

Vaulting Prevalence of Jealousy, Envy and Resentment in the Modern Context

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Abstract - “It is in the character of very few men to honor without envy a friend who has prospered.” -Aeschylus, *Agamemnon*, line 832.

Man is an interesting creature and of course, he is not a definable entity too. There are several obstacles to adequately comprehending him. He possesses a wide range of features and ideas. That mysterious man has seven major and inevitable sins such as pride, covetousness, wrath, envy, gluttony, sloth, and lechery. This article investigates why competition, jealousy, envy, wrath, greed, and annoyance arise in man, how to prevent them, and what are the various solutions to lead a happy life optimistically. Now, assume you desire something. You are unable to obtain it because you lack something. Jealousy is the sensation of rage and irritation that emerges in you when you see another person enjoying the same thing in front of your eyes. After some time, if you are not surfeited of one thing or too much by another, you are likely to have that feeling again. When you practice the mindset of living with enough, all problems will end. It's a difficulty if you think you don't have enough or if you truly don't have enough. So, from now on, you'll be in the stage when you typically regard yourself as inferior. If you are in a high position, that wicked notion will not cross your mind. When years pass and you return to your previous location, a slew of difficulties will arise.

Index Terms - Jealousy, Envy, Resentment, Inferiority complex, Emotions.

INTRODUCTION

“Anger is cruel and fury overwhelming, but who can stand before jealousy?”

-Proverbs 27:4, *The Bible*

Among a lot of human emotions, jealousy is certainly one of the most complexes. In love, it refers to the fear of losing one's partner to someone else. It is a natural feeling that responds to a primary instinctive need, that of protecting what belongs to us. Unfortunately, when it becomes obsessive and permanent, this emotion can

destroy relationships, causing bouts of depression and anxiety. It can even lead to serious violence or, in extreme cases, homicide. What are the causes of jealousy and how to tame it? So the researcher invites you to read this article to decipher and demystify it.

Causes of Jealousy: Individual Factors:

“So full of artless jealousy is guilt,

It spills itself in fearing to be spilt!”

-William Shakespeare, *Hamlet* (1600-02), Act IV, scene 5, line 19.

Like any emotional blockage, jealousy which is the consequence of the fear of being left is strongly affected by factors related to the particular jealous person. If you are a jealous man or a jealous woman your spouse will be getting tired of your multiple bouts of jealousy. You want your relationship to go smoothly, but you don't know exactly how. To overcome this problem, it is necessary to identify the source of it. So if you want to fight against jealousy, you have to find out where it comes from. The causes of jealousy are many and varied, but most of them find their source in fear. Indeed, in romantic relationships, jealousy is generally triggered by: fear of losing one's partner, fear of being replaced, fear of losing the privileged place, and fear of being abandoned. The mere perception of a threat is enough to turn the wheels of jealousy. This fear is usually fueled by a lack of confidence in yourself or your partner. In addition, individual factors related to the personality and life of the person as well as elements relating to the relationship itself or the environment can intensify this fear.

a. The lack of self-confidence:

Low self-confidence is a cause of jealousy. If what you think is not favourable to you, the thought of jealousy surrounds you or when something is not looking good, you can quickly fall into the trap of unhealthy jealousy. In this case, feelings of jealousy are easily triggered by

seemingly innocuous or imaginary stimuli. Example: the partner talks to a member of the opposite sex or sights at someone passing in the street. Among the causes of jealousy, the lack of self-confidence affects many people. These may be those who:

1. always compare themselves to others.
2. think that they are not worthy of interest and that they do not deserve to be loved.
3. find that they are not good enough for each other.
4. always question themselves.

Therefore, they are the people who are terrified at the idea that their lover can look elsewhere for all these qualities that they lack. For example, A woman who does not feel beautiful can very quickly become a jealous woman. If you don't work on your self-esteem, self-image, and self-confidence, you're going to have a fit of hard time-fighting jealousy.

