

# The Rationality of Mood<sup>1</sup>

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**Abstract** In this article, I argue that at least some moods are affective episodes whose main difference from emotions is that their intentional objects, *qua* intentional objects, are not consciously available. I defend this claim by exposing an experiment where affective responses – moods, I maintain – are elicited by subliminal pictures (§2). I then show how everyday kinds of moods can also be plausibly interpreted as emotion-like affects whose intentional object is not conscious (§3). In the final section (§4), I borrow the six criteria for rationality that de Sousa proposed in *The rationality of emotion* and show how they can be used to argue that, if we conceive of moods as such, then they too can be rational.

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