

LEARNING FROM FEELINGS: HOW EMOTIONAL EXPERIENCE SHAPES FUTURE AFFECTIVE PREDICTIONS

KRTEN D. PETAGNA & JOLIE B. WORMWOOD | THE UNIVERSITY OF NEW HAMPSHIRE

INTRODUCTION

People routinely predict how they will feel in future situations (Affective forecasting)¹

Prior research shows that these predictions are often biased²

However, less is known about how people revise predictions after emotional experience³

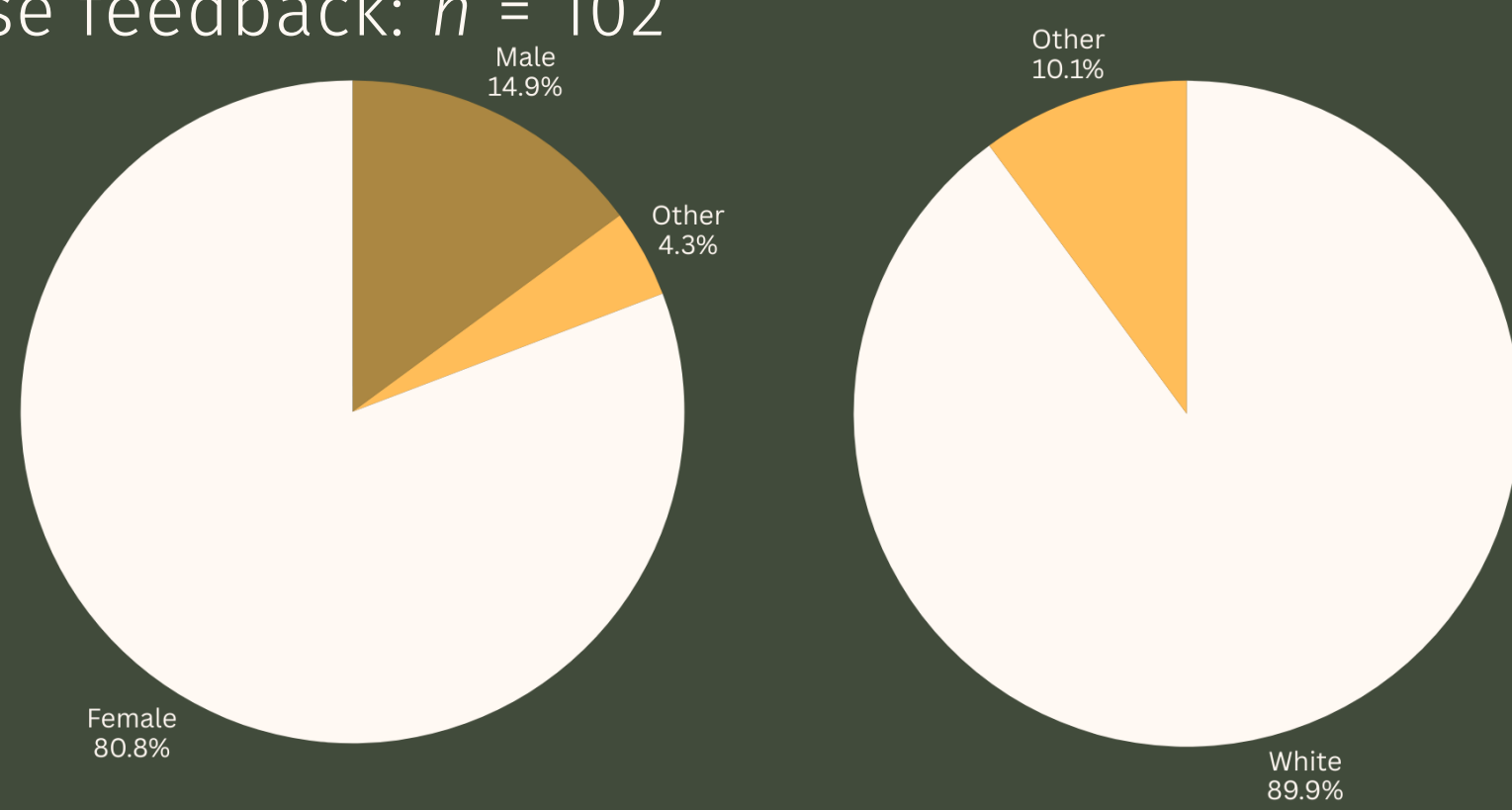
We examined how individuals update emotion forecasts after receiving false feedback that induced either positive or negative emotional states.

