

Name _____

The Puzzle of Feelings: Why Do We Have Emotions?

Open-Ended Response Questions

1. Reflect on the role of emotions in your daily life. How do they affect your interactions, decisions, and well-being?
2. Imagine a world where humans didn't experience emotions. How do you envision this world, and how might it differ from our current reality? What might be missing from such a world?
3. Discuss the idea that emotions are a universal human experience but are also deeply personal and influenced by individual differences. How can this dual nature of emotions be observed in everyday life?
4. Share a personal goal related to understanding and managing your emotions. Describe the steps you plan to take to achieve this goal and the positive impact you hope it will have on your life.