- b. The projection of one's own guilt or bad conscience:

Guilt and bad conscience also find their place among the causes of jealousy. Through these emotions, some people unconsciously reject their partner, unacknowledged desires and secrets. If you have been unfaithful, guilt makes you think that the person you love is or could be too. In this case, we use excessive jealousy as a ploy to divert his attention, so that he does not realize our own mistakes. This is also the case when you have fantasies or you have fallen for another person.

- c. Need to own the other or have an exclusive right: "Entire affection hateth nicer hands."

-Edmund Spenser, *The Faerie Queene* (1589-96), Book I, Canto VIII, Stanza 40.

Among the causes of jealousy, we have the desire for exclusivity. Those who think that love rhymes with possessiveness are extremely jealous people. For them, the partner is like an object that he does not want to share with anyone. This, therefore, leads them to obsessively and irrationally control, check and monitor the partner's communication, relationships and whereabouts information. They often succeed in destroying the partner's self-confidence through manipulation. The worst is that they can have violent behaviour.

The causes of jealousy: Factors related to the other or the quality of the relationship:

Contrary to the elements relating to a personal problem, these find their origin in the couple themselves or the other. You have never been a jealous man or a jealous woman and suddenly you find yourself in the grip of this painful emotion? Then you have to ask yourself questions.

Painful past experience:

The cause of jealousy may be a thing of the past. Have you perhaps been abandoned or betrayed by a loved one, a lover? This wound from the past can therefore still be buried in you and means that today you cannot trust your partner. It's not your fault, but if you want to fight jealousy, you have to learn to trust.

The causes of jealousy: infidelity and frivolous behaviour:

It's completely normal to feel excessive jealousy if the other person cheats on us or displays questionable behaviour such as: spending an excessive number of hours on social networks, registering on a dating site or openly flirting with other people in front of you. There is also a lack of attention from the partner. Does the person you love not show you their love? Are you unsure of his feelings for you? Or do you have reason to doubt his sincerity?

Tips for fighting jealousy in your relationship:

Now you have an idea of the causes of jealousy, it's time to discover some tips to limit the effects of this emotion on your relationship. As a reminder, jealousy is not always a negative emotion. Indeed, the fear of losing the man or woman we love or the idea that he or she is leaving us is what is most normal. But whatever the cause of jealousy, the real problem is how you let it take over your life. Besides, remaining indifferent to jealousy would be as unhealthy as having extramarital affairs. It is, therefore, necessary to know how to identify the causes of jealousy to know what to work on concretely, because when it takes over for no apparent reason, it can be extremely destructive. If you're a jealous man or jealous woman, here are some tips to get you started:

1. Acknowledge your excessive jealous behaviour and accept that it damages the relationship.
2. Identify the origin and the factors that trigger your jealousy.
3. Discuss strategies to minimize jealousy.

4. Decide to change your behaviour. You may need the help of a psychologist.

Definition:

Jealousy is one of the human emotions that we all know. It is based on fear, anger or even sadness experienced in childhood, for example after the birth of a little sister or a little brother. Jealousy is a very common emotion, few people can boast of never having experienced it! Jealousy is the inability to rejoice in what the other has, sometimes going so far as to think that he has been taken away from us.

Envy is the desire to acquire what another has. Jealousy is a great fear of losing what one has to someone. Sometimes, Envy and Jealousy may seem similar, but they are different. Envy is the desire to get something but Jealousy is the fear of losing something. This distinction has significant implications. In some languages other than English, the words Envy and Jealousy are used interchangeably with similar meanings. Resentment is a unique character that resides with both Envy and Jealousy. Resentment means, "Why don't I have this thing? How come they have it?" The thought of Resentment is a tool that takes us away from humanism and gives us anger, hatred and depression.

Excessive jealousy:

Jealousy is often accompanied by aggressiveness or contempt, in extreme cases, to such an extent that it can lead to reprehensible acts. It is a feeling that can certainly make the other suffer, but the one who also feels a deep malaise. Jealousy can be destructive. Violently felt, the symptoms of jealousy can lead to irrational behaviour or even acting out. We will then speak of unhealthy jealousy but we must know that strictly speaking, jealousy is not a pathology.

