

Name \_\_\_\_\_

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

### Short Answer Key

1. Anger might be an adaptive response when someone faces a situation where they perceive an injustice, such as witnessing a friend being bullied.
2. Emotions can serve as a tool for social connection in everyday life by allowing individuals to express themselves and understand others. For example, sharing excitement over a friend's achievement can strengthen their bond.
3. Understanding and managing one's emotions could lead to improved mental and emotional well-being in a scenario where someone learns to cope with and overcome feelings of anxiety through self-regulation techniques or seeking professional help.
4. A strong emotional experience can impact a person's memory by making that experience more memorable. For instance, a person is more likely to remember their graduation day due to the intense emotions associated with it.
5. Students should share a personal experience where emotions influenced their decision-making process.

