I will discuss a variety of research projects that examine the implications of an evolutionary account of emotion. According the evolutionary account, emotions are all-encompassing 'programs' that prepare us to react to recurring situations of evolutionary significance. When we are in different emotional states, the evolutionary account suggests, we are so profoundly transformed that we are, in effect, 'different people'. Such an account helps to make sense of research findings I will discuss which show (1) how profoundly emotions affect judgment and decision making, and (2) how little insight we have into our own (and others') behavior in emotional states different from that which we are currently experiencing.