Jealousy in friendship:

Jealousy is the fear, founded or unfounded, of losing a loved one, whether it is a romantic or friendly relationship, the spring is the same. Behind jealousy, there is often a lack of self-confidence which leads us to think that we risk losing everything, that we are not up to it and this can result in a lack of self-confidence. This lack of confidence often testifies in reality to the fear of the loss of the object. When one felt wronged, and forsaken in childhood, it can happen that in

adulthood the other is seen as an object that belongs to us., analyzes the clinical psychologist.

Are your colleagues jealous of you at the office?

"Envy wounds with false accusations, that is with detraction, a thing which scares virtue."

-Leonardo da Vinci, *The Notebooks*, XIX.

When you perform well at work or your smart planning impresses your boss, coworkers are naturally jealous. If it is the workplace, then surely you will have to face these problems. We have to be alert because sometimes their jealous nature even affects our work. They will ask for your help when they need it. They pretend to be busy when you need them. They won't help. They will avoid you on purpose. It can be understood that these people are jealous of you. When others like your work, seniors in the workplace will appreciate it heartily. If there is a person who is jealous of you in that place, they will sneer at even praise or belittle your work. A jealous coworker who doesn't want to approve of you won't help and the fame you get will be tarnished. Usually, these jealous people don't call you when you take a break between work or when they go out. They will also not invite you to attend house events. So, surround yourself with supportive people and people with a positive mindset. This will lead you to the path of progress. Hatred and envious people always gossip about us. They try to create a negative image by teaching us unnecessary myths and new meanings for our actions. Even if you know this, you should take care that their activities do not affect you. As always, make it a habit to interact naturally with everyone. They always tend to disagree with you. No matter what you say, even if the idea is good, they won't accept it. They will give contradictory answers to what we say to ignore or demean us. Some people with bad intentions will ignore us when we speak. They will act as if we are not there. Even if it hurts you, let it go. It is better to make it a habit to talk to such people very little. A jealous person is like a drug addict. He will do whatever to destroy his enemy. Some will plot and some will blame for unwanted reasons. They will do whatever they can to stop our progress. They will know your plans and make them ineffective. So, get away from them.

How to deal with jealous colleagues in the office?

If you are close to your 'boss', colleagues will inevitably ignore you at times. Try to stay with your team then. Diplomacy is about being friendly and maintaining good relations with everyone. It is important to ensure that you do not become the centre of gossip. So it is necessary to speak carefully. Because your colleagues will turn against you on what you have discussed. Make sure all your communications are in proper form. Especially keeping your senior in the loop can help avoid unnecessary problems. If you get a great bonus or a letter of appreciation, it's best not to tell anyone about it. It's good to be humble. It is good to help colleagues but avoid lecturing them under the pretence of teaching them. Working hard for professional advancement is important but bragging among colleagues is a very bad idea. Ups and downs are very normal in professional life. But the important rule in office politics is to be careful at work and keep moving up the corporate ladder.

Jealousy in love (couple):

In love, jealousy is a feeling that generates pain and suffering, the desire to possess the loved one, and the fear of betrayal, abandonment and infidelity on their part. It is often the manifestation of a lack of self-confidence, which awakens wounds felt in the past, for example. Jealousy is a very common feeling in a couple and friendship. This jealousy can be excessive or unhealthy depending on the person. Where does this jealousy come from and what does it reveal? Let's discuss here the main causes of jealousy in a relationship. Jealousy is defined as a negative and very common emotion based on insecurity. The feeling of jealousy results from a threat of the loss or the actual loss of a partner, linked to the presence of a rival. The rival and the threat of loss can be real or imagined. It is possible to distinguish jealousy from envy. Envy is the desire to get something you don't have and someone else does. While jealousy refers on the contrary to something that we have and that we are afraid to lose.

Why are there so many rivalries between relatives?

"O jealousy! thou magnifier of trifles."

-Friedrich Schiller, *Fiesco*, I, 1.

