

not only the affective disbalance or conflicts between the type of feelings experienced, but the overall condition of threatened patients and the quality of their objective well-being. It seems that feeling miserable has to be more pervasive as a function of choosing common feelings but also is insensitive to the desirable style of self-presentation concerning one's own emotional experiences. Future researches and re-test procedures, in the presence of more controlled data alleged could shed more light on these subtle differences between primary emotions properties, secondary functions and linkages between them.

## REFERANCES

1. **Ferdinandov, K., I. Bardov** (2017). Kompyutarna simulatsia. Virtualna proverka na teoriyata za afektite i stsenariite, sazhdana ot Silvan Tomkins. In: *Scientific proceedings from the VIIIth National Congress of Psychology, 3 November – 5 November 2017*, 337-349. ISBN 978-619-90965-1-2. (In Bulgarian)  
[Фердинандов, К., Бардов, И. (2017). Компютърна симулация. Виртуална проверка на теорията за афектите и сценариите, създадена от Силван Томкинс. *Сборник научни доклади от VIII национален конгрес по психология, 3.XI.-5.XI.2017 година*, pp. 337-349, <https://bpspublic.files.wordpress.com/2017/11/ncp2017.pdf>]
2. **Ferdinandov, K.** (2018). Nomologichen triizmeren model za emotsii. In: *Virtualna konferentsia po psihologia „Novi idei i dobri praktiki v psihologiyata kato nauka i profesia, 2018-2019”* (In Bulgarian)  
[Фердинандов, К. (2018). Номологичен триизмерен модел за емоции. *Виртуална конференция по психология „Нови идеи и добри практики в психологията като наука и професия, 2018–2019“*. <https://vcp2018.files.wordpress.com/2018/06/vcp2018-text-009-personality-ferdinandovk-1.pdf>]
3. **Ferdinandov, K.** (2018a). A predictive potential exploration of emotions families and scripts model. In: *Psychological Research*, Volume 21, Number 2, 151-170, ISSN 1311-4700 (Print); ISSN 2367-9174.
4. **Ferdinandov, K.** (2019). *Vavilonska kula v choveshkoto sartse. Sporni vaprosi i protivorechia v psihologiyata na emotsiite. Virtualna konferentsia po psihologia „Novi idei i dobri praktiki v psihologiyata kato nauka i profesia, 2018-2019”* (In Bulgarian)  
[Фердинандов, К. (2019). Вавилонска кула в човешкото сърце. Спорни въпроси и противоречия в психологията на емоциите. *Виртуална конференция по психология „Нови идеи и добри практики в психологията като наука и професия, 2018–2019“*. <https://vcp2018.files.wordpress.com/2019/02/vcp2018-text-021-personality-ferdinandovk.pdf>]
5. **Naralanov, S., Naralanova, E.** (2018). *Emotsii i shizofrenia. Nov podhod kam afektivnostta pri „neafektivni“ psihozi*. Iztok-Zapad, Sofia (In Bulgarian)  
[Хараланов, С., Хараланова, Е. (2017). *Емоции и шизофрения. Нов подход към афективността при „неафективни“ психози*, Изток-Запад, София.]
6. **Bar, M.** (2007). The proactive brain: using analogies and associations to generate predictions. In: *Trends in Cognitive Sciences*, 11, 7, 280-289.
7. **Barrett, L. F., Gross, J., Christensen, T., Benvenuto, M.** (2001). Knowing what you're feeling and knowing what to do about it: Mapping the relation between emotion differentiation and emotion regulation. In: *Cognition and Emotion*, 15, 713-724.
8. **Barrett, L. F., Tugade, M. M., Engle, R. W.** (2004). Individual differences in working memory capacity and dual-process theories of the mind. In: *Psychological Bulletin*, 130, 553-573.
9. **Barrett, L. F., Satpute, A. B.** (2013). Large-scale brain networks in affective and social neuroscience: towards an integrative functional architecture of the brain. In: *Current Opinion in Neurobiology*, 23, 3, 361-372.
10. **Bassili, J. N.** (1996). Meta-judgmental versus operative indexes of psychological attributes: The case of measures of attitude strength. In: *Journal of Personality and Social Psychology*, 71, 637-653.
11. **Berrios, R.** (2019). What Is Complex/Emotional About Emotional Complexity?. In: *Frontiers in Psychology*, 10.
12. **Brown, J., Farber, I.** (1951). Emotions conceptualized as intervening variables - with suggestions toward a theory of frustration. In: *Psychological Bulletin*, 48, 465-495.
13. **Cavazza, N., Butera, F.** (2008). Bending without breaking: Examining the role of attitudinal ambivalence in resisting persuasive communication. In: *European Journal of Social Psychology*, 38, 1-15.

