

Robert Plutchik's PSYCHOEVOLUTIONARY THEORY OF BASIC EMOTIONS

Postulates

1 ANIMALS AND HUMANS

The concept of emotion is applicable to all evolutionary levels and applies to all animals as well as humans.

2 EVOLUTIONARY HISTORY

Emotions have an evolutionary history and have evolved various forms of expression in different species.

3 SURVIVAL ISSUES

Emotions serve an adaptive role in helping organisms deal with key survival issues posed by the environment.

4 PROTOTYPE PATTERNS

Despite different forms of expression of emotions in different species, there are certain common elements, or prototype patterns, that can be identified.

5 BASIC EMOTIONS

There is a small number of basic, primary or prototype emotions.

6 COMBINATIONS

All other emotions are mixed or derivative states; that is, they occur as combinations, mixtures, or compounds of the primary emotions.

7 HYPOTHETICAL CONSTRUCTS

Primary emotions are hypothetical constructs or idealized states whose properties and characteristics can only be inferred from various kinds of evidence.

8 OPPOSITES

Primary emotions can be conceptualized in terms of polar opposites.

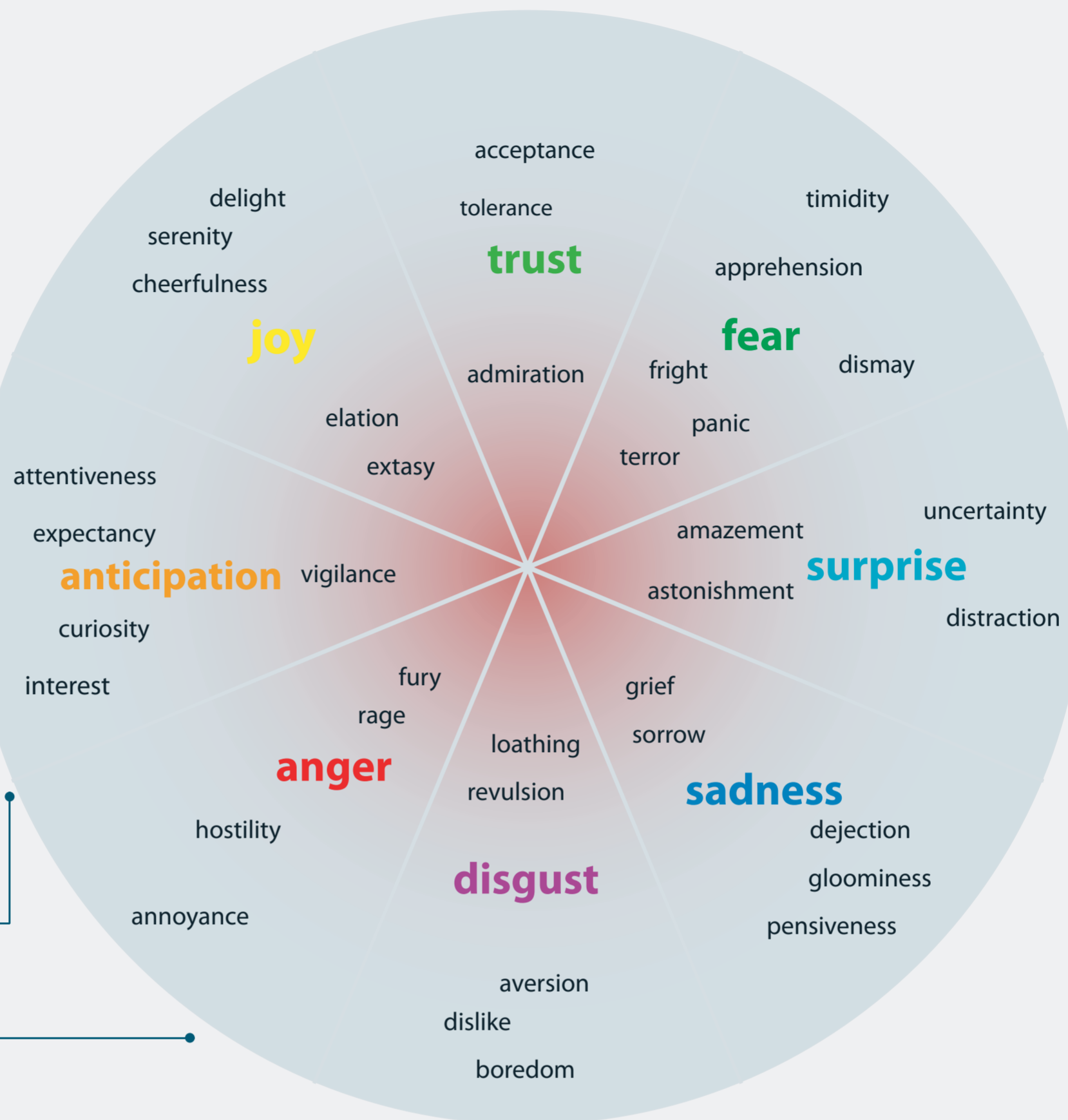
9 SIMILARITY

All emotions vary in their degree of similarity to one another.

10 INTENSITY

Each emotion can exist in varying degrees of intensity or levels of arousal.

Basic Emotions, Similarity, Intensity



Combinations & Opposites

„A mixture of any two primary emotions may be called a dyad.“

[often felt]	[sometimes felt]	[seldom felt]	OPPOSITES
joy + trust = love	joy + fear = guilt	joy + surprise = delight	joy + sadness = conflict
trust + fear = submission	trust + surprise = curiosity	trust + sadness = sentimentality	trust + disgust = conflict
fear + surprise = alarm	fear + sadness = despair	fear + disgust = shame	fear + anger = conflict