In the beginning, everyone knows that they are together. But not so. Our own relatives always have the idea that whether you are great or they are great.

This is the problem. As long as you depend on them they will be good. It is only when you step forward and run alone that their true face is revealed. Whenever you make a small mistake, they will magnify it and make trouble and break up.

Is jealousy only a human trait?

"O, beware, my lord of jealousy;

It is the green-eyed monster which doth mock..."

-William Shakespeare, *Othello* (c. 1603), Act III, scene 3, line 166.

Jealousy is not only a human trait, but it is a trait of all animals and birds. It seems to us that man has more jealousy than other species. It has been observed that when a six-month-old baby is given to another person by its mother and another child is picked up by its mother, the child cries out of jealousy. So we have to notice that man is jealous since his birth. Jealousy is a human trait. It is the feeling of enmity that arises in the mind of a person who is inferior to himself and considers himself superior. Jealousy is the epitome of intolerance.

"Resentment kills a fool, and envy slays the simple."

-*Job* 5:2 NIV

"If a poor person envies a rich person, he is no better than the rich person."

-Leo Tolstoy, *Path of Life*, M. Cote, trans. (2002), p. 89.

When two people try to build their own house, the lower economic status, fortunately, buys land at a lower price and builds a house, and if the other is unable to do so, the non-builder becomes jealous of the one who built the house. It is the nature of all human beings without exception. So there is no need to be embarrassed or afraid about this. This is one of the emotions that need to be controlled in social life. It is controlled and disappears if it is small. If there is an excess, one of two consequences will result. One can be a positive result to become a rising with a lot of motivating goals, Or he can act with such enmity that it doesn't matter if he loses both eyes, he wants his enemy to lose at least one eye. A little bit of jealousy in a self-confident man can be very creative and act as a positive force to motivate him to succeed. Jealousy of an insecure man is so poisonous that it drives a man without the confidence to manipulate another to bring him down.

The wound of abandonment: What is it, How to heal?

“The rebel ... does not merely claim some good that he does not possess or of which he was deprived. His aim is to claim recognition for something which he has and which has already been recognized by him, in almost every case, as more important than anything of which he could be envious.” -Albert Camus, *The Rebel*, A. Bower, trans. (1956), p. 17.

Emotional dependence, lack of confidence in oneself and others, thirst for recognition... This can reflect a wound of abandonment. The suffering that sets in in childhood, when we felt emotionally insecure. How to recognize it? How to heal it? What are the consequences for the couple? At work? We shall see them all in the following.

What is the support?

There are ways to learn how to control jealousy if we realize that it harms our well-being and that of the other. Being jealous is an emotional state that by definition is transitory and is intended to improve if you work on yourself. It's about understanding what your story is and what is the origin of this jealousy. Cognitive-behavioral therapies (CBT) are then well indicated because they allow a reflection around the cognitive mechanisms and the implementation of adapted behavioural strategies. Fortunately, jealousy very often remains an emotion that crosses us and that we manage very well on our own to spot.

Evolutionary Theories of Jealousy

Evolutionary theorists believe that jealousy is due to the development of psychological mechanisms linked to sex and corresponding to reproductive strategies. According to them, infidelity in the couple is an individual reproductive strategy that the other partner must try to counter by relying on the mechanisms of jealousy.

Jealousy Theories

In the couple, there are reports of sexual jealousy and emotional jealousy.

1. Sexual Jealousy

Sexual jealousy occurs when the partner has (or could have) a relationship of more or less long duration based on sex (but without deep feelings) with someone other than their life partner. The man must pay particular attention to the sexual habits of the woman because it would not be advantageous for him to invest energy, time and resources for the survival of children

that are not his own. Because of this, he tends to develop sexual jealousy.