14. **Choi, I., Choi, Y.** (2002). Culture and self-concept flexibility. In: *Personality and Social Psychology Bulletin*, 28, 1508-1517.
15. **Cohen, J.** (1988). *Statistical power analysis for the behavioral sciences* (2nd ed.). Hillsdale, NJ: Lawrence Earlbaum Associates.
16. **Davidson, R. J.** (1992). Prolegomenon to the structure of emotion: Gleanings from neuropsychology. In: *Cognition & Emotion*, 6, 245-268.
17. **Davidson, R. J.** (1994). On emotion, mood, and related affective constructs. In P. Ekman R. J. Davidson (Eds.), *The nature of emotion: Fundamental questions*, 51-55, New York: Oxford University Press.
18. **Demorest, A.** (2008). A taxonomy for scenes, In: *Journal of Research in Personality*, 42, 239-246
19. **Demorest, A.** (2008a). Script models. In W. Darity (Ed.) *International encyclopedia of the social sciences*, 2nd ed., 7, 372-373, Detroit, MI: Macmillan Reference.
20. **Diener, E., Larsen, R. J., Levine, S., Emmons, R. A.** (1985). Frequency and intensity: Dimensions underlying positive and negative affect. In: *Journal of Personality and Social Psychology*, 48, 1253-1265.
21. **Diener, E., Iran-Nejad, A.** (1986). The relationship in experience between various types of affect. In: *Journal of Personality and Social Psychology*, 50, 1031-1038.
22. **Ekman, P., Friesen, W.** (1975). *Unmasking the face: A guide to recognizing emotions from facial clues*. Englewood Cliffs, NJ: Prentice Hall.
23. **Fehr, B., Russell, J.** (1984). Concept of emotion viewed from a prototype perspective. In: *Journal of Experimental Social Psychology: General*, 113, 464-486.
24. **Fredrickson, B., Kahneman, D.** (1993). Duration neglect in retrospective evaluations of affective episodes. In: *Journal of Personality and Social Psychology*, 65(1), 45-55.
25. **Fredrickson, B.** (1999). Extracting meaning from past affective experiences: The importance of peaks, ends, and specific emotions. In: *Cognition & Emotion*, 14, 577-606.
26. **Fredrickson, B.** (2000). Cultivating positive emotions to optimize health and well-being. In: *Prevention & Treatment*, 3(1).
27. **Fredrickson, B.** (2001). The Role of Positive Emotions in Positive Psychology: The Broaden-and-Build Theory of Positive Emotions. In: *American Psychologist*, 56, 218-226.
28. **Fredrickson, B.** (1998). What Good Are Positive Emotions? In: *Review of General Psychology*, 2, 300-319.
29. **Fredrickson, B.** (2004). The broaden-and-build theory of positive emotions. In: *Philosophical Transactions of the Royal Society of London*, 359, 1367-1377.
30. **Gross, J., John, O.** (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. In: *Journal of Personality and Social Psychology*, 85, 348-362.
31. **Gross, J., Thompson, R.** (2007). Emotion regulation: Conceptual foundations. In: Gross, J. (Ed.), *Handbook of emotion regulation*, 3-24, New York, NY: Guilford.
32. **Gruber, J., Kogan, A., Quoidbach, J., Mauss, I. B.** (2013). Happiness is best kept stable: Positive emotion variability is associated with poorer psychological health. In: *Emotion*, 13, 1-6.
33. **Grühn, D., Lumley, M. A., Diehl, M., Labouvie-Vief, G.** (2013). Time-based indicators of emotional complexity: Interrelations and correlates. In: *Emotion*, 13, 226-237.
34. **Hixon, J., Swann, W.** (1993). When does introspection bear fruit? Self-reflection, self-insight, and interpersonal choices. In: *Journal of Personality and Social Psychology*, 64, 34-43.
35. **Hoemann, K., Gendron, M., Barrett, L. F.** (2017). Mixed emotions in the predictive brain. In: *Current Opinion in Behavioral Sciences*, 15, 51-57.
36. **Just, N., Alloy, L. B.** (1997). The response styles theory of depression: Tests and an extension of the theory. In: *Journal of Abnormal Psychology*, 106, 221-229.
37. **Juster, F., Courant, P., Dow, G.** (1985). A Conceptual Framework for the Analysis of Time Allocation Data. In: Juster, F., Stafford, F. (Eds) *Time, Goods, and Well-Being*, 113-131, Ann Arbor, Mich.: Institute for Social Research, University of Michigan
38. **Kang, S. M. & Shaver, P. R.** (2004). Individual Differences in Emotional Complexity: Their Psychological Implications. *Journal of Personality*, 72, 4, 687-726.
39. **Kaplan, K.** (1972). On the ambivalence-indifference problem in attitude theory and measurement: A suggested modification of the semantic differential technique. In: *Psychological Bulletin*, 77(5), 361-372.
40. **Kahneman, D., Krueger, A., Schkade, D., Schwarz, N., Stone, A.** (2004). A Survey Method for Characterizing Daily Life Experience: The Day Reconstruction Method. In: *International Library of Critical Writings in Economics*, 204, 105-112.

