

## **Speed of emotional processing**

1/5 of one second – microexpression

1/3 of one second to register facial expression on other person

1/10 of one second (100 millisecon) for my brain to react/respond and show on my face

600 millisecon for frontal cortex to register response and shut down my facial expression

500 millisecon lag time, which is written on the face so when partner says “nothing is wrong,” the face says otherwise