METHOD

$N = 208$

- Negative false feedback: $n = 106$
- Positive false feedback: $n = 102$

Age = 18.94



Participants were randomly assigned to **positive** or **negative** feedback.

Then they predicted their emotions to performing better or worse than peers on an anagram task.

- 13 emotions measured at 3 time points:

Sad, disappointed, depressed, upset, anxious, angry, ashamed, frustrated
Excited, proud, relieved, happy, neutral

Response scale: 0 "not at all" to 6 "very much"

- Anagram task:** Solved 15 anagrams in 10 minutes or less

- AEPLC → PLACE
- ADSHK → unsolvable

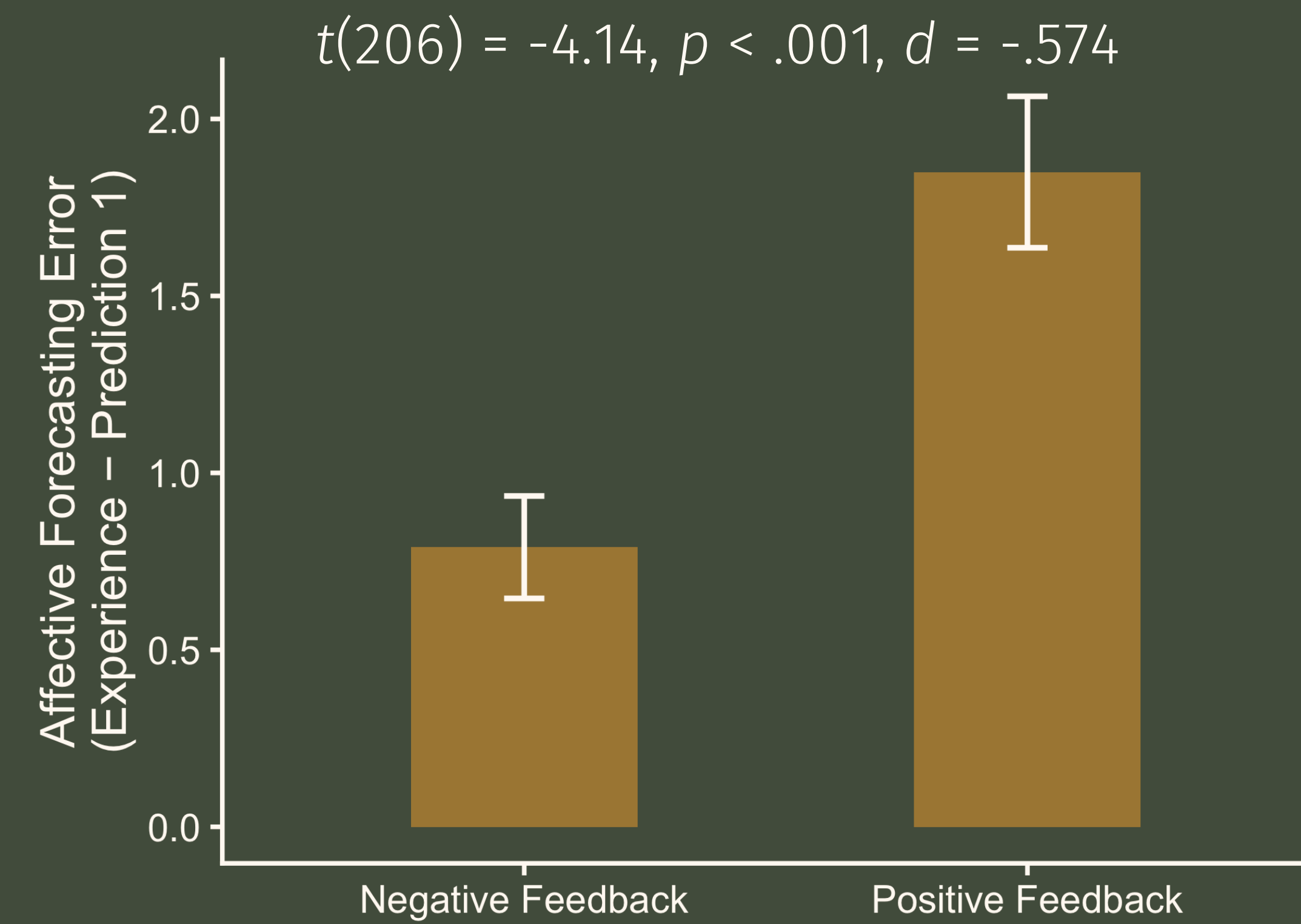
- Positive False Feedback:** Better than 97% of students
- Negative False Feedback:** Better than only 26% of students