surprise + sadness = disappointment	surprise + disgust = ?	surprise + anger = outrage	surprise + anticipation = conflict
sadness + disgust = remorse	sadness + anger = envy	sadness + anticipation = pessimism	
disgust + anger = contempt	disgust + anticipation = cynicism	disgust + joy = morbidness	
anger + anticipation = aggression	anger + joy = pride	anger + trust = dominance	
anticipation + joy = optimism	anticipation + trust = fatalism	anticipation + fear = anxiety	

Survival Issues

„Organisms at all evolutionary levels face certain common functional survival problems.“

STIMULUS EVENT	COGNITIVE APPRAISAL	SUBJECTIVE REACTION	BEHAVIORAL REACTION	FUNCTION
gain of valued object	„possess“	joy	retain or repeat	gain resources
member of one's group	„friend“	trust	groom	mutual support
threat	„danger“	fear	escape	safety
unexpected event	„what is it?“	surprise	stop	gain time to orient
loss of valued object	„abandonment“	sadness	cry	reattach to lost object
unpalatable object	„poison“	disgust	vomit	eject poison
obstacle	„enemy“	anger	attack	destroy obstacle
new territory	„examine“	anticipation	map	knowledge of territory

Scientific Basis

Theories of Emotions:

- Psychoanalytic Theories
- Brain Function Theories
- Current Cognitive and Evolutionary Theories
- Early Behavioristic and Arousal Theories

Major Traditions in the Study of Emotions

Sandor Rado	Paul Ekman	John Bowlby	J. A. R. A. M. van Hooff
Stanley S. Schachter	Charles Brenner	Magda B. Arnold	M. Sherman
Paul D. MacLean	Karl H. Pribram	H. R. Conte	José M. R. Delgado
George Mandler	Richard S. Lazarus	J. W. Papez	Manfred Clynes
Robert Leeper	Joseph De Rivera	Carrol E. Izard	
J. R. Millenson	Edward C. Tolman	Burrhus F. Skinner	
John B. Watson	William James	Walter B. Cannon	Sigmund Freud