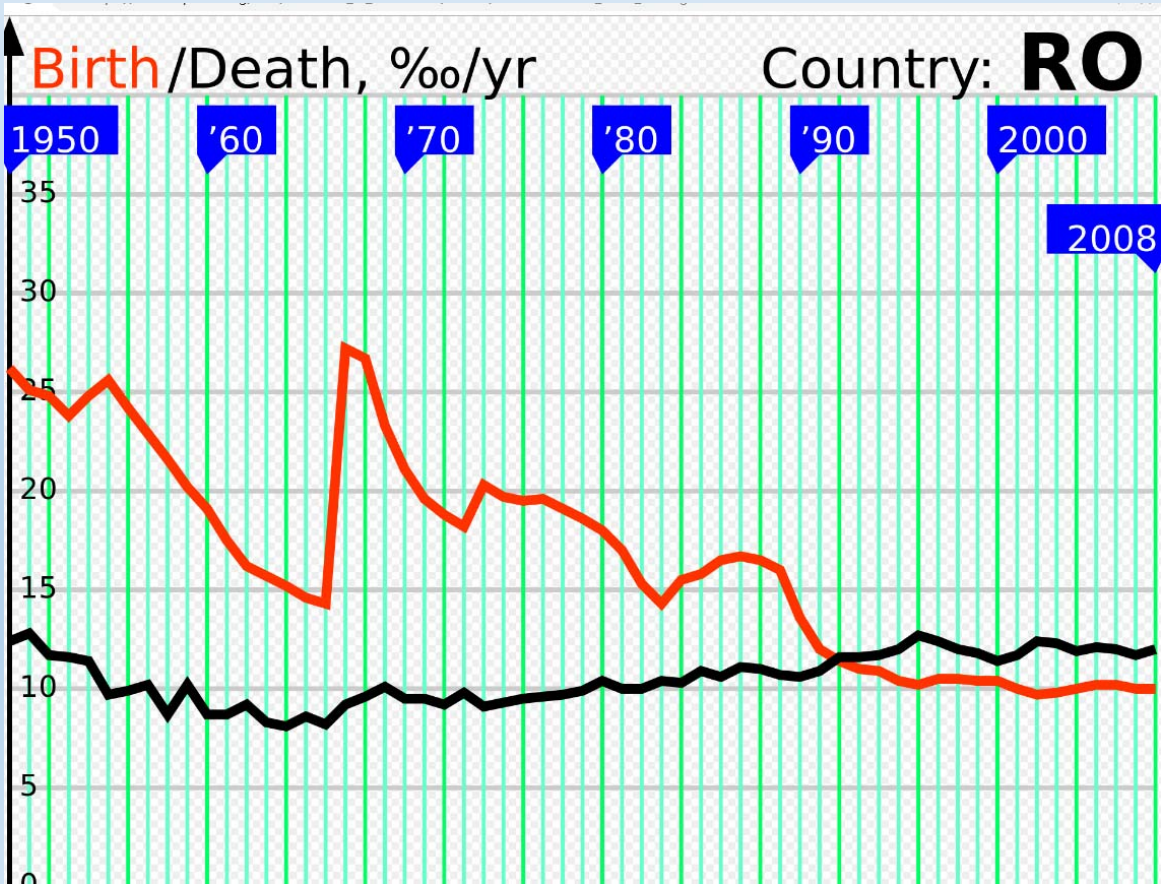
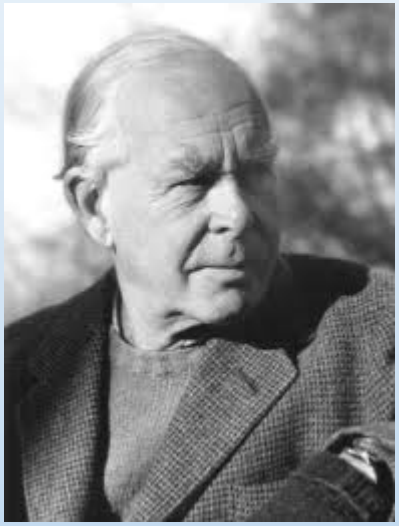
人类的依附关系

- Romanian Orphans 1960s – 1989
- ~15万儿童
- 两岁
- 社交与认知关系



愤怒与分离: John Bowlby

分离的个体更容易有侵犯性(aggressive)



1907-1990

分离的儿童表现出4 X 以上的生气水平

它们更倾向于攻击 "parent dolls"

当重聚时, 攻击性行为停止

愤怒的功能

愤怒与焦虑是分离时表现出的一般情感

Parental Separation

内在的信念-当害怕的时候, 看护人应该在身边.

为什么会生气?