Emotion Prediction 1	Anagram Task 1	False Feedback	Experienced Emotion Rating	Emotion Prediction 2	Anagram Task 2
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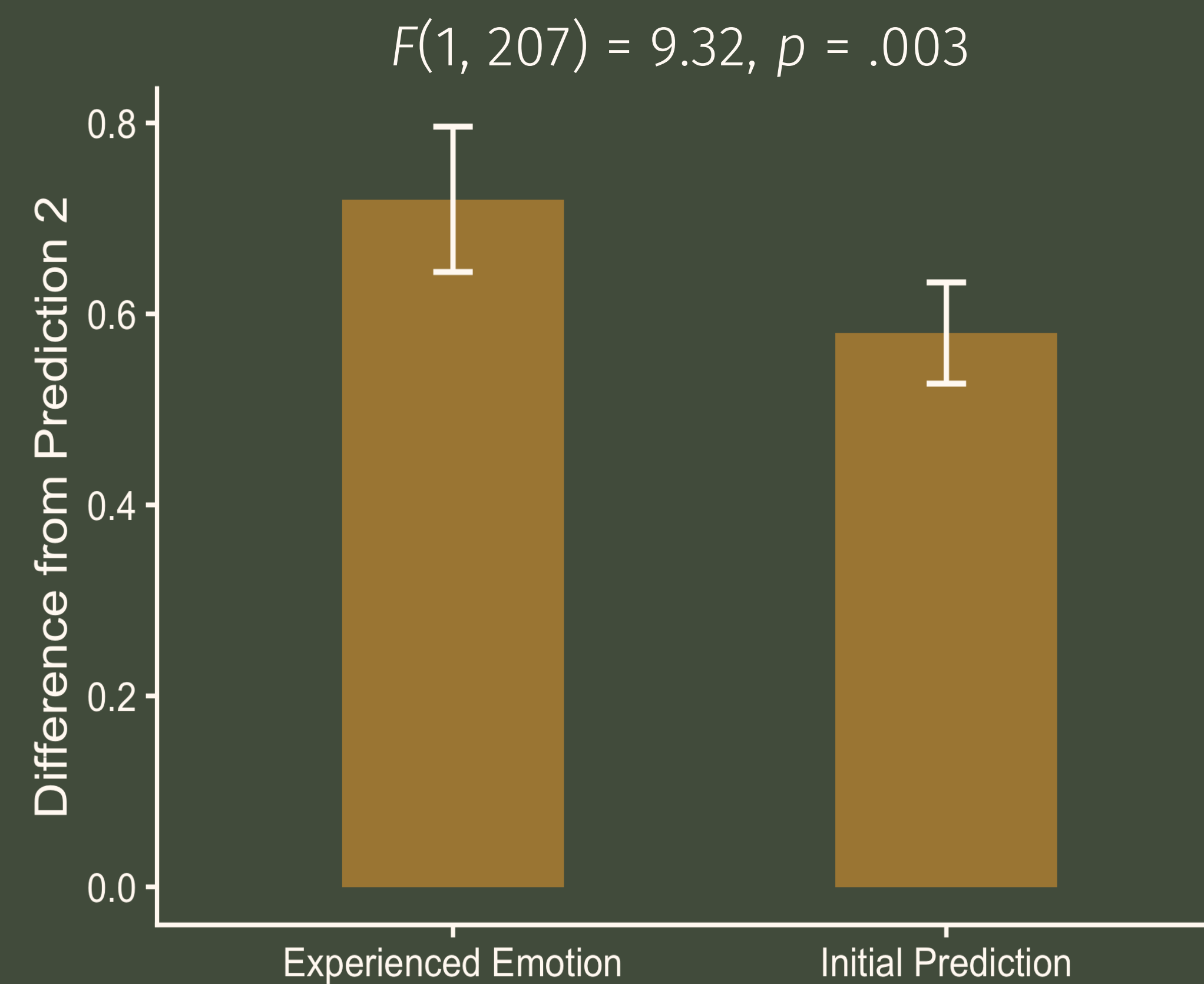
References

