

## Facial Expressions

Emotions are expressed in a variety of ways. People from one culture may misunderstand the emotional expressions of people from other cultures. Studies of facial expressions have noted similarities and differences among cultures. For example, many similarities exist between the facial expressions of Americans and Japanese. Along with those similarities, researchers have noted some striking differences. Research has identified seven universal facial expressions of emotion. People across cultures make the same basic facial expressions in reaction to anger, contempt, disgust, fear, happiness, sadness, and surprise. These facial expressions are theorized to be biologically innate in all people regardless of race, culture, or gender.

Although the same basic facial expressions are used for the seven emotions, display rules within the culture affect how and when these expressions are made. These display rules vary widely among cultures. Specifically, there are marked differences between Japanese and American display rules.

When an emotion is sent to the brain to be processed, the signal is filtered through both the innate signal for the facial expression and the culturally accepted display rules learned during early childhood. The actual expression is a result of the innate signal and the learned display rules. Cultures may affect the innate signal in five ways:

1. Deamplify the expression, which results in showing less emotion than is felt.
2. Neutralize the expression, which results in no facial expression even when one is felt.
3. Amplify the expression, which results in showing more emotion than what is felt.
4. Mask the expression, which results in showing something different than what you feel.
5. Blend expressions, which mixes two or more of the expressions at the same time.

### Vocabulary

※テキスト全文はレッスン受講時に担当講師よりお受け取りください。