serve an _____
- Emotions may also be _____
- **Emotional Regulation:**
 - Being aware of emotions can help _____ and _____ moods.
 - Stress Example:
 - Stress could be impacted by too much _____ in your life, too little _____, too much _____, or _____
 - Recognizing what you need to make yourself _____ and _____ is a key skill in life

Motivation:

- **Motivation** → a driving force that _____
- **Biological**
 - Some motivations are biological:
 - Motivation for _____
 - Motivation for _____
 - Motivation to _____
- **Personal & Social**
 - Other motivations are a variety of personal and social:
 - _____ approval and acceptance
 - Motivation to _____
 - Motivation to _____
- Motivations lead us to engage in particular behaviors because do so _____
- Motivation in Psychology:
 - Motivations are often categorized in psychology in two terms:
 - **Drives** → _____ that are activated when the physiological characteristics of the body are _____
 - **Goals** → _____ that we strive to attain

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Intertwined:

- Emotional feelings may _____ by bringing attention to unsatisfied needs or desires
 - This creates _____
- Emotions are considered _____ because they generate bursts of energy that get our attention
 - This causes our reactions to _____

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