



Constructionist View of Emotion

Introduction

Scientific understanding of emotions has fundamentally changed over recent years. The brain's primary function is to keep us at allostasis; to keep us in balance. When it comes to the emotional response, it is a response to a situation or stimuli based on predictions from past experiences and information from the body called interoception.

Your brain continuously gathers information and uses past experience which it tries to categorize. These categories are organized as concepts, to guide your actions and give your sensations meaning.

Categorizing Information

From the moment the brain perceives sensations from the body, it begins to attempt to categorize this information. Upon birth, the brain begins to receive significantly more information, which it continues to categorize. These categories are called concepts.

Allostasis

The process by which the brain helps maintain the body and keep it in balance.

The entire purpose of the brain is to help maintain the body and keep it in balance called our body budget - not too cold, not too hot, not too hungry, not too thirsty, etc. The brain tries to anticipate the needs of the body.

Interoception

The information that the brain receives from the body is called , which is information from the senses that the brain interprets into concepts.

Language is an important part of concept formation, which represents past experiences.

As more concepts are formed, the brain begins to predict based on the interoceptive information and the context or situation in which you find yourself. These concepts are how the brain makes meaning of all the sensations and input it receives. Sometimes, the prediction of meaning is an emotion like happy, sad, mad, etc.