阻止看护人在关键时刻离开.
弱化二者之间的连接

生气地反向作用
* 看护人在个体作危险行为时生气

生气的反向作用

弱化二者之间的连接

什么时候反向作用强烈？

不断重复的分离和遗弃

视崖

评估

- Strange Situation

依附类型

1. **安全**(65%): 离开的时候沮丧, 回来后OK.
2. **矛盾** (15%): 除了期盼, 还表现出生气.
3. **回避** (20%): 对重逢无动于衷

依附类型与情绪类型

Secures: 孩子表现出全频谱的情绪，看护人同样回应

Ambivalents: 表现负性情绪: 看护人对负性情绪选择性反应.

Avoidants: 顾名思义.

成年人 *One cannot live without love*

What do lovers call each other? “Baby”

依附与情绪管理

情绪管理 meta-cognition

a. 能识别情绪

b. 识别情绪的原因

c. 将情绪与原因相对应

d. 控制情绪.

Attachment and the Need for Emotional Connection in Infancy

No se vive sin amor *One cannot live without love*

Harry Harlow “wire mother” studies

Rene’ Spitz foundling home study

DEPRIVATION DWARFISM

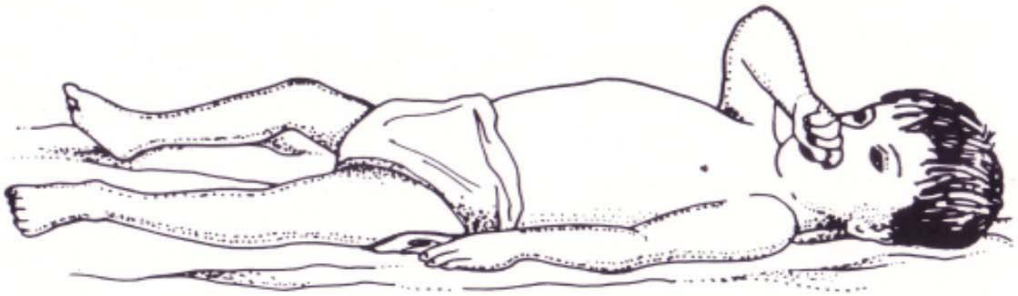


FIGURE 6-1 Three-year-old, treated for deprivation dwarfism 18 months earlier, actually lost weight on return to the care of a mother who appeared detached and unemotional in her relationship with the boy. His skeletal maturity on return to the hospital was at the level of a 15-month-old's; he was listless and lay on his back most of the time, his legs spraddled in a characteristic "frog" position.

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Emotional Trap of Abandonment Threat

Threat creates anxiety

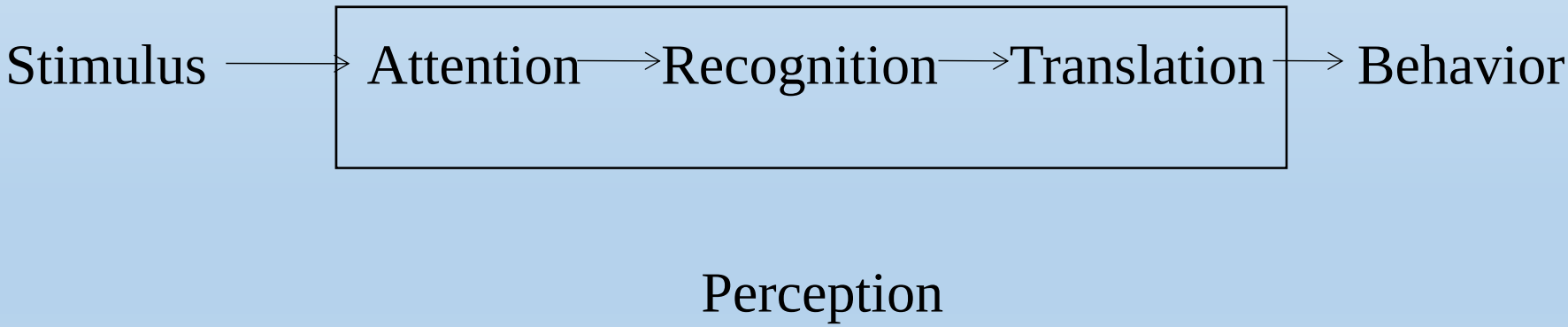
→ Anxiety turns to anger—“why are you always making me anxious?”

→ Expressing anger may cause parent to act on threat

→ Child diverts anger to other targets

情绪对认知的影响

- 情绪是认知网络中的节点之一
- 情绪以原型的方式存储
- 情绪 = 网络的兴奋水平
- 兴奋水平会扩展到网络的其他部分



情绪与认知

资源控制:

社会认知 – 其他人

视觉认知 – steepness, distance, height

Dutton and Aron (1974) 吊桥实验

men found the woman more attractive
when they had more anxiety

Conscious slant perception of hills is exaggerated (5% is seen as 20%, etc.).

