

Lecture 13

Self Reflection

- **Reflecting on our feelings about things**
 - **Do we really know how we feel and why?**
- **Analyzing complex things**
 - **Reflecting on romantic relationships**
- **Analyzing simple things**
 - **Reflecting on word puzzles**
 - **Reflecting on movies**

Introspection Revisited



From *Kung Fu Panda*

A Question

Which Picture Do You Like Better?

Wilson (1984)

Analyzing Complex Feelings

A study of students in romantic dating relationships

Tests/Manipulations in the lab

Follow-up 2 months later

Group 1:

Analyze the reasons why your relationship is going the way it is

Fill out a questionnaire on how well your relationship is going

Are you still dating?

Group 2:

Fill out a questionnaire on how well your relationship is going

Are you still dating?

Wilson (1984)

Analyzing Complex Feelings

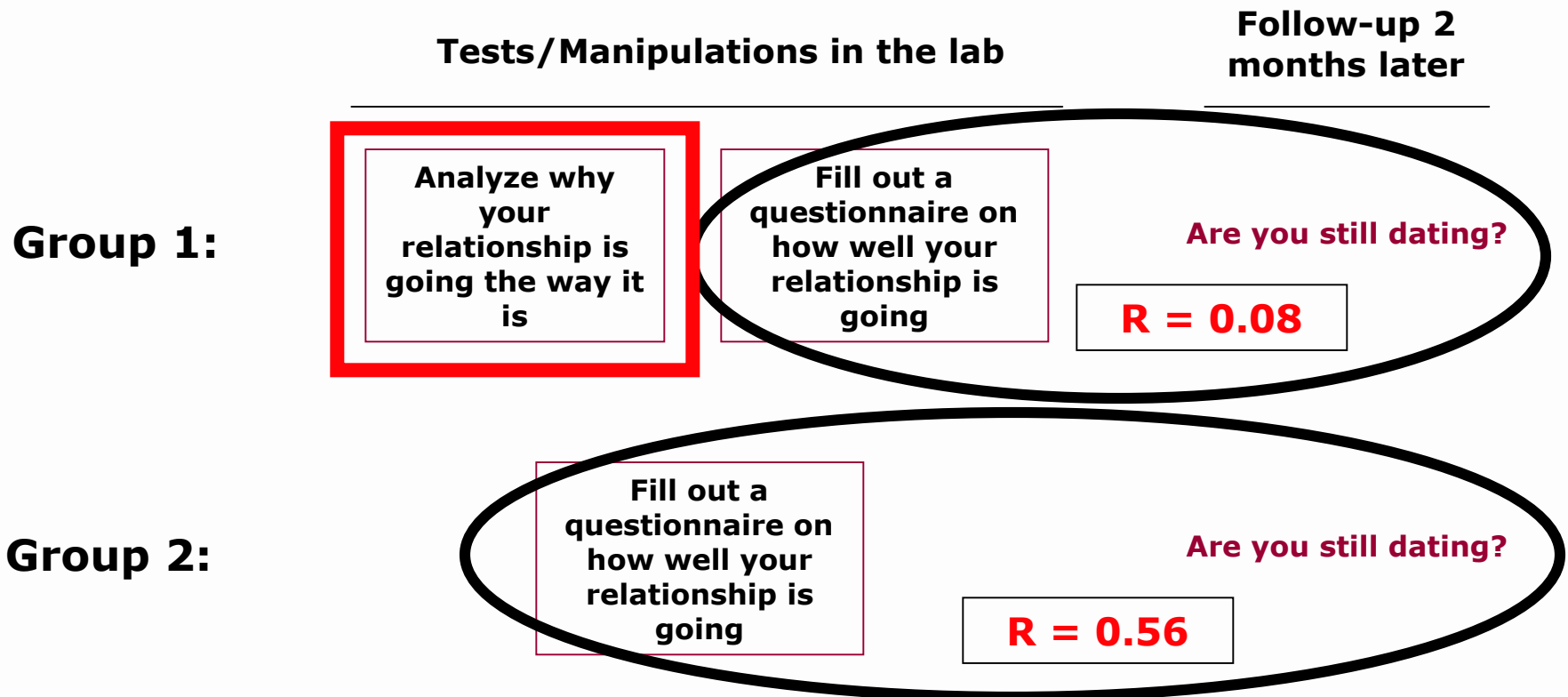
The reasons given by people in Group 1

Reason	% of total reasons given
Positive aspect of relationship (e.g., good communication)	32
Similarity between self and partner	18
Negative aspect of relationship (e.g., frequent disagreements)	11
Positive feelings toward partner (e.g., love, respect)	10
Positive traits of partner (e.g., intelligence, sense of humor)	9
Physical attraction	5
Differences between self and partner (e.g., different religions)	5
Negative traits of partner (e.g., not affectionate)	2
Other	8

