

1.What is a common activity people engage in to scare themselves?

- a) Running a marathon
- b) Watching horror movies
- c) Reading a book
- d) Cooking

2.How many people visited haunted houses in the U.S. in October 2015?

- a) 10 million
- b) 20 million
- c) 28 million
- d) 35 million

3.What question does the video aim to address?

- a) Why people dislike being scared
- b) What makes fear a negative emotion
- c) Why being scared can be fun
- d) How to avoid fear

4.What chemicals are released during the fight-or-flight response?

- a) Endorphins
- b) Adrenaline and cortisol
- c) Serotonin
- d) Dopamine

5.What effect does fear have on our pain perception?

- a) Increases pain
- b) No effect on pain
- c) Reduces pain
- d) Makes pain unbearable

6.In what context can fear be enjoyable?

- a) When in actual danger
- b) When feeling sad
- c) In a safe environment
- d) When alone

7.How does overcoming fear affect self-esteem?

- a) Lowers self-esteem
- b) No effect on self-esteem
- c) Boosts self-esteem
- d) Destroys self-esteem

8.What hormone is released during the fight-or-flight response that helps bond people?

- a) Testosterone
- b) Oxytocin
- c) Insulin
- d) Estrogen

9.What is a universal response to threat?

- a) Happiness
- b) Sadness
- c) Fight-or-flight
- d) Indifference

10.Why do some people enjoy roller coasters more than others?

- a) Due to differences in food preferences
- b) Because of individual differences in threat response chemicals
- c) Due to childhood experiences
- d) Because of different visual perceptions

11.What is a benefit of doing things that scare us?

- a) It always leads to danger
- b) It gives a sense of accomplishment
- c) It makes us sleepy
- d) It lowers our intelligence

12.How do our brains and bodies prepare for danger?

- a) By shutting down completely
- b) By releasing chemicals that change their function
- c) By making us laugh uncontrollably
- d) By making us feel sleepy

13.What happens to nonessential systems during the fight-or-flight response?

- a) They become more active
- b) They shut down
- c) They remain the same
- d) They malfunction

14.Why do some people scream and laugh on roller coasters?

- a) Because they are in real danger
- b) Because they hate the ride
- c) Because their body is in a euphoric state
- d) Because they are forced to

15.How does fear affect our memories?

- a) Makes them harder to remember
- b) Makes them less vivid
- c) Enhances memory retention
- d) Erases them completely

16.What feeling is intensified by watching a friend scream and laugh?

- a) Boredom
- b) Emotional experience
- c) Hunger
- d) Sleepiness

17.What is one evolutionary benefit of fear?

- a) It makes us avoid all risks
- b) It helps us sleep better
- c) It aids in survival and adaptation
- d) It causes us to freeze in place

18.How does experiencing fear together affect our relationship with others?

- a) Makes us more distant
- b) Weakens the bond
- c) Strengthens the bond
- d) Has no effect

19. Why might someone enjoy a haunted house but not an actual cemetery?

- a) Due to the level of perceived threat and context
- b) Because cemeteries are too quiet
- c) Due to the presence of real ghosts
- d) Because haunted houses are warmer

20. What does our thinking brain know about zombies in haunted houses?

- a) They are real
- b) They are dangerous
- c) They are not real
- d) They can cause physical harm

1. Fear can release chemicals in our body that make us feel pain-free and energized.
2. Fear always leads to a negative experience and has no enjoyable aspects.
3. In October 2015, about 28 million people visited haunted houses in the U.S.
4. The fight-or-flight response makes nonessential systems more active.
5. People can feel a sense of accomplishment after overcoming a scary experience.
6. Experiencing fear with others weakens emotional bonds and relationships.
7. The hormone oxytocin is released during the fight-or-flight response, aiding social bonding.
8. The brain and body do not prepare for danger during the fight-or-flight response.
9. Watching a friend scream and laugh can intensify our own emotional experience.
10. People only enjoy fear when they are in real danger.