- Wilson, T. D., & Gilbert, D. T. (2003). Affective forecasting. *Advances in Experimental Social Psychology*, 35(35), 345-411.
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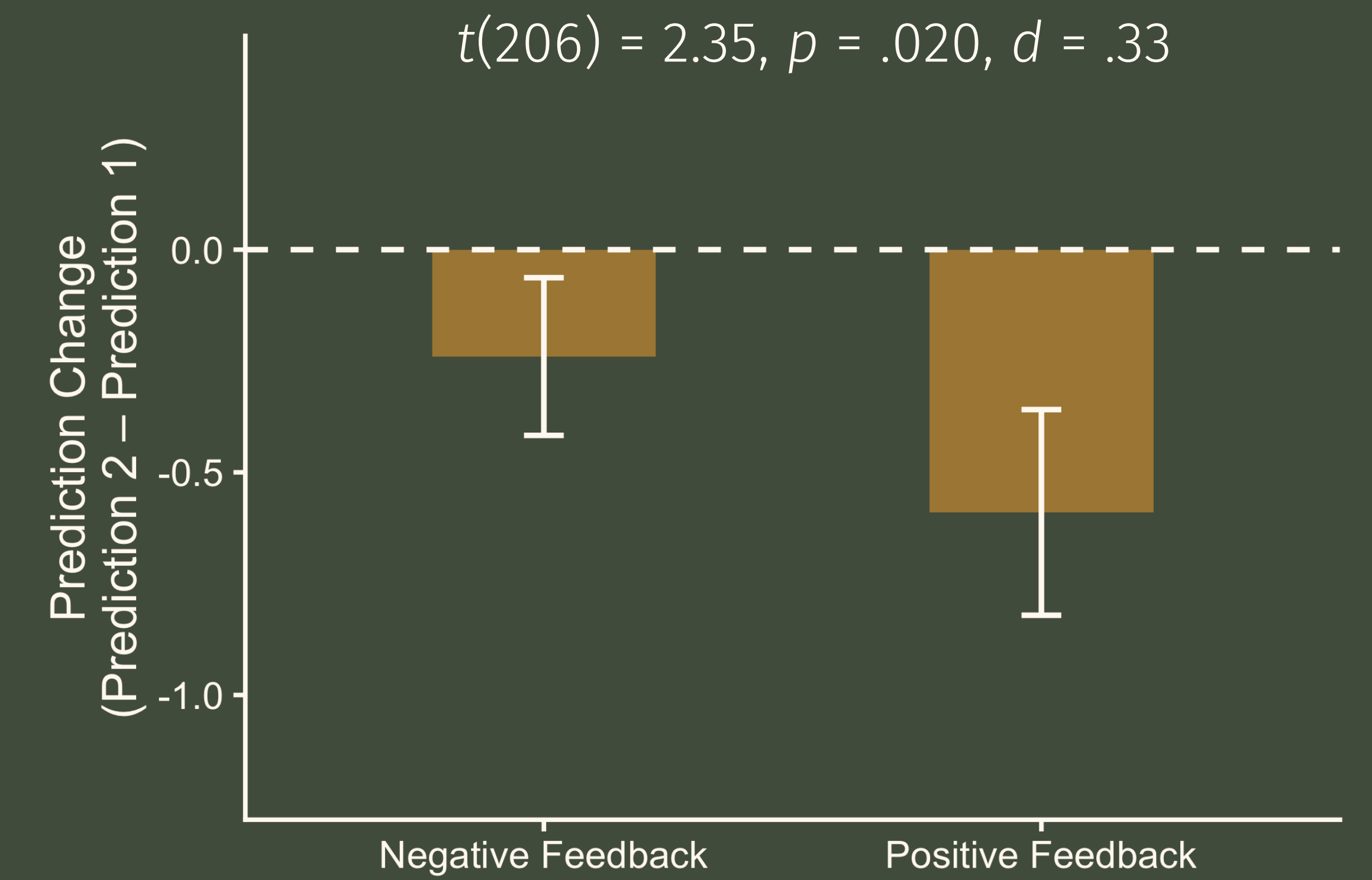
RESULTS



Individuals overestimated how intensely they would feel, with greater overestimation for positive than negative emotions.



Despite revision, second predictions stayed closer to initial predictions rather than actual emotion experience.



Individuals revised predictions to be less intense after experience, especially after positive feedback.

DISCUSSION

- People revise emotional forecasts after experience.
- Despite revision, updated forecasts remain anchored to initial expectations.
- This persistence may explain why affective forecasting biases continue.
- Positive emotions may be especially susceptible to revision and overestimation.
- Interventions aimed at improving forecasting accuracy may need to directly target expectation-based anchoring.
- Future research should examine how event type and experience strength influence forecast updating.