

# How Emotions Are Made: The Secret Life of the Brain by Lisa Feldman Barrett

Post by “Godfrey” of April 17, 2021 at 5:29 PM

[Cassius](#) affect and the affective circumplex (I keep thinking of cineplex 😄) are described in post #2. The affective circumplex is illustrated in the image in that post and is just a graph of valence (pleasure/displeasure) in one direction and arousal in the other direction. Maybe there's a simpler name for it like "affect graph," I've just been using the name from the book.

It seems like another useful way to represent and discuss pleasure, as we do from time to time

