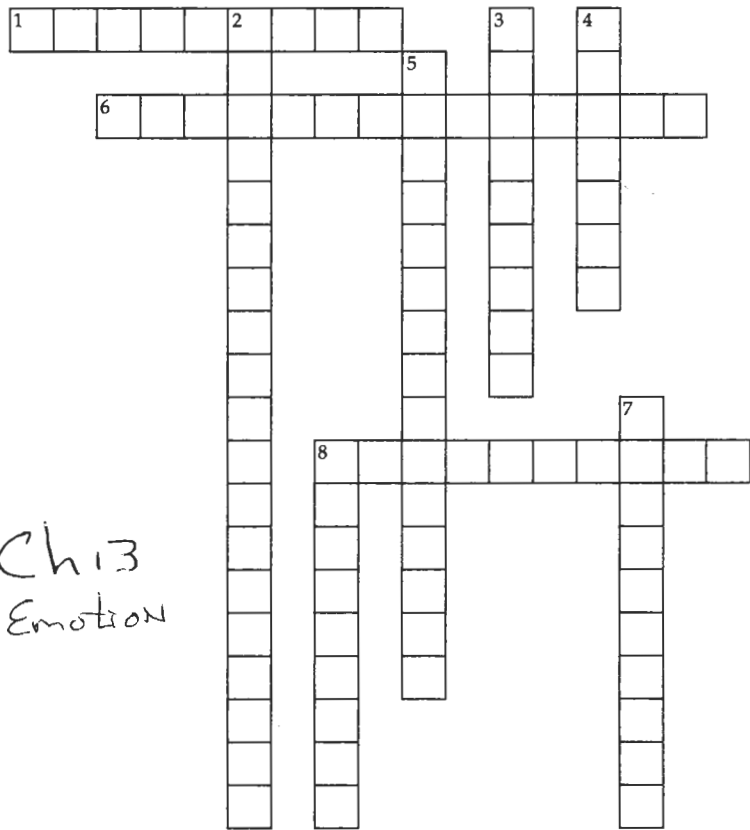


**Cross-Check**

As you learned in the Prologue, reviewing and overlearning of material are important to the learning process. After you have written the definitions of the key terms in this chapter, you should complete the crossword puzzle to ensure that you can reverse the process—recognize the term, given the definition.



**ACROSS**

- 1. Device that measures several of the physiological responses accompanying emotion.
- 6. Phenomenon in which people tend to be helpful when they are in a good mood.
- 8. Theory that the subjective experience of an emotion occurs at the same time as the body's physical reaction.

**DOWN**

- 2. Principle that we are worse off relative to those with whom we compare ourselves.
- 3. Theory that emotions have two ingredients: physical arousal and a cognitive label.
- 4. A response of the whole organism involving physical arousal, expressive behaviors, and conscious experience.
- 5. Phenomenon referring to our tendency to judge things relative to our prior experience.
- 7. Theory that emotional experiences are based on an awareness of the body's responses to emotion-arousing stimuli.
- 8. Emotional release.