

## **Emotion-based paradigm scenarios in everyday life and in literature**

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**Abstract** Ronald de Sousa proposed the idea of paradigm scenarios: scenes and circumstances in which emotions occur as people form relationships, observe, and interact with others, in a manner that is a kind of drama. This idea is illustrated, and extended, with commentaries on Alice Munro's short story, 'The bear came over the mountain,' Franz Kafka's short stories, 'The judgement,' 'The metamorphosis,' and 'In the penal colony,' and Phoebe Waller-Bridge's television series, *Fleabag*. We often experience emotions that we do not fully understand. In works of fiction that depict emotions, we are sometimes enabled by means of paradigm scenarios to understand them more deeply than we might otherwise have been able to.