Slant distortion is lessened under lower physical load

- -- Light back pack vs. heavy back pack
- -- Physically refreshed vs. fatigued
- -- Good physical cond. vs. poor cond.
- -- Younger vs. older

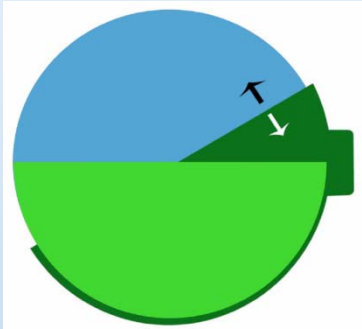
Is slant distortion reduced under lower psychological load?

视觉认知

Schnall, Harber, Stefanucci, & Proffitt (2008). *Journal of Experimental Social Psychology, 44*, 1246-1255

Participants Passersby at campus walk

- Alone (n = 14)
- Same-sex friend pairs (n = 17; both participate)
- All wear heavy backpack, face steep hill



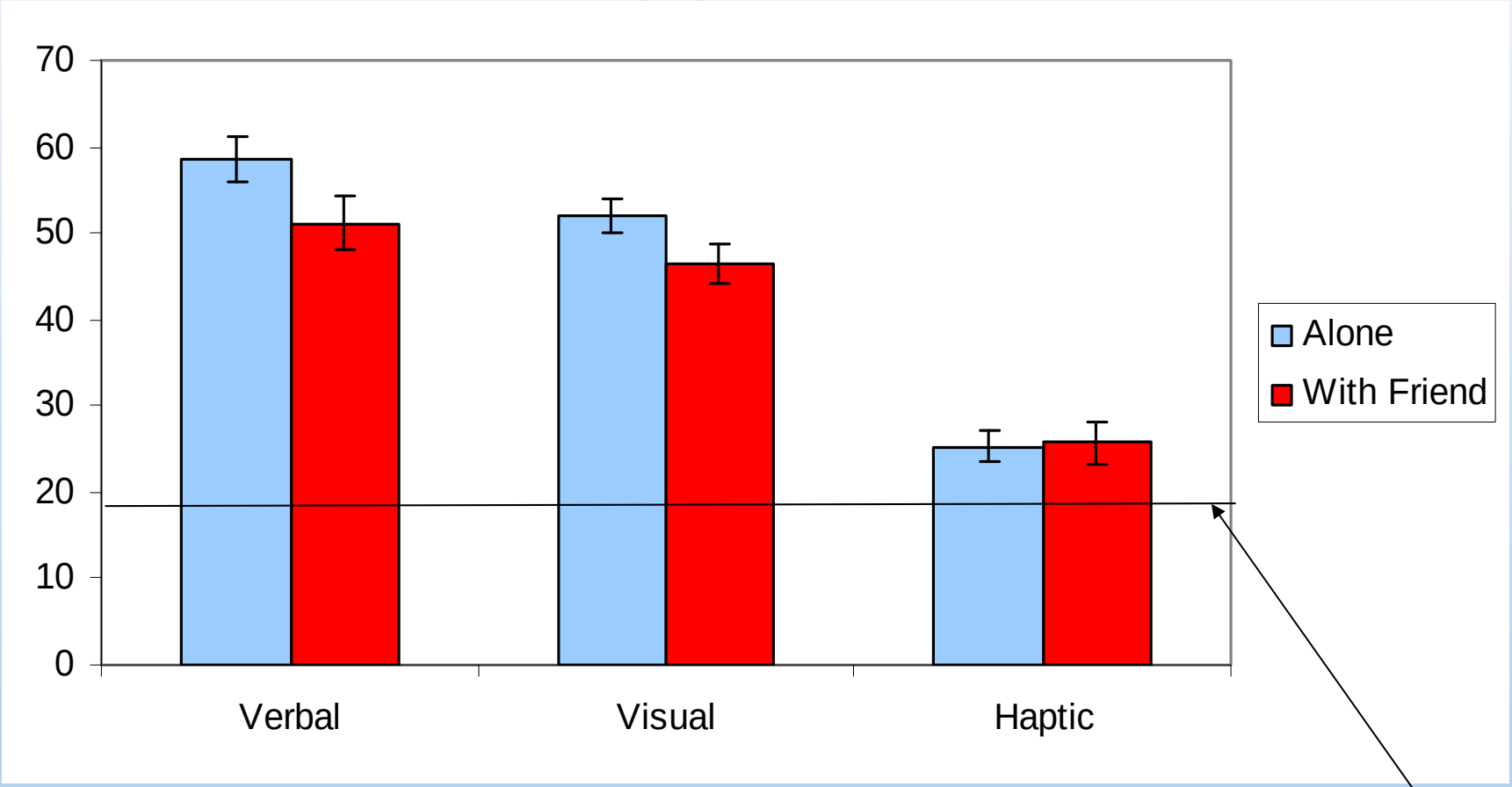
Hand protractor

Measures

- Verbal: “How steep is this hill, in degrees?”
- Visual Judgment: hand protractor
- Haptic: palm board