2. Emotional Jealousy

On the contrary, the woman must ensure that the man's attention is not directed towards other women and, by extension, their children. If that were the case, certain resources convey that she needs for her survival and that of her children would be deported to these other women. They also explain why women tend to develop emotional jealousy. Surveys mostly support this hypothesis: men say they experience greater distress during the sexual infidelity of their life partner, while women are more affected by the emotional infidelity of their spouse. Emotional jealousy occurs when the partner has (or would have) a romantic relationship (but not a sexual relationship) with someone other than their life partner. The loss of a partner can cause 2 types of suffering:

- Loss of relational benefits;
- The loss of self-esteem.

It also distinguishes:

- Normal jealousy: being jealous in the present relationship;
- Pathological jealousy: the fact of tending to be jealous through all relationships or in all situations.

3. Pathological Jealousy

“Jealousy feeds upon suspicion, and it turns into fury or it ends as soon as we pass from suspicion into certainty.” -François de La Rochefoucauld, *Maxims* (1665).

Pathological jealousy involves imaginary threats, paranoid suspicions, high levels of frustration, and sometimes detective behaviours. Here we can conceptualize it in 3 different dimensions: cognitive, emotional and behavioural.

1. Cognitive jealousy involves a person's paranoid worries and doubts about their partner's infidelity;
2. Emotional jealousy includes the affective reactions to the real or imagined threat to the relationship;
3. Behavioural jealousy combines the two previous dimensions. Behaviours of detective, surveillance and inspection of personal affairs are part of it.

Symptoms of Jealousy

Several studies have highlighted characteristic symptoms of jealousy. Indeed, jealousy is characterized by:

1. Emotions like pain, anger, rage, envy, sadness, fear and humiliation;
2. Thoughts of concern for one's image, of comparison with the alleged rival, self-criticism, resentment or self-pity;
3. Physical symptoms: sweaty, shaky hands, laboured breathing, stomach cramps, decreased appetite, rapid heart rate, insomnia, feeling like you could pass out at any moment, and flushing.
4. Worrying attitudes: shouting, crying, fleeing, becoming violent, and trying to ignore the problem are some of the possible behaviours in reaction to the situation.

Jealousy according to Sex

According to recent reports and reviews, women are more likely to experience symptoms of distress and sadness, while men are more likely to experience anger. We also learn that men are more jealous on average than women.

Jealousy and love

The love felt for the partner is positively correlated with jealousy and in particular emotional jealousy. The more a person loves his partner, the less suspicion he will have, but the more intensely he will experience the emotions of jealousy if faced with a situation that pushes him there. On the other hand, no link has been demonstrated between the state of love and jealous or even paranoid behaviour. Jealousy is correlated with the duration of the relationship and the number of relationships prior to the current one. Jealousy would be at its height at the beginning of a relationship when it is still unstable and passion is at its peak.

Jealousy in a Couple: A Healthy Reaction in Small Doses

When it is not pathological, jealousy, in small manifestations, is not necessarily harmful to the couple. It can be a sudden lucid gaze when you detect a desire for someone else in your partner's gaze. And it would be absurd to deny that these sparks of desire, or these desires to seduce other people, are an integral part of a couple, provided they remain at the fantasy stage.

Jealousy, in these cases, puts the fusion formed by the couple at a distance: it reminds us that we are not everything to the other. The one who experiences jealousy then remembers his independent and entire existence, apart from the duo. This slight feeling of jealousy or rivalry recalls the need to make efforts for the other, the desire to please him. Jealousy in the couple exposes the doubts and fears of no longer seducing enough, of not being enough... so many normal, lucid and balanced feelings.

Jealousy and Feelings of Insecurity

In some people, jealousy is pathological, for example, when it is obsessive or systematic. Does your partner see you flirting everywhere, with everyone? Does it denounce looks and words that you would have promulgated, without you realizing it? It may be a matter of personal insecurity, which leads him to interpret all your relationships by comparing them to that of your couple.

This behaviour reflects a permanent lack of self-esteem that can be very difficult to manage daily. So, if your partner catches you looking at another man/woman, then he/she compares himself and feels threatened. Psychologically exhausting, this tendency to devalue themselves weighs on the couple every day, especially since no words and no attention will be enough to fill this narcissistic pain.

