

Evolutionary Theories of Emotions

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Emotions are complex feedback processes that attempt to restore homeostatic balance when certain significant life events create disequilibria. The theory includes three models: a *structural* model that conceptualizes the relations between emotions in terms of a three-dimensional cone; a *sequential* model that describes the complex, feedback loops involved in all emotions; and a *derivatives* model that shows systematic connections between emotions, personality, personality disorders, ego defenses and coping styles.