Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Write the theory that would describe each of the following occurrences. Choose from: opponent-process theory, James-Lange theory, Cannon-Bard theory, cognitive appraisal theory, and Schachter-Singer Two-Factor theory. One of the theories will be used twice.**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I see a bear. I feel afraid and I tense in readiness to run away.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ A person buys something to cheer themselves up but later feels guilty at having spent so much. So they buy something else to cheer up again.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I see a bear. My muscles tense, my heart races. I feel afraid.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_When we are feeling unwell, we often will determine our illness from the symptoms. From then on, hypochondria can take hold and further symptoms psychosomatically appear to confirm our conclusions.
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ A thrill seeker goes rafting. The excitement of the journey is a mix of fear of the next rapids and relief at having survived the last one.
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ A co-worker gets promoted. I believe I deserve the promotion more than they do. I feel resentful.

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