

July 7, 2025 First Monday Zoom Discussion 8pm ET - Agenda & Topic of discussion

Post by “Kalosyni” of July 6, 2025 at 8:35 PM

Tomorrow night at First Monday I'll give a short overview on some of the ancient Epicurean texts that bring up the topic of emotions (from Diogenes Laertius, Lucretius, and Philodemus)...and then we will open it up to discussion (Cassius will be there helping moderate the discussion and available to answer any questions).

And just as an aside, here is something from modern thought and research on emotions, which is very multifaceted - an excerpt highlighting important psychology research, from a Wikipedia article:

Quote

Basic emotions

- [William James](#) in 1890 proposed four basic emotions: fear, grief, love, and rage, based on bodily involvement.^[35]
- [Paul Ekman](#) identified six basic emotions: anger, disgust, fear, happiness, sadness and surprise.^[36] Wallace V. Friesen and [Phoebe C. Ellsworth](#) worked with him on the same basic structure.^[37] The emotions can be linked to facial expressions. In the 1990s, Ekman proposed an expanded list of basic emotions, including a range of positive and negative emotions that are not all encoded in facial muscles.^[38] The newly included emotions are: [amusement](#), [contempt](#), [contentment](#), [embarrassment](#), excitement, [guilt](#), pride in achievement, [relief](#), satisfaction, sensory pleasure, and shame.^[38]
- [Richard and Bernice Lazarus](#) in 1996 expanded the list to 15 emotions: aesthetic experience, anger, [anxiety](#), [compassion](#), depression, [envy](#), fright, [gratitude](#), guilt, happiness, [hope](#), [jealousy](#), love, [pride](#), relief, sadness, and shame, in the book *Passion and Reason*.^{[39][40]}
- Researchers^[41] at [University of California, Berkeley](#) identified 27 categories of emotion: [admiration](#), [adoration](#), aesthetic appreciation, amusement, anger, anxiety, [awe](#), awkwardness, boredom, [calmness](#), [confusion](#), craving, disgust, [empathic pain](#), entrancement, excitement, fear, [horror](#), [interest](#), joy, [nostalgia](#), relief, romance, sadness, satisfaction, sexual desire and surprise.^[42] This was based on 2185 short videos intended to elicit a certain emotion. These were then modeled onto a "map" of emotions.^[43]

Contrasting basic emotions

A 2009 review^[44] of theories of emotion identifies and contrasts fundamental emotions according to three key criteria for mental experiences that:

1. have a strongly motivating subjective quality like pleasure or pain;
2. are a response to some event or object that is either real or imagined;
3. motivate particular kinds of behavior.

The combination of these attributes distinguishes emotions from sensations, feelings and moods.

Kind of emotion	Positive emotions	Negative emotions
Related to object properties	<i>Interest, curiosity, enthusiasm</i>	<i>Alarm, panic</i>
	<i>Attraction, desire, admiration</i>	<i>Aversion, disgust, revulsion</i>
Future appraisal	<i>Surprise, amusement</i>	<i>Indifference, habituation, boredom</i>
	<i>Hope, excitement</i>	<i>Fear, anxiety, dread</i>
Event-related	<i>Gratitude, thankfulness</i>	<i>Anger, rage</i>
	<i>Joy, elation, triumph, jubilation</i>	<i>Sorrow, grief</i>
	<i>Patience</i>	<i>Frustration, restlessness</i>
Self-appraisal	<i>Contentment</i>	<i>Discontentment, disappointment</i>
	<i>Humility, modesty</i>	<i>Pride, arrogance</i>
Social	<i>Charity</i>	<i>Avarice, greed, miserliness, envy, jealousy</i>
	<i>Sympathy</i>	<i>Cruelty</i>
	<i>Cathected</i>	<i>Hate</i>

Emotion dynamics

Researchers distinguish several emotion dynamics, most commonly how intense (mean level), variable (fluctuations), inert (temporal dependency), instable (magnitude of moment-to-moment fluctuations), or differentiated someone's emotions are (the specificity of granularity of emotions), and whether and how an emotion augments or blunts other emotions.^[45] Meta-analytic reviews show systematic developmental

changes in emotion dynamics throughout childhood and adolescence and substantial between-person differences.^[45]

*Source: Wikipedia - [Emotion Classification](#)