Wilson (1984)

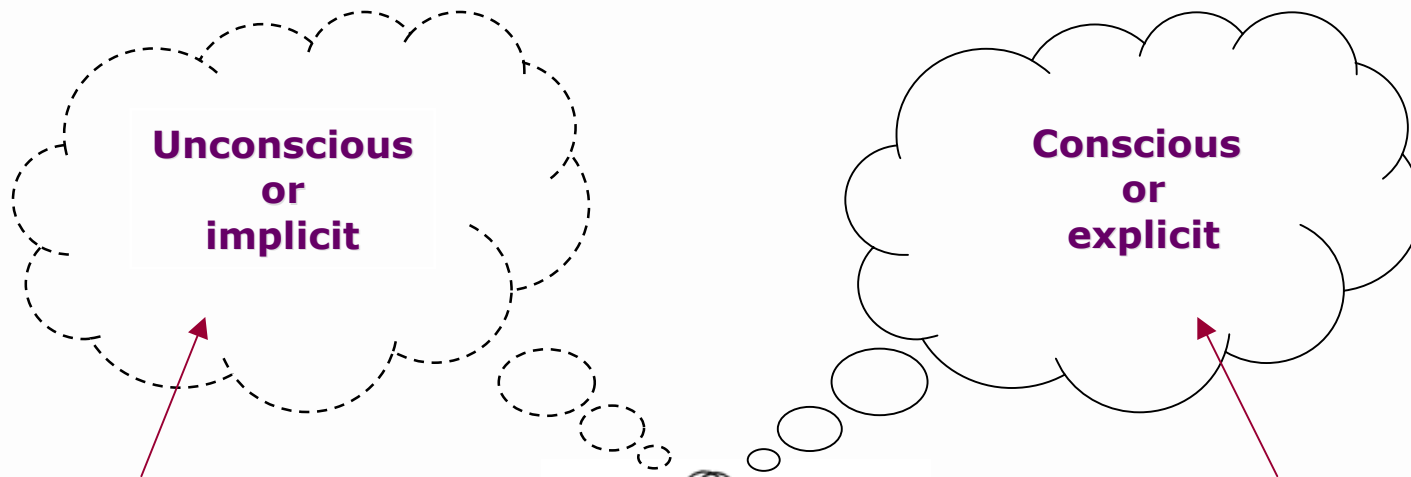
Analyzing Complex Feelings

How did their sense of the relationship correlate with relationship outcome?



Wilson (1984)

Analyzing Complex Feelings



When the unconscious/implicit system is a major determinant of our choices and behaviors, we won't have good conscious awareness for the reasons for those decisions and behaviors.

When you consciously analyze the reasons for what you think or how you feel about something, you only have access to what the conscious/explicit system thinks and knows

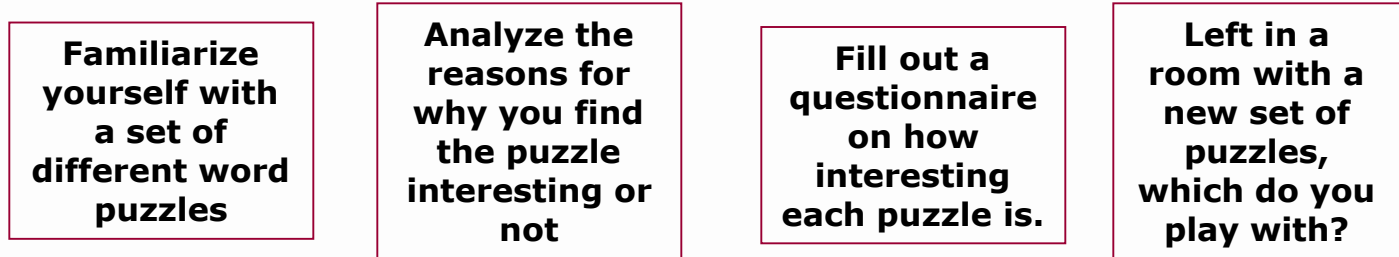
The dual-process explanation for the effect

Analyzing Simple Feelings

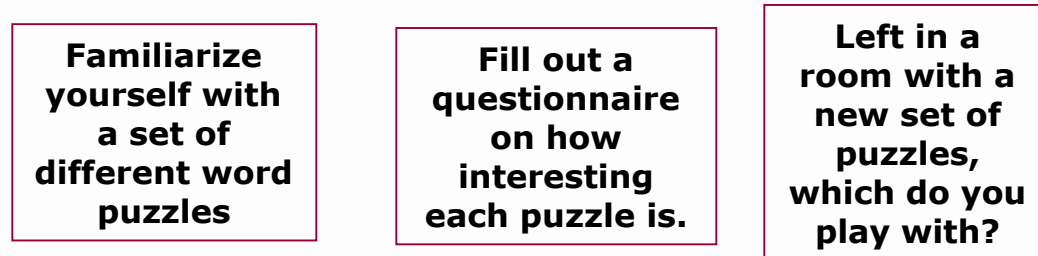
A study of students' interest in word puzzles