Palm board

Social Support and Slant



Verbal: $p < .05$

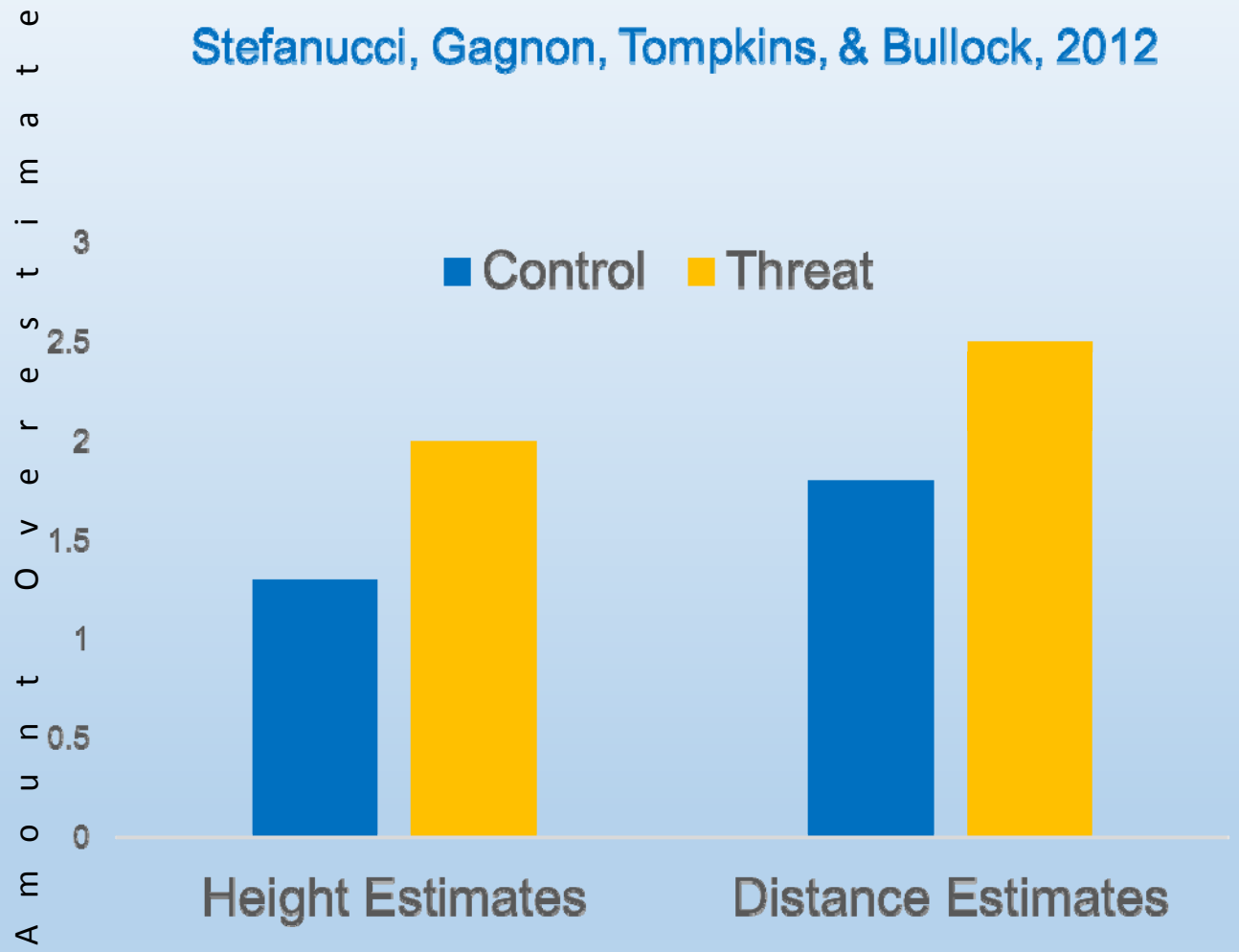
Visual: $p < .06$

Hapitic $p < .93$

Note: Line represents actual slant

Fear and Perception of Height and Distance

Stefanucci, Gagnon, Tompkins, & Bullock, 2012

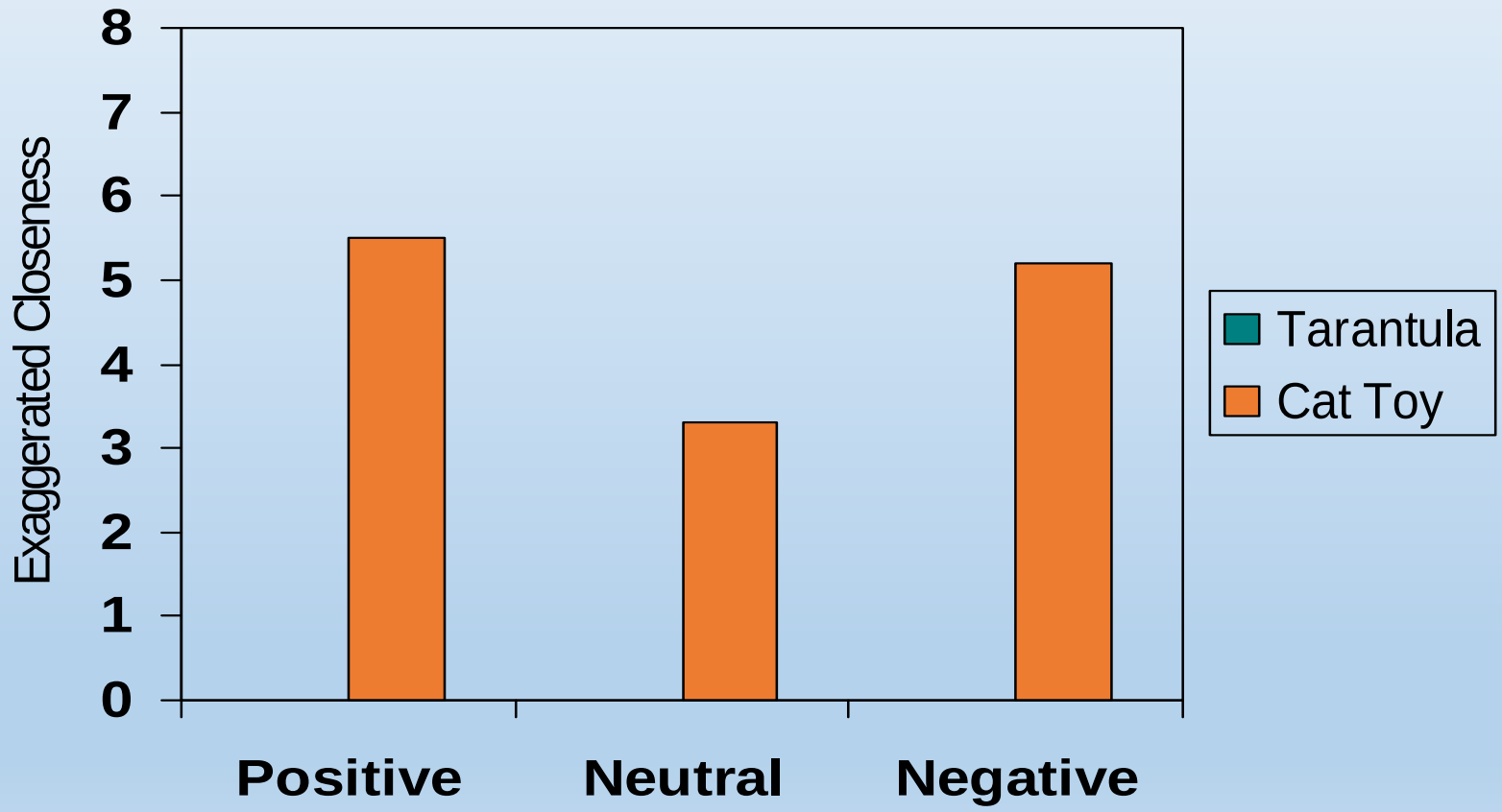


