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

LIVEWORKSHEETS

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

LIVEWORKSHEETS

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

LIVEWORKSHEETS

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

LIVEWORKSHEETS

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

LIVEWORKSHEETS

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.

LIVEWORKSHEETS