Sequence of Tests/Manipulations in the lab

Group 1:



Group 2:



Wilson (1984)

Analyzing Simple Things

Instructions for “Analysis” condition

In order to prepare yourself for your evaluations of the puzzles, analyze *why* you feel the way you do about each type. That is, go over in your mind what it is about each one that makes you think it is interesting or boring. After being given some time to familiarize yourself with the puzzles, we will ask you to list your reasons for finding each one interesting or boring. Please prepare yourself for this list by analyzing the puzzles very carefully. *The main question to consider is, why do you feel the way you do about each puzzle?*

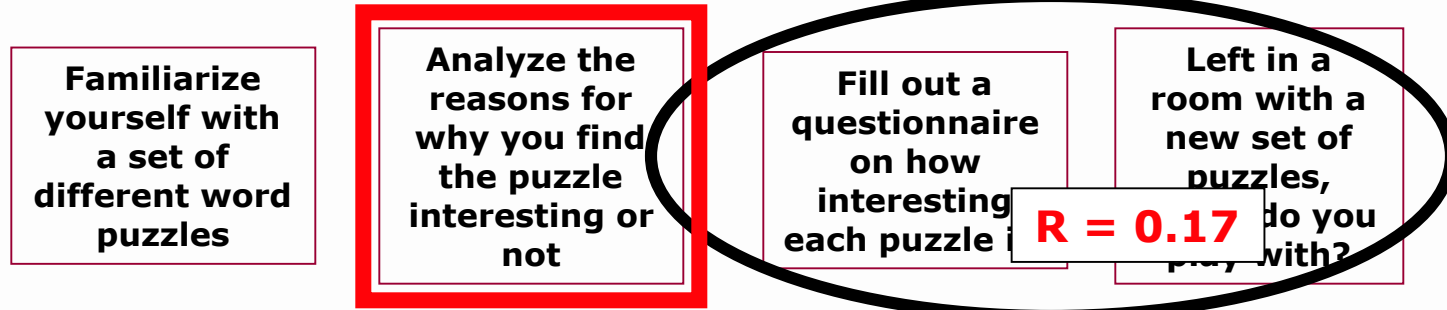
Wilson (1984)

Analyzing Simple Feelings

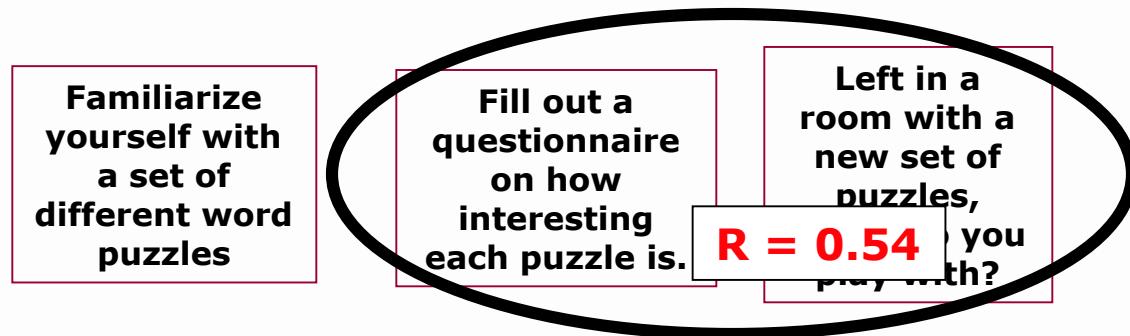
A study of students' interest in word puzzles

Sequence of Tests/Manipulations in the lab

Group 1:



Group 2:



Wilson (1984)

Analyzing Simple Feelings



From *Napoleon Dynamite*

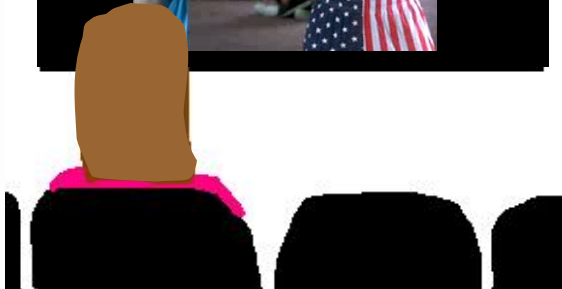
Analyzing Simple Feelings

Can we think things are affecting us when they're not?!

Enjoyment Rating

=

Enjoyment Rating



Did the noise affect your rating?

55% said "yes"

Wilson (1977)