Target Objects

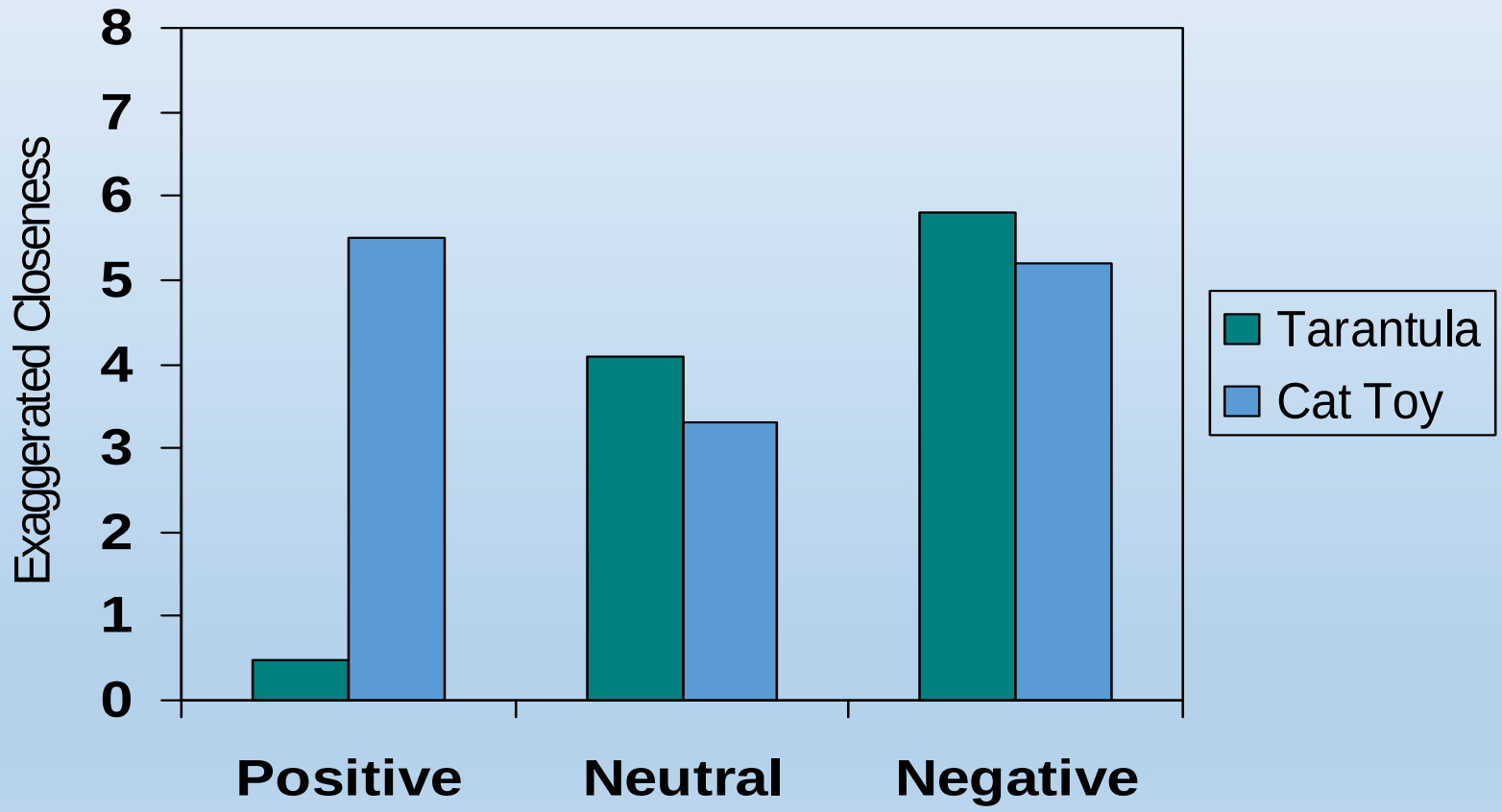
Low Threat

High Threat

Distance Accuracy as a Function of Object (Threat v. Non-threat) and Self Worth



Distance Accuracy as a Function of Object (Threat v. Non-threat) and Self Worth



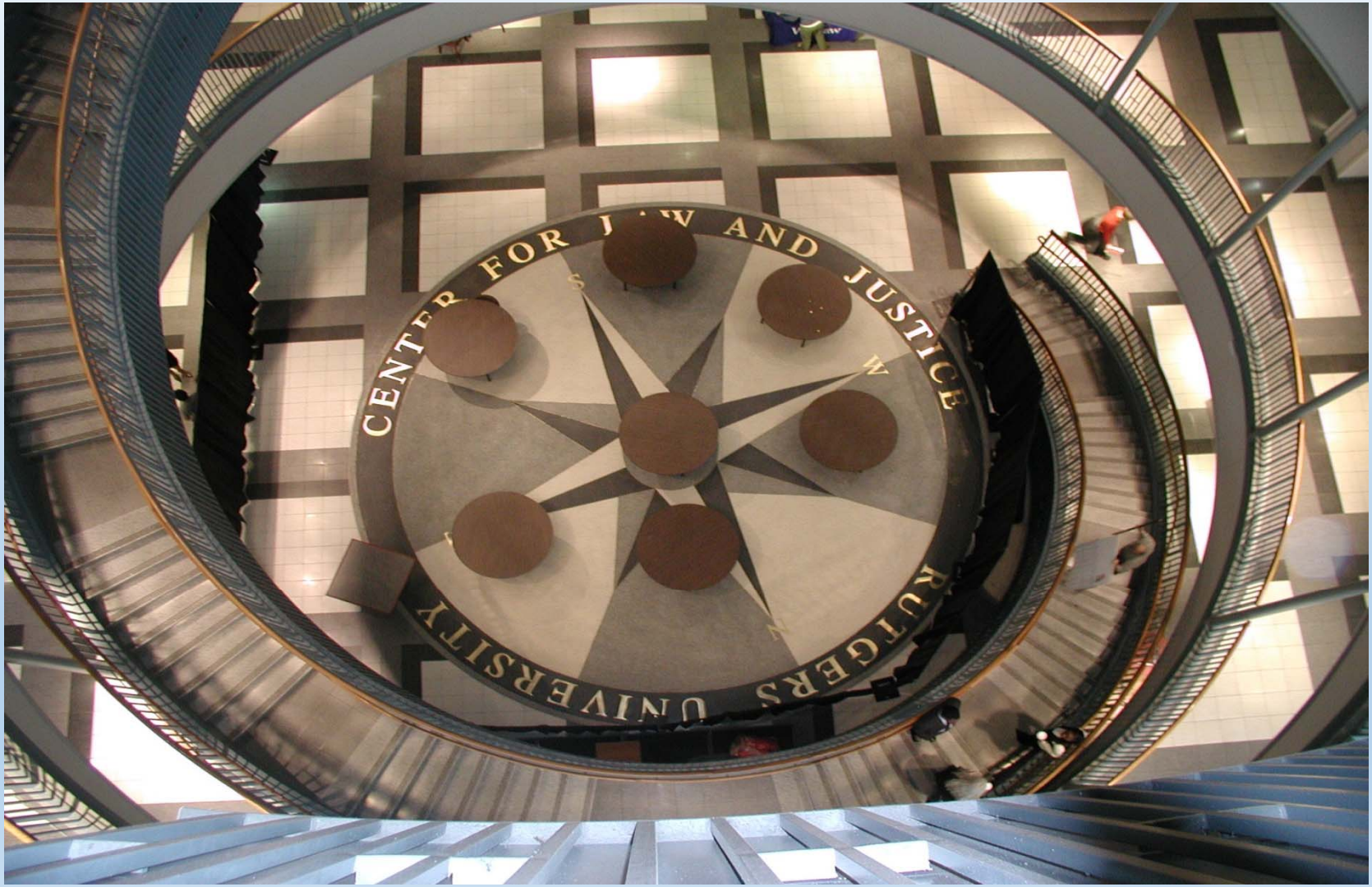
Evidence of Self-Worth Moderation

	Tarantula Distance	Neutral Object Distance
Felt good about self	r (55) = -.27 *	r (48) = -.01
Felt bad about self	r (55) = +.31 *	r (48) = .13

* $p < .05$

Self Esteem, External Support, and Height Judgments

Harber, Iacovelli, & Yeung, 2012 (Study 2)

