

Name \_\_\_\_\_

## The Puzzle of Feelings: Why Do We Have Emotions?

### Multiple Choice Questions

1. What is the evolutionary purpose of the emotion of fear?
  - a) To make people laugh
  - b) To prepare the body for "fight or flight" responses
  - c) To encourage social interactions
  - d) To promote relaxation
  
2. How do emotions serve as a means of communication in social interactions?
  - a) They encourage isolation and solitude.
  - b) They convey thoughts and feelings to others.
  - c) They hinder effective communication.
  - d) They have no role in social interactions.
  
3. From a psychological perspective, what can understanding and managing emotions lead to?
  - a) Worsened mental health
  - b) Improved mental and emotional well-being
  - c) Increased stress
  - d) Decreased self-awareness
  
4. How do emotions influence cognitive processes like memory and attention?
  - a) They have no impact on cognitive processes.
  - b) They hinder memory but improve attention.
  - c) They enhance memory and can affect attention.
  - d) They only influence decision-making.
  
5. Emotions are the result of:
  - a) A single perspective
  - b) A complex interplay of factors
  - c) Individual experiences only
  - d) Social interactions only

