

Name:

Emotions

Part 1: Watch the video and answer the questions below

1. Our emotions can be...

2. Who believed that emotions are adaptations that allowed us to survive?

3. What do emotions help us to organise?

- 4a. Emotions can make us seek out social activities that gives us a sense of...

- 4b. Emotions help us to avoid situations that might lead to...

5. Emotions can influence our decisions - both big and small.

6. Anger makes you more likely to take...

7. How does fear affect your decisions?

8. Happiness can make you more...

9. What is emotional intelligence?

10. What kind of behaviour can we use to communicate with other people?

11. Humans have _____ highly developed systems called...

12. Why does mental illness develop?

13. Therapy focuses on...

Part 2: Skip through the video again and list the 4 theories for why we have emotions