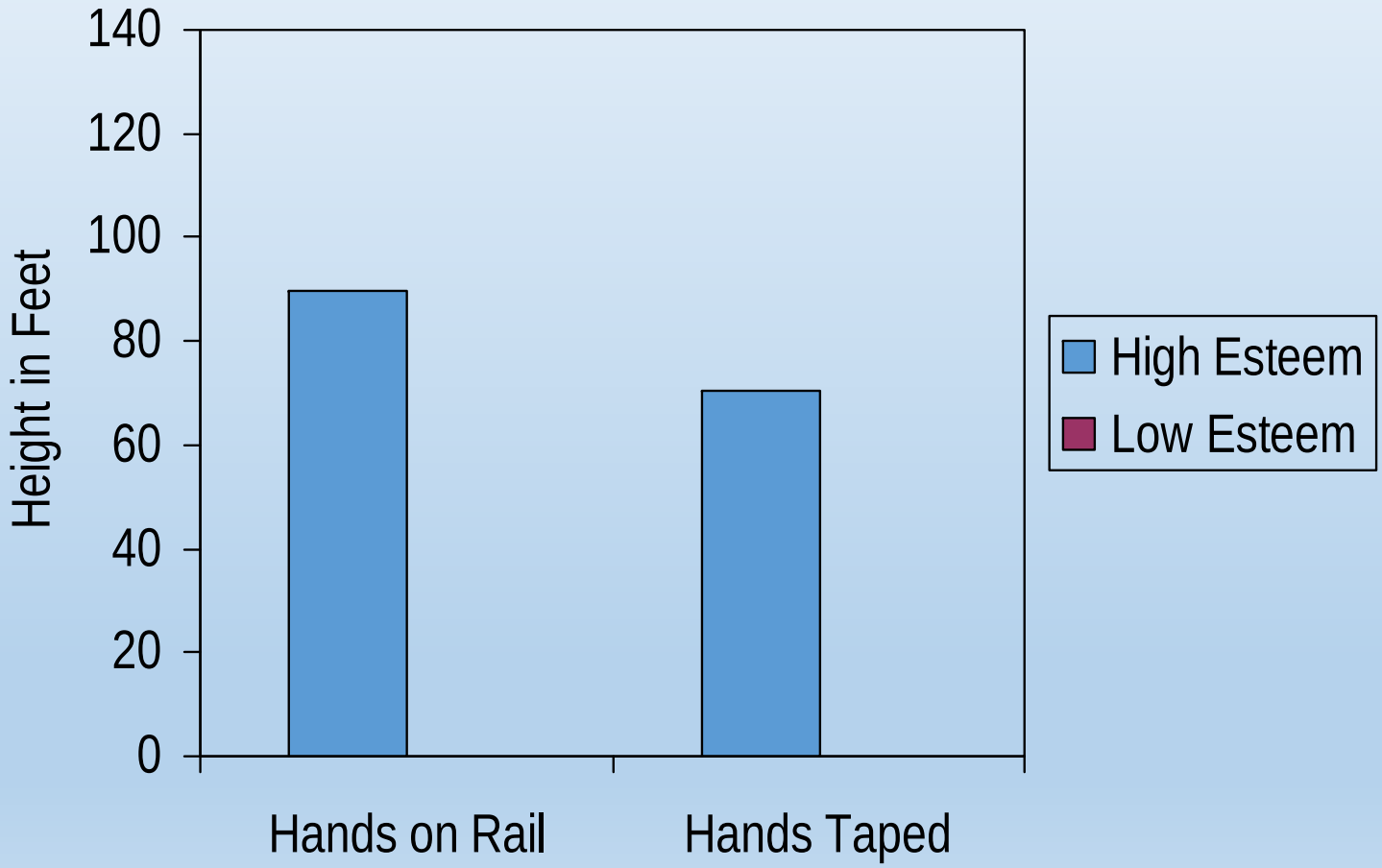
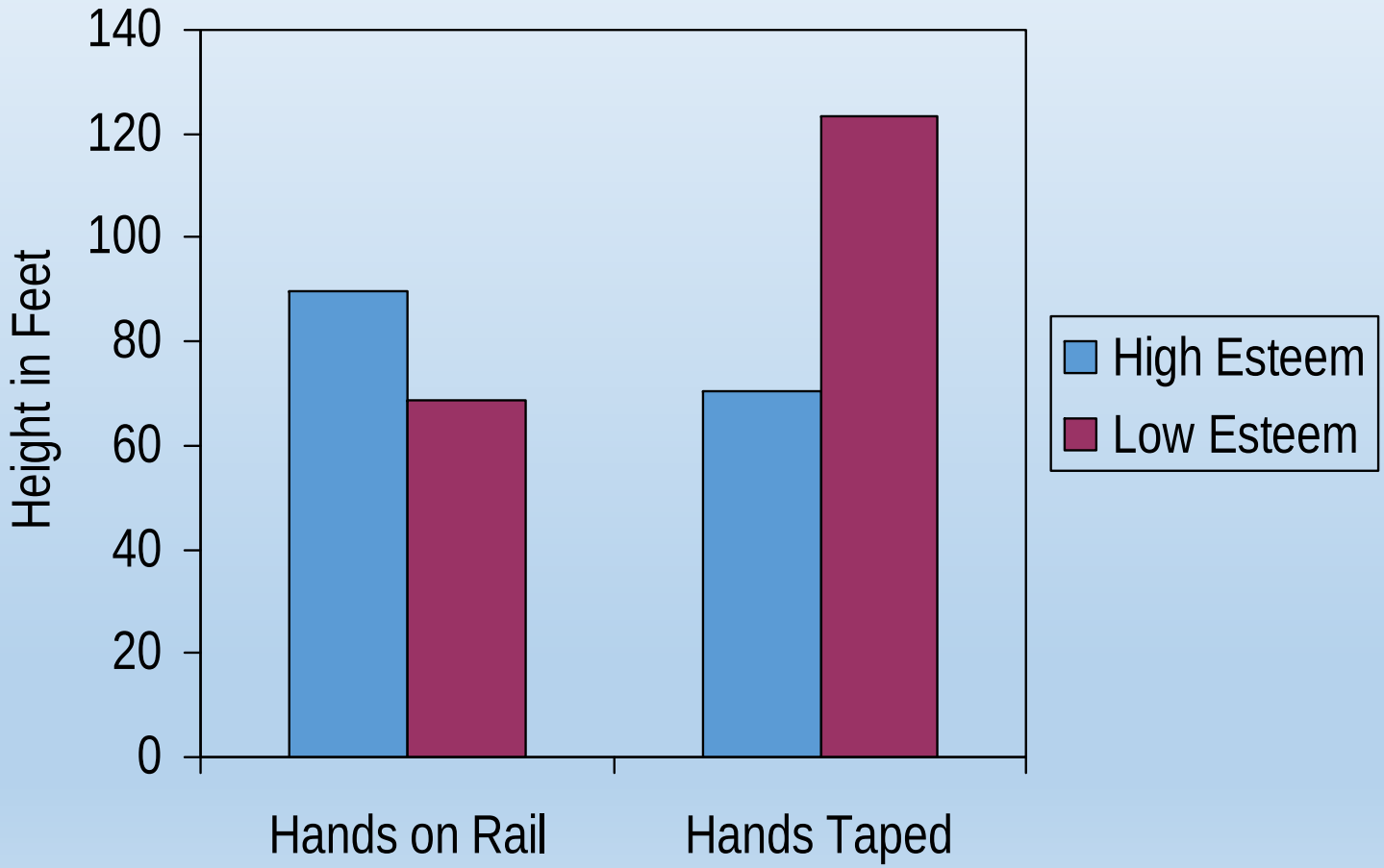


Do resources moderate height judgments?

Does trait self esteem operate as a resource?

Do internal resources supplement external resources?

Self Esteem, External Support, and Height Perception



Self Esteem, External Support, and Height Perception