If reassuring a jealous person can sometimes be enough, it is generally necessary to communicate to highlight the problem. Indeed, those who suffer from jealousy regularly must engage in personal development work to gain more self-confidence and better live their relationship daily.

When Jealousy Borders on Paranoia

Jealousy sometimes takes on the appearance of paranoia, especially when it is unconscious, and therefore unacknowledged. This feeling can occur without the jealous person realizing it. Let's take a concrete example: as soon as someone approaches you at a party, your partner suddenly shuts up and doesn't say a word.

When you confront him next, he pretends to be pissed off for such and such a reason, never mentioning a feeling of jealousy. It is possible that he is telling the truth: in some cases, indeed, the denial is too strong. Freud was convinced that the feeling of jealousy is inevitable in a couple. According to him, some people

are more successful in repressing this feeling, but no one is free from it. Indeed, apart from the erotomaniacs, convinced that everyone loves them exactly for what they are, one would have to be mad with pretension and vanity to imagine that it is possible that one is loved for what we are, that everything in us is lovable. The friction between appearances, self-representations and what one imagines to be in the mind of the other contributes to creating a feeling of insecurity.

The Fear of Losing the Other

Jealousy is a strong sign of lack of confidence daily. Do you frequently imagine that your partner is cheating on you and that he is therefore going to leave you? If objectively, your partner does not put your couple in danger, you must analyze the causes of this jealousy which tears you apart. Then ask yourself what scares you the most in this scenario: is it the loneliness, the betrayal, the rejection? Try to dig into your feelings to understand the cause: is it a sadness that you experience when jealousy springs up? Or is it more of erotic anger, a strong impulse? It is only by going back to the causes of your jealousy that you will succeed in getting rid of it. If this feeling is too cumbersome or too destructive for you and your couple, it may be useful to contact counsellors and professionals.

Jealousy has multiple causes, which are above all the expression of a psychological condition on the part of the one who is jealous. Widespread, jealousy is not necessarily a negative feeling. It becomes so when it is uncontrollable and disabling.

Non-Evolutionary Theory of Jealousy

“The envious will die, but envy never.”

-Molière, *Tartuffe* (1664), V, 3.

Non-evolutionary theorists believe that the mechanisms of jealousy are the same for both sexes, but that the environmental context (cultural and social in particular) causes differences. According to them, the differences observed between men and women do not have a genetic basis. Man being an animal weaving complex social bonds, jealousy would be a generalized mechanism. The difference observed would therefore be due to the cultural constructs of gender and also varies according to culture. Thus, the Semai people of Central Malaysia have been found to share their wives with other members of their age group. This practice makes the certainty of paternity impossible while in

Sicily, the exclusive control of women’s sexuality is the proof of masculinity.

Defence Strategies of Jealous People

We can list 9 key strategies used by jealous individuals:

- Attempt to improve the current relationship;
- Intervene in the relationship with the rival;
- Encourage the partner to commit to the relationship;
- Inconveniencing the partner or the rival;
- Consider other alternatives;
- Deny or avoid the perceived threat;
- Self-reassessment;
- Expressing their emotions to a loved one;
- Seeing the situation as a challenge to yourself or the relationship.

The Jealousy Test

For each of the following statements, ask yourself if you feel jealousy and compare your feelings to the statistics to situate yourself. Here is the jealousy test to perform to know your degree of jealousy:

1. Your partner goes out on a Friday night with friends (4 to 5% of women are jealous in this case);
2. Your partner takes his daily break alone with a new colleague from work (about 40% of women are jealous in this case);
3. Your partner has dinner alone in a restaurant with a school friend (about 45% of women are jealous in this case);
4. Your partner has coffee alone in a restaurant with a new colleague after working hours (about 60% of women are jealous in this case);
5. Your partner has dinner alone with a new friend (about 80% of women are jealous in this case);
6. Your partner has dinner alone in a restaurant with a new friend (about 85% of women are jealous in this case);
7. Your partner stays at his former friend’s or new friend’s house because he can’t drive back that night because he says he’s had too much alcohol (about 95% of women are jealous in this case);

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