

Name _____

The Puzzle of Feelings: Why Do We Have Emotions?

Short Answer

1. Provide an example of a situation where the emotion of anger might be an adaptive response.
2. Explain how emotions can serve as a tool for social connection in everyday life.
3. Describe a scenario where understanding and managing one's emotions could lead to improved mental and emotional well-being.
4. How might a strong emotional experience impact a person's memory?
5. Share a personal experience where emotions influenced your decision-making process.

