**Theories of Emotion**

The Two-Factor Theory of Emotion seems to be the most appropriate theory that explains emotion compared to the other two. The theory states that emotions are as a result of both the arousal and cognition of an individual (Ying et al., 2022). That explains that arousal is common in all emotions and that cognition is what makes the emotions different.

**Strengths and weaknesses**

The strengths of the theory are that it can use experiences to show evidence of how cognition is what affects the emotions and that arousal is the same in all experiences. It puts into account the cognitive appraisal of the individual unlike the other theory as it plays a factor in determining the overall emotion elicited. The way that an individual perceives an arousal matters in determining their emotions

The weakness of the theory is that individuals are likely to fund themselves with misattribution of arousal. When arousal is too high, it might not be easy for individuals to recognize the emotions they are feeling. For instance, in romantic relationships, it is common to have highs and lows where one time a person is madly in love with their partner; after an argument they passionately hate their partner. Such emotions as a result of over arousal make it difficult to promote the theory.

**Example**

An emotional experience I have had is anger and frustration when I find out my place is untidy due to siblings playing around. The emotion shows a matter of cognition and what I associated the untidiness with. I get the arousal from finding the room messy but the anger comes due to the cognition aspect knowing that I have to clean it after.

**Question**

Is it difficult for persons experiencing high levels of arousal to employ cognitive appraisal to determine their emotions?

**Facts**

1. Cognitions are strong determinants of the emotional states of an individual
2. Emotions from same state of arousals could be labeled in many ways depending on social situation
3. People experiencing arousal from one social event might also experience unrelated emotions strongly

**References**

Ying, L., Michal, A., & Zhang, J. (2022). A Bayesian Drift-Diffusion Model of Schachter-Singer’s Two-Factor Theory of Emotion. In *Proceedings of the Annual Meeting of the Cognitive Science Society* (Vol. 44, No. 44). <https://escholarship.org/uc/item/78h4n3r5>