

Solutions

2.1

- Increased heart rate, sweating, or changed breathing.

2.2

- The person's conscious feeling, such as fear or excitement.

2.3

- The bodily state is similar in both situations.
- The person uses the situation to label it as fear or excitement.

3.1

- A bodily change alone does not identify one emotion.
- The person notices the change and assesses the situation.
- The situation provides a meaning or label for the arousal.
- This is why similar physical states can produce different feelings.

3.2

- Both explain emotion using bodily change and feeling.
- The first says the physical response happens before the feeling.
- The second says physical response and feeling occur at the same time.
- Their difference is the order of the processes.