41. **Kahneman, D., Krueger, A.** (2006). Developments in the Measurement of Subjective Well-Being. In: *Journal of Economic Perspectives*, 20(1), 3-24.
42. **Larsen, R., Fredrickson, B.** (1999). Measurement issues in Emotion research. In: Kahneman, D., Diener, E., Schwartz, N. (Eds.) *Well-being: Foundation of hedonic psychology*, pp. 40-60, New York: Russell Sage.
43. **Lykken, D., Tellegen, A.** (1996). Happiness is a stochastic phenomenon. In: *Psychological Science*, 7, 186-189.
44. **Lyubomirsky, S., Nolen-Hoeksema, S.** (1995). Effects of self-focused rumination on negative thinking and interpersonal problem solving. In: *Journal of Personality and Social Psychology*, 69, 176-190.
45. **Lyubomirsky, S., Tkach, C.** (2004). The consequences of dysphoric rumination. In: Papageorgiou, C., Wells, A. (Eds.), *Rumination: Nature, theory, and treatment of negative thinking in depression*, 21-41, Chichester, England: Wiley.
46. **Priester, J., Petty, R.** (1996). The gradual threshold model of ambivalence: Relating the positive and negative bases of attitudes to subjective ambivalence. In: *Journal of Personality and Social Psychology*, 71(3), 431-449.
47. **Martin, L. L., Tesser, A.** (1989). Toward a motivational and structural theory of ruminative thought. In J. S. Uleman J. A. Bargh (Eds.), *Unintended thought*, 306-326. NY: Guilford Press.
48. **Nolen-Hoeksema, S., Morrow, J.** (1991). A prospective study of depression and posttraumatic stress symptoms after a natural disaster: The 1989 Loma Prieta earthquake. In: *Journal of Personality and Social Psychology*, 61, 115-121.
49. **Nolen-Hoeksema, S., McBride, A., Larson, J.** (1997). Rumination and psychological distress among bereaved partners. In: *Journal of Personality and Social Psychology*, 72, 855-862.
50. **Petty, R., Brinol, P., Johnson, I.** (2012). Implicit ambivalence. In: Gawronski B, Strack F. (Eds.) *Cognitive Consistency: A Fundamental Principle in Social Cognition*, 178-201, New York: Guilford Press.
51. **Pond, R. S., Jr., Kashdan, T. B., DeWall, C. N., Savostyanova, A., Lambert, N. M. & Fincham, F. D.** (2012). Emotion differentiation moderates aggressive tendencies in angry people: A daily diary analysis. In: *Emotion*, 12, 326-337.
52. **Quoidbach, J., Gruber, J., Mikolajczak, M., Kogan, A., Kotsou, I., Norton, M.** (2014). Emodiversity and the emotional ecosystem. In: *Journal of Experimental Psychology: General*, 143, 2057-2066.
53. **Quoidbach, J., Mikolajczak, M., Gruber, J., Kotsou, I., Kogan, A., Norton, M. I.** (2018). Robust, replicable, and theoretically-grounded: A response to Brown and Coyne's (2017) commentary on the relationship between emodiversity and health. In: *Journal of Experimental Psychology: General*, 147, 3, 451-458.
54. **Rogers, T. B., Kuiper, N. A., Rogers, P. J.** (1979). Symbolic distance and congruity effects for paired-comparisons judgements of degree of self-reference. In: *Journal of Research in Personality*, 13, 433-449.
55. **Russell, J.** (1989). Measures of emotion. In: Plutchik, R., Kellerman, H. (Eds.) *Emotion: Theory, research, and experience: 4. The measurement of emotions*, 83-111, San Diego: Ac. Press.
56. **Russell, J., Barrett, L. F.** (1999). Core Affect, Prototypical Emotional Episodes, and Other Things Called Emotion: Dissecting the Elephant. In: *Journal of Personality and Social Psychology*, 76, 805-819.
57. **Shaver, P., Schwartz, J., Kirson, D., O'Connor, C.** (1987). Emotion knowledge: Further exploration of a prototype approach. In: *Journal of Personality and Social Psychology*, 52, 1061-1086.
58. **Thompson, M. M., Zanna, M. P., Griffin, D.W.** (1995). Let's not be indifferent about (attitudinal) ambivalence. In R. E. Petty J. A. Krosnick (Eds.), *Attitude strength: Antecedents and consequences*, 361-386. Mahwah, NJ: Lawrence Erlbaum.
59. **Taylor, S. E. & Brown, J. D.** (1988). Illusion and well-being: A social psychological perspective on mental health. In: *Psychological Bulletin*, 103, 2, 193-210.
60. **Taylor, S. and Brown, J. D.** (1994). Positive Illusions and Mental Well-Being Revisited: Separating Fact from Fiction, In: *Psychological Bulletin*, 116, 1, 21-7.
61. **Tomkins, S.** (1979). Script theory: Differential magnification of affects In: Howe, H., Dienstbiener, R. (Eds.), *1978 Nebraska symposium on motivation*, 201-236. Lincoln: University of Nebraska Press.
62. **Tomkins, S.** (1987). Script theory, In: Aronoff, J., Rabin, A., Zucker, R. (Eds.), *The emergence of personality*, 147-216, New York: Springer Publishing

63. **Trapnell, P., Campbell, J.** (1999). Private self-consciousness and the five-factor model of personality: Distinguishing rumination from reflection. In: *Journal of Personality and Social Psychology*, 76, 284-304.
64. **Stanton, A., Kirk, S., Cameron, C., Danoff-Burg, S.** (2000). Coping through emotional approach: Scale construction and validation. In: *Journal of Personality and Social Psychology*, 78, 1150-1169.

**Krasen FERDINANDOV**

*Master in Clinical and Counseling Psychology, a school psychologist  
Sofia High School of Mathematics "Paisiy Hilendarski"*

BULGARIA, Sofia, Iskar Street 61

krasferdinandov@gmail.com

**APENDIX:**

**Mathematical functions mentioned in Table 1:**

<p><b>1. Affective frustration</b> (Brown &amp; Farber 1951): <math>F</math> is the amount of frustration, a function of <math>E_w^n</math> denoting the weaker of the two emotional tendencies, raised to a degree of <math>n</math> amount of reported emotions, and <math>E_s^{n-1}</math> represents the stronger trend of degree <math>n-1</math>. The higher the value of <math>E_w^n</math> is, the higher will be the degree of frustration. When <math>n</math> is set to 1, the feeling of frustration is a function of the weaker of the two tendencies. However, the equation deviates from this model when <math>n</math> is set to values greater than 1.</p>	$F = F \left( E_w^n / E_s^{n-1} \right)$
<p><b>2. Subjective ambivalence</b> (Kaplan 1972): The degree of ambivalence is a function of the difference between the value of the sum of all selected affects (positive, <math>P</math>, and negative ones, <math>N</math>) toward an object and the value of polarity in the attitude towards emotions (absolute value of positive minus negative).</p>	$A = F \left[ (P + N) -  P - N  \right]$
<p><b>3. Potential ambivalence</b> (Thompson et al. 1995): This equation captures the two main elements of ambivalence – it increases as a function of a) <i>the similarity</i> between positive (<math>P</math>) and negative evaluations (<math>N</math>), and b) as a function of <i>the extremality</i> of these two elements. The first component of the equation <math>(P + N) / 2</math> presents the hypothesis that the increased intensity of emotions leads to increased ambiguity, where <math>P</math> and <math>N</math> are averaged. As the mean of these two components increases, the level of ambivalence also increases. The second component of the equation, <math>- [P - N]</math>, hypothesizes that when <i>the similarity</i> (equivalence between number of positive and negative emotions) increases, less of the total amount of ambivalence will be subtracted compared to cases where the amount measured the similarity is less.</p>	$A = F \left[ (P + N) / 2 -  P - N  \right]$
<p><b>4. Gradual threshold model of ambivalence</b> (Priester &amp; Petty 1996): The dominant reactions (<math>D</math>, <math>PA</math>) are accounted using constant 1 divided by the conflicting emotions (<math>C</math>, <math>NA</math>), and a threshold value of <math>p</math> is equal to 0.4 or 0.5 modifying <math>D</math>. This formula produces effects that are virtually identical to the index for a abrupt accelerating function when the function exceeds the threshold. It can be reduced to a function of <math>5C - D</math> when the conflicting reactions are equal to zero. The exponent of <math>D</math> (<math>1/C</math>) makes the effect of ambivalent reactions gradually to decrease with increasing conflict between the two components (<math>PA</math>, <math>NA</math>) until the effect becomes minimal. Once the conflict reaches a certain point, frustration is a function of <math>C</math> only.</p>	$A = F \left( 5C^p - D^{1/C} \right)$

<p><b>5. Abrupt threshold model of ambivalence</b> (Priester &amp; Petty 1996): Compared to gradual threshold model the function is set to a) the subjective ambivalence is derived from 5 times the sum of conflicting reactions (<math>C, NA</math>), from which the sum of the dominant (<math>D, PA</math>) reactions is subtracted. The value of <math>p</math> is implemented to present the hypothesis that the conflict scores (<math>C</math>) must be below some minimum level of <math>p</math>, and that the subjective ambivalence be either a positive or negatively accelerating function. When <math>C</math> is above the minimum level (<math>5C^p</math>) <math>A</math> must be less than 1; The authors assume a threshold of <math>p</math> equal to 0.4 and <math>t</math> must be equal to 1.</p>	$IF [C \leq t], A = F(5C - D);$ $IF [C > t], A = F(5C^p)$
<p><b>6. Emotional ambivalence</b> (Choi &amp; Choi 2002): The ambivalence (<math>A</math>) assumes that the ambivalence is the result of an absolute difference between positive (<math>PA</math>) and negative (<math>NA</math>) emotions.</p>	$A = F  PA - NA $
<p><b>7. Misery index</b> (Juster et al. 1985, modified <i>U-index</i>, Kahneman &amp; Kruger 2006): In equation a) the personal benefit <math>U_i</math> at a certain moment is the sum of the time <math>h_{ij}</math>, multiplied by <math>\mu_{ij}</math>, which expresses the network of emotions experienced during the situation <math>j</math>. In equation b) the utility function is modified so a <i>Misery</i> (<math>M</math>) that is determined by one logical operator and mathematical one. The logical operator stipulates that if the number of negative emotions experienced (<math>\sum NA_i</math>) exceeds the number of positive ones (<math>\sum PA_i</math>), only then the sum of negative emotions (<math>\sum NA_i</math>) is multiplied by the sum of their duration (<math>\sum DNA_i</math>). If the logical condition is not satisfied, the function is equal to zero, which assumes that the absence of subjective misery is identical to objective happiness.</p>	<p>a) <math>U_i = \sum_j h_{ij} \mu_{ij}</math></p> <p>b) <math>IF [\sum NA_i &gt; \sum PA_i],</math>  <math>M = \sum NA_i \times \sum D_{NAi}</math></p>
<p><b>8. Emodiversity</b> (Quoidbach et al. 2014): <math>S</math> is a total number of emotions reported, expressing the degree of emotional <i>richness</i>; <math>p_i</math> reflects the ratio between the total number of emotions experienced (<math>S</math>) and the number of emotion selected (<math>i</math>), representing the <i>evenness</i> between them. The summation is multiplied by - 1 to obtain the values for the three different kind of indices (positive, negative and general emodiversity).</p>	$\text{Emodiversity} = \sum_{i=1}^s (p_i \times \ln p_i)$